

NFHS Track &Field

2012 Track and Field Points of Emphasis

Monday, February 13, 2012

- 1. Starter positions-** Starters and assistant starters need to position themselves to fairly observe the start of each race. Positioning should minimize the exposure of competitors, officials and spectators to the report of the starting device.
- 2. Exchange zones-** Exchange zones need to be properly staffed. Officials need to be knowledgeable about relay rules and understand the position of the baton versus the position of the runners.
- 3. Jewelry and uniforms-** It is the coach's responsibility to make certain that competitors are in legal uniforms and not wearing jewelry. Officials should make an effort to help monitor illegal uniforms and jewelry but do not bear the responsibility for warnings and disqualification.
- 4. Safety around landing systems-** Legal landing systems must be used. Meet hosts should also make certain that hard surfaces around the landing systems are properly padded to reduce the potential for injury. Landing areas should be clear of other items (hurdles, chairs, event equipment, etc).
- 5. Throwing event safety-** Landing sectors need to properly marked for the safety of competitors, officials and spectators.

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