

REGION III TOURNAMENT BYLAWS

Track and Field

Last Revised: November, 2025 | Adopted: April 2023



ARTICLE X: BYLAWS

Section 1: Governing Rules

Track & Field competition in Region III will follow the guidelines established by the National Federation of State High Schools Association Track and Field Rule Book and all applicable rules and regulations established by A.S.A.A. and Region III.

Section 2: Classification

There will be two Region III track meets; each school will pay a \$100.00 entry fee to the host school.

Division II Track and Field Championships include the following schools:
ACS, Grace, Homer, Houston, Kenai, Nikiski, Redington, and Seward

Division I Track & Field Championships include the following schools:
Colony, Kodiak, Palmer, Soldotna, and Wasilla.

Section 3: Tournament Entries

1. Each team shall be permitted unlimited entries for both boys and girls in an individual event and one team per gender in each relay event. A maximum of the top 16 times/marks will qualify for Regions. In case there is a tie for 16th place, both people tied will be invited.
2. Each race entry must also be entered in FAT (electronic timing) to the hundredth. Any hand held times must be converted to electronic by rounding up to the next highest tenth and adding 0.24 seconds.
3. Relay team members (including alternates should be entered into Athletic.net). These are the names that will appear on the relay card. Your relay team used at regions can be different than the one used at state if your team qualifies.
4. Entry Limits
 - a. NFHS Rule 4-2
 - i. Four Individual Events – No Relays allowed. (An athlete with 4 individual events can not be listed on any relay card).

- ii. Three Individual Events – May be listed on any number of Relays but compete in only one Relay.
 - iii. Two Individual Events – May be listed on any number of Relays but compete in two Relays.
 - iv. One Individual Events – May be listed on any number of Relays but compete in three Relays.
 - v. Zero Individual Events – May be listed on four Relays and may compete in four Relays.
5. All entries to the meet will be made on athletic.net. Entries must be received by the host school no later than Tuesday 6:00pm of the week of the meet.
6. By Wednesday at 6:00pm, all scratches are due and alternates will be invited to the Region Championships. At this time, any individual entered into four events may not be a member of a relay team. Coaches can view and print entry lists from Athletic.net.
7. Alternates
- a. In the event of a scratch of a top 16 qualifier, the next best time/distance will be invited. Host school will continue to invite the next best alternates to fill heats and flights until the final meet program is built at the conclusion of the coaches meeting.
 - b. Alternates for Saturday will be the 9th and 10th best performance from the prelims and should report to staging on Saturday in case we have a scratch.
8. Scratch Meeting
- a. The Scratch meeting will be at the Coaches meeting prior to the start of the Region Meet.
9. Relay Teams
- a. When a relay team checks in for their relay race, they will turn in their Relay Card which will have the 4 runners competing at the Region Championships plus 2 alternates. Coaches will mark the 4 athletes competing so that they are credited with the time.

Section 4: Seeding

Seeding will be done by the Tournament Director who will send out a final meet program to participating schools by noon on Thursday.

When seeding, use the following lane preferences:

- 100m, 100/110H 4-5-3-6-2-7-1-8
- 200m, 400m, 300m H, 4x100m, 4x200m, 4x400m 3-4-2-5-1-6-7-8
- 800m, 4x800m, 1600m, 3200m Waterfall 1-2-3-4-5-6-7-8

An athlete in heat one can be switched with an athlete in heat two with the same lane assignment to help separate team members into different heats.

Athletes should be evenly distributed between the two heats when heats are not full, and whenever possible.

Section 5: Schedule

The tournament will be scheduled over two days. The following format is suggested:

- Friday Morning
 - Field Event Prelims and Finals in Boys Shot Put
 - Girls Discus
 - Girls High Jump
 - Boys Long Jump
- Friday Afternoon
 - Boys High Jump
 - Girls Long Jump
 - Finals in the 3200 meter run
 - Prelims in all individual running events
- Saturday Morning
 - Field Event Prelims and Finals in Girls Triple Jump
 - Girls Shot Put
 - Boys Discus
 - Boys Triple Jump
- Saturday Afternoon
 - Finals in all running events

Note: All relays will be run as finals on Saturday

Section 6: Board of Control

A tournament Board of Control shall be chosen for each Region III sponsored event that shall consist of three individuals who have sufficient knowledge of the sport to make educated and fair decisions when necessary. It is recommended that one Board of Control member represent the school that will host the tournament during the following year. In the event of a dispute, the tournament Board of Control's decision will be final.

Section 7: Tournament Officials

The tournament director will recruit experienced officials for certain duties. The following official should be selected with their background expertise in mind:

- **Referee** - The Referee is in charge of all other officials; he/she makes decisions on situations as well as interpreting the rule book.
- **Starter**
- **Recall Starter**
- **Head Finish Judge**
- **Clerk of Course**

In addition, the following personnel are recommended for efficiency of the meet:

- **Announcer**
- **Timers (minimum of 9)**, or back up timing system.
- **Recorder and runner**
- **Head Scorer and assistant**
- **Computer operator**
- **Marshalls (minimum of 8)**

Section 8: Order of Events

Girls Competition shall proceed boys in each event. The order for finals:

3200 Meter Run (Friday)
3200 Meter Relay
Hurdles (Girls 100; Boys 110)
100 Meter Dash
800 Meter Relay
1600 Meter Run
400 Meter Relay
400 Meter Run
300 Meter Hurdles
800 Meter Run
200 Meter Dash
1600 Meter Relay

Section 9: Qualifying Standards for Finals

The top eight (8) field event competitors advance to finals.

In running events, preliminaries will be seeded and placed in heats; advancement will be determined using the following guidelines:

1. Two Heats: The top three place in each heat, plus the next two fastest times.

2. Three Heats: The top two place in each heat, plus the two next fastest third places. (Used only in the event that we have a tie between the 16 and 17th place qualifiers and have more than 16 competitors in events that finish in assigned lanes.)
3. In addition, two alternates will be selected for each race based on the next two fastest places. The alternates will warm up and report to the finals. In the event that a finalist is scratched, the next fastest alternate will take that place. If an alternate does not check in then they will not be added.

Section 10: Timing

Fully automated timing (F.A.T.) is required for the Region event, with results recorded to the hundredth. Hand-held times can be used as a backup if F.A.T. fails. When handheld times are used, the times will be rounded up to the next tenth of a second and 0.24 seconds will be added to the time.

Section 11: Scoring

Scoring for both individual and relay events will be determined by division using the rulebook and is dependent on the number of teams participating.

If there are 7 or more teams competing in Division 2, the meet will be scored according to the number of teams participating. For example, if there are 8 teams participating the meet will be scored to 8 (10-8-6-5-4-3-2-1).

Unified results will be tabulated using the attached unified scoring template.

Section 12: Trophies/Awards

Trophies and awards will be purchased by Region III and the costs shared by the teams involved.

- D1 and D2 Team Champion Plaque
- D1 and D2 Coach of the year plaque (one per gender, 4 total)
- D1 and D2 Athlete of the year plaque (one per gender, 4 total)
- Individual medals for 1st-3rd place in each event per Division.
- Individual Unified Medals 1-3rd place (2 sets, 1 medal for athlete, w medal for partner) for Shot Put, Long Jump, 100m and 4x100 m relay.

During the coaches meeting, a discussion should be facilitated by the host school regarding any concerns or changes needed to the bylaws. These concerns will then be presented at the next region meeting.