

INDOOR TRACK



## Track Coaches' Committee

(Listed by Districts)

1	Brandon Oliver	Baker	boliver@mcpss.com
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2	Brad Fortney	Enterprise	bfortney@enterpriseschools.net
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8	Luke Robinson	Scottsboro	lrobinson@scottsboroschools.net



# The Championship Program

**First Practice—Nov. 3    First Contest—Nov. 20**

## Online Requirements For All Sports

### POSTING SCHEDULES

Schools must post season schedules on the AHSAA website in the Members' Area by the deadline dates listed below. Failure to do so could result in a fine assessed to the school. Schools may go online and make any changes immediately as they occur.

Deadlines for posting schedules:

May 1— fall sports (football only)

June 1 — fall sports (volleyball, cross country, swimming & diving)

Sept. 15 — winter sports (wrestling, basketball, indoor track, bowling)

Jan. 15 — spring sports (baseball, softball, outdoor track, soccer, golf, tennis)

### POSTING ROSTERS

Schools are required to post team rosters prior to its first contest of the season.

### COACHES INFORMATION

In order to ensure that important information sent to head coaches by the AHSAA is received by the proper individual, head coaches of all sports should confirm that the head coach role is checked in their Dragonfly profile.

1. The indoor track program consists of four divisions for boys and four divisions for girls with competition in a state meet. Divisions are: 1A-3A, 4A-5A, 6A and 7A. A student may compete in only one division during the same regular season or championship meet.
2. Each high school is limited to five Varsity and Junior Varsity AHSAA sanctioned meets. Two high school meets may be held on non-weekend dates and all other meets must be held on weekends.

Each junior high/middle school is limited to four meets; three of four meets may be held on non-weekend dates prior to a season-ending invitational.

3. All participants must be eligible under AHSAA rules.
4. All meets will be conducted under National Federation rules.
5. Headwear-Jewelry-Electronics: The games committee may not restrict the wearing of items that are worn in excess of the school-issued uniform allowed by NFHS rules. Hats or sunglasses (except prescription sunglasses) are not permitted. A pole vault helmet is the only headwear permitted.

Medical alert medals should be visible.

Soft head band(s), ribbon(s) or soft pony tail holder(s) made of cloth, rubber or elastic materials may be worn. Unadorned devices such as bobby pins, barrettes and hair clips no longer than 2 inches may be worn. Scarves with knotted or tied headwear are not allowed.

Athletes are not allowed to have any electronic devices including cell phones, cameras, pods and two-way radios in the competition area.

6. If coaches boxes are used, then only one coach per team may be in the box at the same time.
7. All AHSAA track and field rules will apply except where modified under Special Rules.

8. Competition is held in the following events:

**1A-3A, 4A-5A, 6A, 7A**

**Boys**

Long Jump  
Shot Put  
High Jump  
Triple Jump  
Pole Vault  
60 m Dash  
60 m HH  
400 m Dash  
800 m Run  
1600 m Run  
3200 m Run  
4x200 m Relay  
4x400 m Relay  
4x800 m Relay

**Girls**

Long Jump  
Shot Put  
High Jump  
Triple Jump  
Pole Vault  
60 m Dash  
60 m LH  
400 m Dash  
800 m Run  
1600 m Run  
3200 m Run  
4x200 m Relay  
4x400 m Relay  
4x800 m Relay

**Officials**

At least one registered official shall be assigned to each of the following positions:

**Field Events:**

Pole Vault = 1  
Shot Put = 1  
High Jump = 1  
Long Jump = 1  
Triple Jump = 1

**Running Events:    Administrative Areas:**

Starter = 1                      Meet Referee = 1

We expect that every school fielding a Track program register at least one school staff member as an AHSAA Track official. Each registered official may work multiple positions during a meet if necessary to help reduce the total number of registered officials needed to fulfill the above requirement.

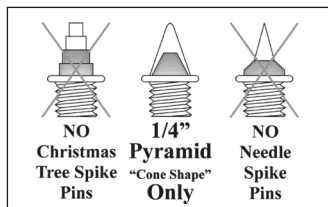
Officials' fees may be found on [ahsaa.com](http://ahsaa.com).

**Special Rules**

1. Coaches should not enter any student who has not practiced or trained in his/her event.
2. All competition will be conducted under National Federation Rules. A participant may not be entered in more than four events, excluding relays. A participant may not compete in more than four events, including relays.  
In junior high and middle school competition, a participant may not compete in more than three events.  
**Note:** In the 800 – a maximum of 12 competitors per heat and a minimum of 5 competitors per heat. In 1600 and 3200 – maximum of 16 competitors per heat and a minimum of 5 competitors per heat.
3. Athletes not participating must remain in the stands. The arena floor must remain clear of non-participants at all times.
4. Coaches shall inform their participants where and at what time each event is to be run. All divisions include separate competition for boys and girls.
5. Participants, including relay teams, shall report to the Clerk of Course 15 minutes before the

race. The starter will not wait for late competitors in an event. Numbers must be worn by all running event participants. Relay teams must receive instructions before each race and the fourth runner will be given a number.

6. A 1 minute time limit will be enforced in all field events. At the beginning of competition, all vaulters will weigh-in and poles will be verified. Coaches must complete a pole vaulter's weight verification form before a pole vaulter will be allowed to warm-up and compete.
7. All events shall be run in the order scheduled.
8. The length of spikes is restricted to a maximum of 1/4 inch (pyramid only). Participants wearing longer spikes will be disqualified (by inspection). Needle spikes will not be allowed.



9. Starting blocks will be furnished. No other equipment may be used.
10. Only rubber shots may be used. Boys will throw the 12 lbs (5.443 kg) shot; girls the 8 lbs. 13 oz. (4.0 kg) shot.
11. Hurdles
  - (a) The boys (39") hurdles will be over 5 hurdles spaced as follows: 45' to the first hurdle, 30' between hurdles, and 15' from the last hurdle to the finish line.
  - (b) The girls (33") hurdles will be over 5 hurdles spaced as follows: 42'8" to first hurdle, 27'10" between hurdles, and 26' from the last hurdle to the finish line.
12. A pole vaulter's weight shall be at or below the manufacturer's pole rating, which shall be located above the hand-hold band. (See Rule 7-4-3). Coaches must submit forms at the state meet that their athletes are on the correct poles for competition. Pole vault verification forms are available online. Coaches must print forms and bring to the meet(s) completed and signed.
13. Scoring is 10-8-6-5-4-3-2-1 for all individual events and relays.
14. No artificial noisemakers (radios, etc.) are allowed at section or state meets or in AHSAA-sanctioned meets. No radios will be permitted inside the arena during the State Meet.
15. Uniforms: The Uniform Rule will be enforced in accordance with NFHS rules. In addition, a school ID must be on all uniforms.

## Minimum Qualifying Standards

Qualifying Standards can be found on the track page on [ahsaa.com](http://ahsaa.com)

## **ADAPTIVE SPORTS:**

### **(Wheelchair and Para-Ambulatory)**

#### **Definition:**

Wheelchair and Para-ambulatory track and field competition is open to male and female athletes with physical disabilities such as dwarfism, amputation/limb loss, blindness/visual impairment, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke.

#### **General Eligibility:**

An ambulatory Para-athlete must have a permanent orthopedic, neuromuscular, visual, or other physical disability. Permanent orthopedic impairment and/or visual impairment shall be verified by a licensed physician and maintained on permanent file at the school and must be emailed to the director of Track prior to their first competition. Additionally, similar requirements exist for wheelchair Para-athletes. Blind student-athletes (B1, B2, B3) will only qualify for para-ambulatory and each school may only have 3 athletes per event. Blind students must compete as a tethered athlete and will require two lanes.

All high school students with a permanent, physical disability may be eligible to participate on their school's track and field team.

Students who participate must meet all AHSAA eligibility requirements. Students shall be members of the school's track and field team and shall have the opportunity to compete at the school's regular season meets (regardless of the number of adapted competitors).

Each school must complete and submit a Para-Ambulatory Track and Field Athlete Declaration form located in the Vault in DragonFly and emailed to the director of Track.

Para-ambulatory and wheelchair athletes should be identified and listed in DragonFly prior to the first meet.

# State Meet

**DATE:** Jan. 30-31

**SITE:** Birmingham CrossPlex

**COACHES' MEETING:** TBA

**MEET DIRECTOR:** Houston Young  
**Phone:** 334-413-4309 (cell)

**MEET REFEREE:** Reggie Winston

**ENTRIES:** Athletes must compete in at least one regular season indoor meet in order to qualify for the state meet. A school may enter two participants in each individual event but only one relay team. A participant may not be entered in more than four events, excluding relays. A participant may not compete in more than four events, including relays.

**ENTRY DEADLINE:** Submit entries online at [alabamarunners.com](http://alabamarunners.com) by **11:59 p.m. on Monday, Jan. 26, 2026 after which no entries will be accepted.**  
Excluding relay teams, there will be no substitutions allowed.

**SEEDING:** Based on times at regular 2025-2026 season indoor performances at indoor meets, Athletes must compete in at least one Indoor Meet and meet the minimum standards in their event(s) in order to be entered in the State Meet. Outdoor times will not be accepted. Athletes competing in relays must have competed in an indoor meet to be eligible to compete in the State Meet. Times must meet the Minimum Qualifying Standards found at [ahsaa.com](http://ahsaa.com).

**DIVISIONS:** 1A-3A, 4A-5A, 6A and 7A for boys and girls

**PROTEST FEE:** \$25

**ADMISSION:** \$12 (plus fees) per day

(Note: Non-participating coaches must have a valid 2025-2026 coaches' card for admission. Only athletes listed as competitors will be allowed to enter the facility with their team as meet athletes. All coaches are subject to having their coaching credentials checked at championship events.)

Coaches of teams competing in day 1 of the championship may pickup their packet and credentials between 3:00 and 5:00 p.m. Thursday or the morning of day 1.

Coaches of teams competing in day 2 of the championship may pickup their packet and credentials after 2:00 p.m. on day 1 or on the morning of day 2.

**OFFICIALS:** An AHSAA-registered official is assigned to each event.

**SHOT PUT GUIDELINE:** Heavier warm-up shot puts may not be brought into the arena. Shot puts will be provided. No outside shots will be allowed.

**POLE VAULT & HIGH JUMP:** Starting heights will be the minimum standard in each event in each classification.

**AWARDS:** (a) Trophies to the team winner and runner-up in each division  
(b) Medals to the first three places in each event

It is the expectation of the AHSAA that all athletes and coaches display excellent character and sportsmanship during awards presentations. Failure to respond accordingly will result in monetary fine and possible probation and/or suspension.

**A maximum of 16 athletes per event will be allowed to participate at the 2026 indoor state meet.**

**In running events:** If there is a tie for 16th place/17th place (or more/or less) of the registered athletes for the state meet, the timer will research those running events to go to the 1/1000th of a second to break the tie. In the event that the tie still remains, neither athlete will advance to compete at the state meet.

**Example:** Registered athlete's 16th & 17th place are tied in the 60-meter dash at 7.25 seconds. The timer will find the results of the meets in which these athletes posted their times to calculate their times to the nearest 1/1000th second. If it is determined that one athlete has 7.263 – the other 7.268, the athlete with 7.263 will advance to the state competition, but the athlete at 7.268 will not.

**In field events:** If there is a tie for 16th place/17th place (or more/or less) of the registered athletes for the state meet, the ties will not be broken, and none of the athletes that are tied will be allowed to compete at the state meet.

**Example:** In a high jump, registered athletes 14-18 are all tied at 5' 10". These ties cannot be broken in a reasonable fashion. Therefore, none of these athletes will compete at the state meet and only the top 13 will.



# MEET SCHEDULE

## Officials Meeting

Friday (Jan 30) 7:00 a.m. @ CrossPlex

## Friday (Jan. 30) 1A-3A,

### 6A First Session

#### Field Events:

	High Jump	Pole Vault	Shot Put	Long Jump	Triple Jump
8:30 a.m.	6A Boys	6A Girls	6A Girls		1A-3A Boys and Girls (Two Pits)
11:00	1A-3A Boys (11:15)	1A-3A Girls	1A-3A Girls		6A Boys and Girls (Two Pits)
1:00	6A Girls	6A Boys	6A Boys	1A-3A Boys and Girls (Two Pits)	
3:00	A-3A Girls (3:30)	1A-3A Boys	1A-3A Boys	6A Boys and Girls (Two Pits)	

\*Para-Ambulatory Athletes will be scheduled as needed

#### Track Events:

**All running events will begin at 9:00 a.m. and times are approximate.**

**Note: Girls will run before boys, 1A-3A, 6A**

9:00 a.m.	800 m Run	Start in Alleys
9:50 a.m.	60 m Hurdles Prelims	
10:40 a.m.	60 m Dash Prelims	
11:20 a.m.	400 m Dash	
12:10 p.m.	1600 m Run	Start in Alleys
1:00 p.m.	4 x 200 m Relay	3 Heats (5,5,6)
1:50 p.m.	4 x 800 m Relay	Start in Alleys
2:40 p.m.	60 m Hurdles Finals	
3:00 p.m.	60 m Dash Finals	
3:30 p.m.	3200 m Run	Start in Alleys
4:20 p.m.	4 x 400 m Relay	3 Heats (5,5,6)

\*Para-Ambulatory Athletes will be scheduled as needed

5:00 p.m. Awards (Presented following the final event)

## Saturday (Jan 31) 4A/5A, 7A

### Field Events:

High Jump	Pole Vault	Shot Put	Long Jump	Triple Jump
8:30 a.m. 7A Boys	7A Girls	7A Girls		4A/5A Boys and Girls (Two Pits)
11:00 4A/5A Boys (11:15)	4A/5A Girls	4A/5A Girls		7A Boys and Girls (Two Pits)
1:00 7A Girls	7A Boys	7A Boys	4A/5A Boys and Girls (Two Pits)	
3:00 4A/5A Girls (3:30)	4A/5A Boys	4A/5A Boys	7A Boys and Girls (Two Pits)	

\*Para-Ambulatory Athletes will be scheduled as needed

### Track Events:

**All running events will begin at 9:00 a.m. and times are approximates.**

**Note: Girls will run before boys, 4A/5A, 7A**

9:00 a.m.	800 m Run	Start in Alleys
9:50 a.m.	60 m Hurdles Prelims	
10:40 a.m.	60 m Dash Prelims	
11:20 a.m.	400 m Dash	
12:10 p.m.	1600 m Run	Start in Alleys
1:00 p.m.	4 x 200 m Relay	3 Heats (5,5,6)
1:50 p.m.	4 x 800 m Relay	Start in Alleys
2:40 p.m.	60 m Hurdles Finals	
3:00 p.m.	60 m Dash Finals	
3:30 p.m.	3200 m Run	Start in Alleys
4:20 p.m.	4 x 400 m Relay	3 Heats (5,5,6)

\*Para-Ambulatory Athletes will be scheduled as needed

**5:00 p.m. Awards (Presented following the final event)**