

# TRACK & FIELD



## 2023-2024 AACPS Sport Bulletin

*As needed, in consultation with schools and sport commissioners, AACPS Athletics reserves the right to make adjustments to this bulletin.*

### Coach Responsibilities

1. Adhere to all policies, procedures, rules and regulations in the AACPS Athletic Handbook.
2. Adhere to all policies, procedures, rules and regulations in this bulletin.
3. Adhere to all policies, procedures, rules and regulations MPSSAA handbook.
4. Adhere to all policies, procedures, rules and regulations in the MPSSAA bulletin.  
<https://content.mpssaa.org/view/49135133/i/>
5. Adhere to all policies, procedures, rules and regulations in the appropriate NFHS rule book.
  - a. Rule Changes  
<https://www.nfhs.org/sports-resource-content/track-and-field-rules-changes-2023/>
  - a. MPSSAA rule clinic courses for baseball, softball, lacrosse, track & field  
<https://nfhslearn.com/courses/maryland-rules-clinic-2023-2024>

### Contact Information

1. Questions should initially be directed to local school athletic directors.
2. Then, questions should be directed to:
  - a. Sport Commissioner - Brianna Bostic, Broadneck, [bbostic@aacps.org](mailto:bbostic@aacps.org) 410-294-2369
  - b. District V Representative - Brianna Bostic, Broadneck, [bbostic@aacps.org](mailto:bbostic@aacps.org) 410-294-2369
  - c. AACPS Office of Athletics 410-222-5463
3. Regional Tournament Directors:  
<https://www.mpssaa.org/state-championships/track-and-field/track-and-field-state-committee-and-regional-directors/>

### Classifications

4A	3A	2A	1A
<u>East</u> Annapolis Broadneck Crofton Glen Burnie Meade North County Old Mill North Point Leonardtown Bowie CH Flowers Suitland	<u>East</u> Arundel Chesapeake Northeast Severna Park South River Northern St Charles Oxon Hill Chopticon Great Mills JM Bennett Stephen Decatur	<u>West</u> Southern Century Francis Scott Key Winters Mill Middletown Walkersville Guilford Park Hammond Wilde Lake Poolesville Williamsport	<u>South</u> Chesapeake Science Point Loch Raven Pikesville Western Tech Central CMIT-North CMIT-South Friendly International HS at Langley Park International HS at Largo Largo Surrattsville

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### Important Dates

#### **February 2024**

- February 15 - Spring Coach Kickoff (North County HS)

#### **March 2024**

- March 1 - Sports start; Academic Assistance Sessions begin
- March 2 - Testing Date - Nothing mandatory before 2pm
- March 7 - AACPS 1st scrimmage date
- March 9 - Testing Date - Nothing mandatory before 2pm
- March 19 - 2hr early dismissal - PD Unity Day. With approval from the AD and principal, teams with paid, non-AACPS employee coaches may practice during established teacher work hours.
- March 20 - Academic Assistance Sessions end and Grade Check
- March 21 - MPSSAA First play date and Eligibility Rosters due (ADs)
- Mar 25 - Apr 1 - Spring Break - All Schools & Central Offices closed

#### **April 2024**

- Mar 25 - Apr 1 - Spring Break - All Schools & Central Offices closed
- April 4-5 - 2hr early dismissals - end of 3MP. With approval from the AD and principal, teams with paid, non-AACPS employee coaches may practice during established teacher work hours.
- April 6 - Testing date; Nothing mandatory before 2pm
- April 8 - Beginning of 4th MP
- April 9 - Eid al-Fitr - No Athletics after sundown
- April 10 - Eid al-Fitr Schools closed - No Athletics at all
- April 13 - Testing date - Nothing mandatory before 2pm
- Week of April 15 - MPSSAA Officials Appreciation
- April 18 - 3rd MP report cards (tentative)

#### **May 2024**

- May 2 - Unified Bocce County Championship (NC)
- May 4 - Testing Date- No mandatory practice or contests before 2pm
- May 6 - Lacrosse County Championship (GB)
- May 7 - Baseball County Championship (Joe Cannon) & Softball County Championship (Bachman)
- May 8-9 - Outdoor Track County Championship (CR)
- May 7-10 - Tennis County Championship (AN)
- May 14 - Primary Election Day (follow AACPS Election Day Guidelines)
- May 23 - Last day for Seniors
- May 27 - Memorial Day

### Contests

- 10 contests maximum (not including County, Regional Championship, or State Championship)
- No more than two meets per week.
- Three meets in one week may be scheduled once during the season.
  - All county schools must attend their 2 assigned intercounty meets

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- All county schools must attend 2 of the county-hosted invitational meets (which include All Comers and Last Chance).
- Squads cannot be split to participate in separate meets; the only exception to this is for the purpose of Penn Relays. If schools do split their squad on one or more dates of the Penn Relays:
  - both contests must be listed on the team schedule
  - both count towards the 10 maximum allowed contests for the season
  - a paid coach must be with both sets of athletes.
- Athletes are limited to four events per contest; a scratched individual event counts as an event.
- For the purposes of equity and event management in the intercounty meets, the All Comers Meet, and the Last Chance Meet each participating school may have a maximum of 5 entries per individual event and 2 entries per relay event.
- For all regular season and county championship meets, NFHS uniform rules will be followed and enforced.
- For all regular season and county championship meets, only actions or violations witnessed by a certified official may result in disqualification.
- In large sections of the 800m, 1600m, 3200m, and 4x800 relay; we will follow the state bulletin with regards to the start and seeding order. This is a "Type B" seeding method which has athletes starting in alleys with the outside alley being the top seeds. In the case of this type of start, athletes must stay in their alley to the break line at the 1-turn stagger).
- Coaches are expected to fill any last-minute scratch to the best of their ability during the regular season meets.
- Incident reporting form. The meet director will have available a form that can be used to report alleged inappropriate behavior of a staff member, coach, official or volunteer at the meet.

### **Host Site Expectations**

- Consult with the Sport Commissioner and Office of Athletics on weather-related issues
- Set up ticketing through GoFan and share the link with participating schools
- Provide the following supplies at the finish area the day of:
  - Trainer area near the finish
  - Water station for all runners to access near finish
  - 5 walkie talkies (head coach, timing table, AD, head referee, and announcer)
  - 3 plastic folding tables (not a scorers table)
  - 5 plastic folding tables for county and region championship meets
  - 4 folding chairs
  - Knowledge of the closest power source (may be needed in emergencies)
- Student or adult volunteers to help with each field event and finish line. This is approximately 14 volunteers. If you are unable to get volunteers, please let Brianna Bostic know in advance.

### **County Championship and Awards**

- May 8 and 9 at Crofton High School - start time 5 pm
- Each team will participate in the County Championship; the winning team at the County Championship Meet will be County Champion.
- All county schools will compete and may enter one relay team per relay event and three individuals per open event.
- All entry marks must be verifiable. Unverifiable entry marks will be categorized as no mark.

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- The respective male and female teams with the most points will be the county champions.
- The top individual in each open event and top relay in each relay event will be individual (or relay) county champions.
- 180 Individual medals for 1<sup>st</sup> – 3<sup>rd</sup> place. 50 team medals for both boys and girls for the 1<sup>st</sup> place team. County Championship Plaque/Head Coach Plaque

### **MPSSAA Tournament Information**

*Note - Every MPSSAA school is automatically entered into the region tournament unless the MPSSAA office receives written notification to the contrary. All schools must adhere to the MPSSAA bulletin.*

- **Point of Emphasis: Egregious Ejections:** Any ejection during the state tournament that is classified as egregious now results in a two-game suspension. The MPSSAA has established criteria based on definitions of egregious behavior that will be used during the regional and state tournaments to elevate any ejections under this category to a minimum of two contest disqualification from the current state tournament, next sport season, or the succeeding year's tournament based on the circumstances of the situation (Example of student whose team loses the first round of the next season. Egregious behavior is being defined as:
  - *Fighting*
  - *Physical or verbal personal attacks directed towards an official, coach, student-athlete, spectator, or school personnel*
  - *Use of racial, ethnic, homophobic or other derogatory or discriminatory language, slurs or practices.*
- **Dates:**  
MPSSAA championship info  
<https://www.mpssaa.org/state-championships/track-and-field/mpssaa-track-and-field-state-championships-central/>
  - May 14-28      Region Meets
  - May 19          State meet seeding
  - Wk of May 20   State Championships      *Prince George's Sports and Learning Complex*