



2020-2021

# MINNESOTA STATE HIGH SCHOOL LEAGUE

## Track and Field, Boys and Girls

Guidance and information is subject to change based on the most current information, directives from state government and health department officials and member school feedback.

### Track and Field, Boys and Girls

- Start date: Monday, March 29, 2021
- First competition date: Thursday, April 8, 2021
- Last date to complete sections: Saturday, June 12
- Season end date: 6/19/21
- Total weeks including postseason: 13
- Maximum number of regular season contests: 14
- No limit on contests per week
- Maximum of 5 schools at any event
- 5 schools – Maximum 50 student-athletes and coaches total per team
- 4 or less schools – Maximum 62 student-athletes and coaches total per team
- Maximum number of **Teams** at an event - 5
  - Teams Defined - GV / GJV / BV / BJV (single gender, single level) **OR**
  - A Combination of any above Teams that when combined do not exceed a total of 62 athletes and coaches
- **Individual Events: Maximum of 4 competitors, per team, in individual events**
- Relays when 4 teams or less: Maximum of **2 relays per team**, per relay
- Relays when 5 teams: Maximum of **1 relay per team**, per relay
  
- Not permitted:
  - Tournaments
  - Time trials
  - Interscholastic scrimmages
  
- Recommended:
  - Opponents: Conference, Section, Regional or local teams as defined by the school.
  - Avoid contests scheduled on back-to-back days.
  
- Competitions with opponents from bordering states are allowed when less than 50 miles one way and when determined as local. Competitions of greater distances may be approved by the MSHSL with supporting rationale. Any out of state competition must follow MSHSL guidelines for competition types.

## Track and Field Guidance and Information

### General Guidelines

General Guidelines	
<b>Required</b>	<ul style="list-style-type: none"> <li>• All student-athletes must be provided with a copy of the MSHSL COVID-19 Notice.</li> <li>• Athletic programs must follow the identified protocols for student-athletes or coaches who have tested positive, are experiencing symptoms consistent with a COVID-19 diagnosis or have had exposure to (close contact with) an individual who has been diagnosed with COVID-19.</li> <li>• Educate student-athletes about mask use, physical distancing, handwashing and sanitizer use, and other immune system protocols.</li> <li>• Any person who has had a fever or cold symptoms in the previous 24 hours must not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.</li> <li>• Maintain Pods, grouping like events together, no larger than 25 per pod. <ul style="list-style-type: none"> <li>○ Pods are small groups of student-athletes in like events who always working out together. This will ensure limited exposure if someone develops an infection.</li> <li>○ Coaches do not need to be included in the pod count of 25 if they remain physically distanced and masked.</li> </ul> </li> <li>• Student-athletes who are not participating in practice or a contest must maintain a physical distance of at least 6 feet from other student-athletes.</li> <li>• Activities directors and coaches are responsible for assuring that their teams maintain physical distancing, masking and other requirements.</li> </ul>
<b>Recommendations and Considerations</b>	<ul style="list-style-type: none"> <li>• Social activities and congregation of student-athletes outside of practice and contests should not take place.</li> <li>• Carpooling of student-athletes is discouraged. If it is necessary for students to carpool, masks are encouraged.</li> <li>• Sportsmanship should have a constant presence in all school-based athletic programs.</li> <li>• Teams are encouraged to find appropriate methods of demonstrating good sportsmanship and respect towards others within the physical distance guidance.</li> <li>• Additional care should be taken when addressing contest officials with questions or seeking interpretations. At no time, other than in the natural course of competition, should a coach or student-athlete violate the required physical distance with an official. Any coach or student-athlete who verbally interacts with an official must do so with a mask on and at a safe distance.</li> </ul>

## Locker Room Use

- Whenever possible it is recommended that locker rooms not be used.
- If locker rooms are to be used:
  - Student-athletes must only enter the locker room with their designated pod (Sprinters/Jumpers, distance runners, throws, vertical jumps, etc)
  - The locker room must be completely empty prior to it being utilized by a new pod.
  - Student-athletes must maintain social distancing of 6 feet.
  - Student-athletes must wear an appropriate mask/face covering.
  - If the locker room is not large enough to provide appropriate social distancing of 6 feet for the entire pod, then the pod must be divided into smaller groups that allow proper social distancing.
  - The locker room must be sanitized after the complete pod has exited.
- If student-athletes are in distance learning they should arrive at the venue for practice dressed for practice.
- If student-athletes are in distance learning they should arrive at the venue dressed in uniform ready for competition.
- It is recommended that student-athletes shower at home after practice or competition. However, if school showers are to be used:
  - Student-athletes must maintain social distancing of 6 feet.
  - If the locker room is not large enough to provide appropriate social distancing of 6 feet for the entire pod then the pod must be divided into smaller groups that allow proper social distancing.

## Masks/Face Coverings

Mask/Face covering guidance and information is available in:  
[Mask/Face Covering Guidance and Information](#)

## Practice

### Practice: Preparation

#### Required

- Student-athletes, coaches, and team personnel must confirm that they are symptom free. These confirmations must be aligned with the CDC's "Coronavirus Self-Checker" or current recommendations.
- A record must be kept of all student-athletes and team personnel at each practice session to allow for contact tracing.
- Avoid grouping of student-athletes at start and end of practice or during transitions. Stagger start times for practices and team meetings.
- Pods must either practice in physically separate rooms, facilities or areas or steps must be taken to separate pods by no less than 12 feet at all times.
- Frequently touched objects and areas must be cleaned and sanitized frequently.
- Cleaning and sanitization of spaces and equipment must take place between use by pods.

	<ul style="list-style-type: none"> <li>• Provide hand-sanitizer in easy-to-access areas including the entrance and exit.</li> <li>• Drinking fountains must not be utilized.</li> <li>• Student-athletes should provide their own pre-filled, labeled water bottles.</li> <li>• Student-athletes must wear their own clothing. No sharing of clothing is allowed.</li> </ul>
Recommendations and Considerations	<ul style="list-style-type: none"> <li>• Practices should start with skill development practices that allow student-athletes to maintain social distance from members of other households for the first week or two of practice. This may help slow initial disease transmission on the team and ease back into practice for those who have not had much physical activity during the pause.</li> <li>• Cleaning and sanitization of spaces and equipment should be completed frequently.</li> <li>• Consider how contact in the sport can be modified and decreased.</li> <li>• No social activity or congregation of student-athletes should take place.</li> </ul>
<b>Practice: Equipment</b>	
Required	<ul style="list-style-type: none"> <li>• When equipment is used by multiple pods, sanitization must occur between each pod use.</li> <li>• Equipment must not be shared to the extent that it is possible.</li> </ul>
Recommendations and Considerations	<ul style="list-style-type: none"> <li>• It is recommended that personal prep areas are set up prior to practice - Cones or other markers should be set up at least 6 feet apart so student-athlete have a specific place for their own bag, water bottle, etc. One cone or marker should be assigned per student-athlete.</li> <li>• No touch distribution and collection methods of equipment are encouraged.</li> </ul>
<b>Practice</b>	
Required	<ul style="list-style-type: none"> <li>• Student-athletes and coaches must wash hands thoroughly or use a hand sanitizer at the beginning and end of practice.</li> <li>• Clean frequently touched objects and areas.</li> <li>• Student-athletes must maintain the recommended six feet of distancing between individuals and must not be in contact with each other.</li> <li>• Cleaning and sanitization of spaces and equipment must take place between pods.</li> <li>• There is to be no sharing of equipment to the extent that it is possible.</li> <li>• At the conclusion of practice, student-athletes must leave the venue as soon as possible.</li> </ul>
Recommendations and Considerations	<ul style="list-style-type: none"> <li>• Student-athletes should shower immediately when they arrive at home.</li> </ul>
<b>Competition</b>	

## Competition: Site Set Up

### Required

- See MSHSL Event and Facility Management Guidance and Information for additional requirements.
- Areas for video, web-streaming or broadcast must be designated prior to the contest.
- Plans to control entry and exit of all athletes must be developed and communicated.
- Teams should have designated team camps and separated by team designated pods.
  - Pods of competitors should be organized as “event groups”.
  - Space both outside and inside facility grounds should be utilized when possible and should have clear identification markings.
  - Pods will be called in to the starting area prior to their event taking place.
  - Team camps must be only available to members of that specific team, and not a shared/common space with other teams.
  - Team camps must be isolated from spectators or other non-essential personnel.
- Clerking area and competitive areas must be limited to essential personnel.
- The suggested clerking area should take place in each end zone.
  - Clerking/hip numbering should be done with properly distanced cones rather.
  - Chairs or benches may NOT be used.
- Coaching boxes
  - Coaches should be socially isolated from other coaches near competition when their athlete is competing vs the traditional coaches boxes protocol.
  - Upon completion of their student-athlete’s trial, the coach must leave the area to allow all coaches the opportunity to observe their student-athletes.
  - Having a traditional coaches box would limit social distancing.
- Essential personnel are defined by the host school. More information is included in the MDE Guidelines.
  - Evaluate the needs of meet personnel and reduce the number whenever possible.
  - Positioning of starters, officials and event workers is to be least 6 feet from competitors.
- Warmup areas
  - Sectioned areas on the infield would look like--Width wise vs length wise; i.e.(5 yd line - 20 yd line) (25-40) (45-40) (35-20) (20-5)
  - Signage, flags, etc. must be used to designate spectator areas.

	<ul style="list-style-type: none"> <li>If spectators are permitted at the event, they must not have access to student-athletes and must be restricted to areas outside of the competition area.</li> </ul>
Recommendations and Considerations	<ul style="list-style-type: none"> <li>Virtual meets are permissible.</li> </ul>
<b>Competition: Pre-Contest</b>	
Required	<ul style="list-style-type: none"> <li>A record must be kept of all participants at each contest.</li> <li>Communicate information with the visiting team prior to the competition, including entry and exit information and team camp areas.</li> <li>Student-athletes, coaches and other team personnel must be screened daily. Each team is responsible for their own screening.</li> <li>Teams must remain socially distanced for the playing of the National Anthem.</li> <li>Meet management must allow time for competitors (teams) in the first race to clear the course before the next group of athletes for the next event enter the competitive area.</li> <li>Positioning of starters, officials and event workers is to be least 6 feet from competitors.</li> <li>There must be a restricted area at the finish that keeps spectators away, so they do not interfere with the "quick exit" of each athlete. This area should maintain distance between spectators, athletes, and officials.</li> </ul>
Track and Field Event Guidelines	<ul style="list-style-type: none"> <li>Additional signage may be necessary to identify restricted spectator areas. <u><a href="#">See Signage for Facilities and Events.</a></u></li> </ul>
<b>Competition: Contest</b>	
Required	<ul style="list-style-type: none"> <li>Officials are not expected to monitor physical distancing: each person is responsible to provide space between themselves and others.</li> <li>Coaches must provide direction to their student-athletes regarding social distancing and other safety protocols.</li> <li>Competitive Area— <ul style="list-style-type: none"> <li>Only competitors for each event will be allowed in competitive areas.</li> <li>Athletes will only be allowed to enter onto the track, runway, or ring when it is their turn to compete.</li> <li>In sprint events, when needed, block holders will be allowed.</li> </ul> </li> <li>Warm-up and Clerking Areas— <ul style="list-style-type: none"> <li>There will be a designated warm-up and clerking area clearly marked.</li> <li>Teams will remain separate and in pods while in these areas. Athletes will be allowed a 15-20 minute warm-up period prior to being clerked to their event.</li> <li>Athletes are not to congregate in the starting area.</li> </ul> </li> </ul>

- Once the event is finished the competitors will exit the competitive areas immediately and move to their designated team camp or designated section of the facility.
- Athletes are not allowed to congregate on the infield for any reason. The infield may only be used if a declared clerking, field event team camps, and/or warm-up areas are clearly marked and designated for each team.
- Track Events
  - In races with multiple heats, competitors in succeeding heats should be socially distanced from different competing schools.
  - In races the finish out of lanes (800m, 1600m, 3200m, 4x400, 4x800) meet management should not line up finishers for recording purposes. If needed for determining times and placing, athletes should be masked and socially distanced.
  - Relays—
    - Each team must provide their own relay batons, the host school will not provide batons and schools should not share batons between races.
    - During competition, only the lead off athlete and the second athlete in a relay are to proceed to the starting area when the event begins. Once the second athlete receives the baton, athletes 3 and 4 then may enter the starting area. All athletes are to leave the starting area and proceed to their designated team area once their leg of the race is finished.
  - Starting block should be assigned to a specific lane prior to the start of each competition. Athletes should only use starting blocks in their designated lane.
- Field Events:
  - Schools are not to share field equipment including poles, shot puts, and discus implements.
  - In field events that can be flighted (Shot Put, Discus, Long Jump, Triple Jump), flights should be made up of one school at a time, flights shall not be mixed between schools.
  - In field events that are not flighted (High Jump, Pole Vault) each school's competitors shall compete in successive order at each height.
- Competition protocol:
  - Guidelines to ensure physical distancing for competition should be created. An effective example for meets would be to have the meet seeded to allow for effective contact tracing.
  - Meet managers could also designate certain lanes for each team (i.e. the home team competes in “odd” lanes and the visiting team to compete in “even” lanes).
  - In the case of a dual meet, the meet manager could split the facility in half, requiring teams (team camps, spectators, and cheering areas) to only remain in their designated section. Within

	those sections, masking and social distancing guidelines will be followed.
Recommendations and Considerations	<ul style="list-style-type: none"> <li>• Before, during, and after competition, student-athletes, coaches, judges and personnel should wash their hands as frequently as possible.</li> </ul>
<b>Competition: Post-Contest</b>	
Required	<ul style="list-style-type: none"> <li>• Team celebrations or congratulations must be no-touch and conducted with appropriate physical distancing.</li> <li>• Awards ceremonies must not be held.</li> <li>• Teams must remove trash and belongings from their area.</li> <li>• Post-contest handshakes or fist bumps or hugs are not allowed.</li> <li>• Teams' post-contest meetings must be brief and must observe social distancing.</li> <li>• Team personnel must leave the venue as soon as possible.</li> </ul>
Recommendations and Considerations	<ul style="list-style-type: none"> <li>• Teams and coaches should consider ways to show physically distanced post-event appreciation for opponents and officials.</li> <li>• No extra-curricular or social activity should take place after the contest. No social congregation after competition.</li> </ul>
<b>Officials</b>	
<b>Officials: Uniform and Equipment</b>	
Required	<ul style="list-style-type: none"> <li>• Officials should bring their own equipment.</li> <li>• Masks/face coverings are required the entire time the official is in the facility.</li> </ul>
Recommendations and Considerations	<ul style="list-style-type: none"> <li>• Officials may wear a face shield in addition to a mask/face covering.</li> <li>• Officials may wear gloves – including medical latex gloves, work gloves or gloves designed specifically for officiating.</li> </ul>
<b>Officials: Pre-Contest, Contest and Post-Contest</b>	
Required	<ul style="list-style-type: none"> <li>• Officials must leave the venue as soon as possible following the contest</li> <li>• Schools must have officials' information to do contact tracing if necessary. Officials shall provide a copy of their profile page from Arbiter with contact information and the eligibility badge visible.</li> </ul>
Recommendations and Considerations	

**Resources:**

- [COVID-19 Sports Practice Guidance for Youth and Adults](#)-Minnesota Department of



Health

- [COVID-19 Youth and Adult Sports Guidance](#) Minnesota Department of Health
- [CDC Sports Guidance](#)

## 2021 MSHSL Track & Field Meet Time Schedule Example

### Field Events

- In field events that can be flighted (Shot Put, Discus, Long Jump, Triple Jump), flights should be made up of one school at a time, flights shall not be mixed between schools.
- In field events that are not flighted (High Jump, Pole Vault) each school's competitors shall compete in successive order at each height.

3:30 High Jump (1 minute allowed per trial) (All of Team A at a height, then all of Team B at the same height)

3:30 Pole Vault (1 minute allowed per trial) (All of Team A at a height, then all of Team B at the same height)

*Team A would start with the Shot, while Team B would start with the Discus*

- 3:30 Shot Put (1 minute allowed per trial, 4 attempts per competitor, NO FINALS)
- 3:30 Discus (1 minute allowed per trial, 4 attempts per competitor, NO FINALS)

*Team A would start with the Long Jump, while Team B would start with the Triple Jump*

- 3:30 Long Jump (1 minute allowed per trial, 4 attempts per competitor, NO FINALS)
- 3:30 Triple Jump (1 minute allowed per trial, 4 attempts per competitor, NO FINALS)

### Track Events (8 Lane Track) Timed Finals

Schools compete against each other at the same time as in a traditional meet. This could be accomplished by having each school assigned to roped off areas, ie "stalls" where they would stay as a group. Individuals would only leave the "stall" to compete and then return to it when they have finished their attempt. The competition would continue as a normal competition.

4:15	4 X 800 M Relay (12 minutes)	1 section final; 1 relay team/level
4:30	110M Hurdles (8 minutes)	2 section final
4:40	100M (6 minutes)	2 section final
4:50	4 X 200M Relay (6 minutes)	1 section final
5:00	1600 (10 minutes)	1 turn stagger; lanes/alleys
5:15	4 X100M Relay (6 minutes)	1 section final
5:25	400M (6 minutes)	2 section final
5:35	300M IH (10 minutes)	2 section final
5:45	800M (6 minutes)	2 section final; 1 turn stagger, lanes/alleys
5:55	200M (10 minutes)	2 section final
6:10	3200M (20 minutes)	1 section final; 1 turn stagger, lanes/alleys
6:35	4 X 400M Relay	1 section final; 3 turn stagger, lanes

*\*Games Committee determines make-up of the sections.*



## Minnesota State High School League

### COVID-19 NOTICE: PLEASE READ CAREFULLY

In accordance with governmental directives, the MSHSL will offer certain activities subject to compliance with local, state, and federal laws, regulations, and guidelines. The Minnesota Department of Health, Minnesota Department of Education and the MSHSL have developed guidance and requirements related to youth sports, use of school facilities and modifications of MSHSL activities designed to keep participants safe and reduce the spread of COVID-19. Even with these measures, the MSHSL cannot guarantee that student-athletes or other individuals participating in organized athletic activities ("Participants") will not be exposed to COVID-19. Participants and their parents/legal guardians should consider the risks before participating in any MSHSL activities. It is a shared responsibility to protect everyone from COVID-19 and Participants should follow State/CDC guidelines to reduce the risk of exposure, including but not limited to the following:

- Stay home as much as possible;
- Stay at least 6 feet from other people if you are in public places;
- Avoid close contact with people who are sick;
- Wash your hands often, with soap and water. Wash for at least 20 seconds;
  - Always wash your hands after being in a public place;
  - Always wash your hands after blowing your nose, coughing, or sneezing;
  - If soap and water are not available, use hand sanitizer that is at least 60% alcohol;
- Cover your mouth and nose when you cough or sneeze. Cough or sneeze into your elbow or a tissue. Throw used tissues in the trash;
- Wear masks/face coverings that cover your nose and mouth and fit snugly against the sides of your face.

In recognizing the serious nature of the COVID-19 pandemic and the positive impact that participation in MSHSL fine arts activities and athletics has on student-athletes participants, it is imperative that student-athletes and families know and understand the following:

1. Participating in MSHSL activities is **voluntary**.
2. While participating in MSHSL activities, all laws as well as MSHSL and school rules, guidelines, and protocols related to COVID-19 must be followed.
3. Participant acknowledges the contagious nature of COVID-19, and the Participant understands that there is risk of injury and/or illness from participating in MSHSL activities, including the risk to have direct or indirect contact with individuals who have been exposed to and/or diagnosed with COVID-19.
4. Participant agrees that if he/she is exposed to, or infected by, COVID-19 during the period of participation, they will immediately cease participation and follow Minnesota Department of Health protocols for schools and activities. The MSHSL Graduated Return to Sport protocol is recommended following a diagnosis.
5. Participant has signed a separate Eligibility Statement connected to general participation in MSHSL athletics/activities and agrees that the terms of that statement are wholly incorporated into this document and that the terms of this document are incorporated into the Eligibility Statement.

Additional information regarding Activity Participation and COVID can be found at:

- [health.state.mn.us/diseases/coronavirus/sportsguide.pdf](https://health.state.mn.us/diseases/coronavirus/sportsguide.pdf),
- [health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf](https://health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf)
- [www.mshsl.org](http://www.mshsl.org)
- [www.nfhs.org](http://www.nfhs.org)

