2026



TSSAA

TRACK & FIELD

COACHES' INFORMATION

2026 Track and Field Rules Changes

(For comments on the 2026 rules changes, see page 82)

3-6-3, 5-7-6 – Adjusts the recall distance to within the first 50 meters.

5-10-1, 5-10-11, 5-11 – clarifies the distinction between the rules for conducting relay races and the infractions for those races

5-13-1 – Clarifies how to determine if an infraction occurred when an athlete leaves the track on a straightaway.

6-2-2f (NEW) – Offers guidelines on how to notify athletes in field events to the time remaining while still providing carious options for flexibility.

6-2-2 CHART – Defines field event time limits for all competitors

6-3-2 NOTES 1 – Clarifies the starting height in a jump off with athletes at carrying heights.

6-8-2 – Father defines an active flight and continuing flight in vertical jumps.

6-9-22 – Establishes a standard placement of the high jump crossbar and standards

2026 Track and Field Editorial Changes

3-1-1c, 3-2-7, 3-2-8, 3-4-2, 4-3-1b, 6-10-6

TSSAA INFORMATION

For more information, visit the track section of our website or go to the links listed below:

Classifications:

Track is A, AA, and AAA sport. Sectional Information will be made available on https://tssaa.org/2026-track-meet-directors

Regulations & Meet Qualifying Procedures:

https://cms-files.tssaa.org/documents/tssaa/2022-23/sports-regulations/2022-23TrackRegulations.pdf.

Catastrophic Insurance:

https://cms-files.tssaa.org/documents/tssaa/health-safety-information/2022CatastrophicInsurance.pdf

Pole Vault Check List:

https://tssaa.org/approved-pole-vault

Coaching Requirements:

https://tssaa.org/coaches-education

Concussion:

https://cms-files.tssaa.org/documents/tssaa/Concussion-Policy-updated-12.2019.pdf

Heat policy:

https://cms-files.tssaa.org/documents/tssaa/HeatPolicy.pdf

Lightning policy:

The NFHS Lightning Policy (Appendix G) can be found on page 93 of the 2026 NFHS Track & Field Rules Book.

POST-SEASON ONLINE ENTRY INSTRUCTIONS (MILE SPLIT):

TSSAA Track & Field

Online Entry procedures for SUB-SECTIONAL or SECTIONAL Qualifying Meets

**Head Coaches bear the ultimate responsibility for making sure that their entries are correct and accurate. A head coach may assign the online entry responsibility to one of their assistants; however, the head coach should be certain to double check the entries submitted before the final deadlines.

If you are interested in further details or have simple curiosity about the process, you are welcome to contact Jim Kaiser for more information. (jimkaiser@mindspring.com or 859-492-9990)

HEAD COACHES –

Your first stop should be to go to the TSSAA website at www.tssaa.org . Click on the link for DI and DII Track Post-Season Online Entry Form. Information about the online entry process will be made available on or before March 1st.

If your school competes in a Sub-sectional meet, you will be required to complete your online entries prior to the posted deadline for your Sub-Sectional meet. Advancers to the Section final meet and then the State Championship will be automatic and you will not need to re-enter athletes again. Sub-Sectional online entry will be open starting on April 15th and continue until the final meet entry deadline determined by your meet director.

If your school competes in only a Section final meet, you will be required to complete your online entries prior to the posted deadline for your Section final meet. Advancers to the State Championship will be automatic and you will not need to re-enter athletes again. Sectional online entry will be open starting on April 15th and continue until the final meet entry deadline determined by your meet director.

Online entry in 2026 will use MileSplit

While online entry for specific Sub-Sectional and Sectional meets will not open until April 15th, coaches are encouraged to visit the website anytime to “claim your team” and “update your athlete/roster names”. Questions about this task are welcome – please contact Jim Kaiser at 859-492-9990 or by email at jimkaiser@mindspring.com .

SUB-SECTIONAL MEET DIRECTORS—

Before March 1st, please contact Jim Kaiser at 859-492-9990 or by email at jimkaiser@mindspring.com so that communication is established and your meet information, time schedule, & deadlines can be posted online at the State Championship website –http://tssaasports.com/

Your results database operators should also make contact with Jim Kaiser about Hytek software version updates & other important issues related to the meet database sent after the conclusion of the meets.

SECTIONAL FINAL MEET DIRECTORS—

Before March 1st, please contact Jim Kaiser at 859-492-9990 or by email at jimkaiser@mindspring.com so that communication is established and your meet information, time schedule, & entry deadlines can be posted online at the State Championship website – tssaasports.com

Your results database operators should also make contact with Jim Kaiser about Hytek software version updates & other important issues related to the meet database sent after the conclusion of the meets.

note-if you have Sub-Sectionals that feed into your Section final meet – we want to post meet & advancement information plus a time schedule if available on the State Championship website.

**Reasons for utilizing online entry & single-provider database preparation

- Faster State Qualifier list preparation & communication
- Smaller chance for manual mistakes due to human error
- Allows for flexibility of individual meet directors but maintains a state-wide formal process
- Problems are easier to find and the responsible party is identifiable – eliminating "blame-games"

SUB-SECTIONAL AND SECTIONAL MEET INFORMATION:

https://tssaa.org/2026-track-meet-directors

2026 TSSAA TRACK & FIELD REGULATION POINTS OF EMPHASIS:

I. GENERAL REGULATIONS

TSSAA Uniform Rule:

All uniforms must follow the NFHS Rules. The referee will warn every participant prior to the meet that they must compete in a legal uniform, and if a contestant competes in an illegal uniform, then that contestant is disqualified from that event. There are no team warnings or individual warnings after the meet begins. Officials should use preventative officiating as much as possible.

II. STATE MEET INFORMATION

A. Decathlon and Pentathlon

The boys' decathlon and girls' pentathlon meet shall be held on Wednesday, Thursday or Friday of the week prior to the State Track Meet.

B. Running Events

All lane assignments will be based on the athlete's qualifying performance.

C. Running Events in Division I Class AAA

The starting procedure for the 1600M, 3200M, and 4X800 M Relay will be a two alley start with a one curve stagger. The six best times advancing to the state meet will be seeded in the outside alley for all of these mentioned races. The number one seeded qualifier will be the first/inside runner in the outside alley (in lane 5).

Inside alley – Runners seeded 7th through 16th

Outside alley – Runners seeded 1st through 6th

Sections vs. Times will be used with the slowest seeded runners/teams in the first section for the following running events:

100 M High Hurdles,100 M Dash, 4x200 M Relay, 4x100 M Relay, 400 M Dash, 300 M Hurdles, 800 M Run, 200 M Dash, and 4x400 M Relay

D. Field Events in Division I Class AAA

In the Long Jump and Triple Jump, there will be two flights of eight with each competitor getting three jumps. After each competitor in both flights completes three jumps, then the top nine from both flights will get three more jumps. The top eight finishers will receive a medal.

In the Shot Put and Discus, there will be two flights of eight with each competitor getting three throws. After each competitor in both flights completes three throws, then the top nine from both flights will get three more throws. The top eight finishers will receive a medal.

TSSAA Middle School Track & Field Regulations

Boys' Track Events	Girls' Track Events
4x800 Meter Relay	4x800 Meter Relay
110 Meter LH (30 in.)	100 Meter LH (30 in.)
100 Meter Dash	100 Meter Dash
4x200 Meter Relay	4x200 Meter Relay
1600 Meter Run	1600 Meter Run
4x100 Meter Relay	4x100 Meter Relay
400 Meter Dash	400 Meter Dash
800 Meter Run	800 Meter Run
200 Meter Dash	200 Meter Dash
4x400 Meter Relay	4x400 Meter Relay
Boys' Field Events	**Girls' Field Events**
Discus Throw	Discus Throw
High Jump	High Jump
Long Jump	Long Jump
Shot Put*	Shot Put*

*The boys' shot put must weigh 4.0 kilograms (8.818 lbs). The girls' shot put must weigh 2.744 kilograms (6 lbs).

Track Regulations

I. TSSAA Uniform Rule

A. All uniforms must follow the NFHS Rules. The referee will warn every participant prior to the meet that they must compete in a legal uniform, and if a contestant competes in an illegal uniform, then that contestant is disqualified from that event. There are no team warnings or individual warnings after the meet begins. Officials should use preventative officiating as much as possible.

II. Number of Events Open to Participants

A. No contestant may participate in more than three events in any meet. This regulation applies to all track competition - regular-season meets as well as invitational, conference, sub-sectional, sectional, regional, and state meets.
B. A school may enter no more than three girls or three boys in any individual event and no more than one team in a relay.

III. Sectional

A. In middle school track, there will be three classifications: Class A, Class AA, and Class AAA. Classification can be found here.
B. Four Sectionals will be held across the state with the qualifiers advancing to the State Championships. Qualifiers will be determined by class as indicated here. Any ties for places that advance to the State Championships must be broken by the Sectional meet director, or the state office will determine who advances by coin flip (additional entries to the state meet will not be added).
C. Sectionals must be completed by May 9, 2026.

IV. State Meet Information

A. Running Events - All lane assignments will be based on the athlete's qualifying performance.
B. The following scoring system shall be used in the state meet - 10-8-6-5-4-3-2-1.
C. The Middle School Track & Field State Championships will be held May 18, 2026 at UT Knoxville

2026 TSSAA DIVISION I STATE DECATHLON & PENTATHLON

May 13th-14th, 2026

Hardin Valley Academy

Qualifying sites and directors can be found on the TSSAA website: https://portal.tssaa.org/common/postseason/.

Day 1 - May 13, 2026

Class A Pentathlon	Class AA Pentathlon	Class AAA Pentathlon
100 Meter Hurdles	100 Meter Hurdles	100m Hurdles
Shot Put	Long Jump	High Jump
Long Jump	High Jump	Shot Put
High Jump	Shot Put	Long Jump
800 Meters	800 Meters	800 Meters

Pentathlon– Start Time: 9:15AM

Order of Events

Day 1 - May 13, 2026

Class AA Decathlon, Class AAA Decathlon – Start Time: 9:00 AM Class A Decathlon – 1:00 PM

Order of Events

Class A Decathlon	Class AA Decathlon	Class AAA Decathlon
100 Meters	100 Meter	100 Meters
Triple Jump	Triple Jump	Pole Vault
Discus Throw	Discuss Throw	Discus Throw
Pole Vault	Pole Vault	Triple Jump
400 Meters	400 Meters	400 Meters

Day 2 - May 14, 2026

Class A Decathlon	Class AA Decathlon	Class AAA Decathlon
110M High Hurdles	110M High Hurdles	110M High Hurdles
High Jump	High Jump	Long Jump
Long Jump	Shot Put	Shot Put
Shot Put	Long Jump	High Jump
1500 Meters	1500 Meters	800 Meters

Class A, Class AA, Class AAA Decathlon – Start Time: 9:00 AM Order of

Events

2026 TSSAA Middle School State Track and Field

Sunday May 17th – 4:00pm-6:00pm: Track open for walk-through; Team packets available for pick-up. T-shirt vendor will be on site.

Monday - May 18, 2026 9:00am
High Jump (pit 1) - AA Boys High Jump (pit 2) - A Girls Long Jump - AA Girls (4 jumps) Shot Put - A Girls (4 throws) Discus - AA Boys (4 throws)

10:15am
Long Jump - A Boys (4 jumps)
Shot Put - A Boys (4 throws)
Discus - AA Girls (4 throws)

11:00am
High Jump (pit 1) - AA Girls
High Jump (pit 2) - A Boys

11:45am
Long Jump - AA Boys (4 jumps)
Shot Put - AA Girls (4 throws)
Discus - A Girls (4 Throws)

1:00pm
Long Jump - A Girls (4 jumps)
Shot Put - AA Boys (4 throws)
Discus - A Boys (4 throws)

1:45pm Officials Break

3:00pm All running events on a rolling schedule; Order of classification: Girls A, Girls AA, Boys A, Boys AA

4X800 Meter Relay
100/110 Meter Hurdles
100 Meter Dash 4X200
Meter Relay 1600 Meter
Run 4X100 Meter Relay
400 Meter Dash
800 Meter Run
200 Meter Dash
4X400 Meter Relay

2026 TRACK STATE MEET SCHEDULE

TUESDAY, MAY 19th

Class A & Class AA Track and Field

Field Events		Running Events
9:00 AM - A Girls' Long Jump AA Girls' Triple Jump A Boys' Shot Put AA Boys' Discus A Boys' High Jump A Girls' Pole Vault 10:30 AM - A Boys' Long Jump AA Boys' Triple Jump A Girls' Shot Put AA Girls' Discus A Girls' High Jump 10:30 AM – AA Girl's Pole Vault 12:00 PM – AA Girls' Long Jump A Girls' Triple Jump AA Boys' Shot Put AA Boys' High Jump A Boys' Boys' Discus A boys Pole Vault 1:30 PM – AA Boys' Long Jump A Boys' Triple Jump AA Girls' Shot Put A Girls' Discus AA Girls' High Jump AA Boys' Pole Vault		Order of Events: Girls' A, Girls' AA Boys' A, Boys' AA 8:00 AM- 3200 Meter Run (Class A only) 4:00 PM Running Events Final 4 x 800 Meter Relay 100/110 Meter High Hurdles 100 Meter Dash 4 x 200 Meter Relay 1600 Meter Run 4 x 100 Meter Relay 400 Meter Dash 300 Meter Hurdles 800 Meter Run 200 Meter Dash 3200 Meter Run (Class AA only) 4 x 400 Meter Relay Order in Running Events: Girls followed by Boys

WEDNESDAY, MAY 20th

DII Track and Field

Field Events		Running Events
9:00 AM - A Girls' Long Jump AA Girls' Triple Jump A Boys' Shot Put AA Boys' Discus A Boys' High Jump A Girls' Pole Vault 10:30 AM - A Boys' Long Jump AA Boys' Triple Jump A Girls' Shot Put AA Girls' Discus A Girls' High Jump 10:30 AM – AA Girl's Pole Vault 12:00 PM – AA Girls' Long Jump A Girls' Triple Jump AA Boys' Shot Put AA Boys' High Jump A Boys' Boys' Discus A Boys Pole Vault 1:30 PM – AA Boys' Long Jump A Boys' Triple Jump AA Girls' Shot Put A Girls' Discus AA Girls' High Jump AA Boys' Pole Vault		Order of Events: Girls' A, Girls' AA Boys' A, Boys' AA 8:00am – 3200 Meter Run (DII A only) 4:00 PM Running Events Final 4 x 800 Meter Relay 100/110 Meter High Hurdles 100 Meter Dash 4 x 200 Meter Relay 1600 Meter Run 4 x 100 Meter Relay 400 Meter Dash 300 Meter Hurdles 800 Meter Run 200 Meter Dash 3200 Meter Run (DII AA Only) 4 x 400 Meter Relay Order in Running Events: Girls followed by Boys

THURSDAY, MAY 21th

Class AAA Track and Field

Field Events		Running Events
9:00 AM - Girls' Triple Jump		4:00 PM - Running Event Finals
Girls' Shot Put		
Boys' Discus		Unified 4 x 100 Meter Relay
Boys' Long Jump		Coed 4 x 400 Meter Relay
Boys' Pole Vault		4 x 800 Meter Relay
		100/110 Meter High Hurdles
10:00 AM – Girls' High Jump		100 Meter Dash
		Unified 100 Meter Dash
		4 x 200 Meter Relay
11:00 AM – Boys' Triple Jump		1600 Meter Run
Boys' Shot Put		4 x 100 Meter Relay
Girls' Discus		400 Meter Dash
Girls' Long Jump		300 Meter Hurdles
		800 Meter Run
12:00 PM – Girls' Pole Vault		200 Meter Dash
Boys' High Jump		3200 Meter Run
		4 x 400 Meter Relay
2:00 PM – Unified Long Jump		
Unified Shot Put		Order in Running Events: Girls followed by Boys

SPRING 2026 IMPORTANT DATES:

First Practice Date……Feb. 9, 2026

First Contest Date..... Mar. 2, 2026

Deadline to File Eligibility & Schedules..... Mar. 2, 2026

DI (Small & Large) Sectionals & DII Regions (Must be completed)……...May 13, 2026

DI & DII Decathlon and Pentathlon State Championships ……..…May 13-15, 2026

DI Class A & Class AA State Meets ……May 19, 2026

DII Class A & DII AA State Meets ……..…….May 20, 2026

DI Class AAA State Meet ……..May 21, 2026

Unified State Meet……..…May 21, 2026

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Dead Period June 22 –July 5, 2026

When NFHS Week 47 is the same Week as Memorial Day, all weeks Shift: State Championship is Week 46; First Practice Week 32; First contest is week 35.

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As many of you know, our office receives a tremendous amount of calls each day. It is sometimes difficult to reach us by telephone. Please try to utilize e-mail for a quick response to any questions you may have.

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