

# NFHS revises track, cross country rules

Beginning this fall, all uniforms worn in high school track and field, as well as cross country, must be either issued or approved by the school.

The uniform revision in Rule 4-3-1 was one of the four revisions recommended by the National Federation of State High School Associations (NFHS) Track and Field Rules Committee at its June 12-14 meeting in Indianapolis.

All rules changes were subsequently approved by the NFHS Board of Directors.

In other changes, a new penalty was added to Rule 6-2-14.

Several prohibitions regarding competitors' actions were included in the rule but had no associated penalty if the rule was not followed, which created confusion for

enforcement.

The appropriate penalty of disqualification from the event has been added.

This revision provides consistency in establishing a range for the length of the crossbar in pole vault, similar

shall meet all requirements and restrictions as presented in Rules 4-3-1 and 4-3-2, Competitor's Uniform in Track and Field and Cross Country."

The change was made by the committee in order to eliminate duplicate language within the two separate sections.

A complete listing of the track and field rules changes is available on the NFHS website at [www.nfhs.org](http://www.nfhs.org). Click on "Activities & Sports" at the top of the home page, and select "track and field."

According to the 2015-16 NFHS High School Athletics Participation Survey, there are 591,133 boys participating in outdoor Track and Field at 16,547 schools and 485,969 girls at 16,508 schools.

**A uniform revision rule was one of the four revisions recommended by the National Federation of State High School Associations (NFHS) Track and Field Rules Committee.**

The committee also revised Rule 6-5-11, establishing that the nonmetal crossbar in the pole vault shall not be less than 14 feet, 8 inches, or longer than 14 feet, 10 inches.

to high jump.

Language in Rule 8-6-1 (cross country) regarding track and field uniforms was eliminated and replaced with: "Each competitor's uniform

# Oregon Trails Advisory Council seeks new members

The Oregon Parks and Recreation Department (OPRD) is taking applications for new members to serve on the Oregon Recreation Trails Advisory Council (ORTAC) for Congressional District 5.

The district covers all of Clackamas, Lincoln, Marion, Polk and Tillamook Counties. The council advises OPRD and its allies in the development and promotion of high quality, non-motorized trail systems throughout Oregon.

Through public meetings and various trail programs, ORTAC assists in creating, improving and promoting a system of safe, sustainable trails for the well-being and enjoyment of Oregon's residents and visitors alike.

ORTAC consists of seven members, including at least one from each congressional district, and at least two mem-

bers from separate counties bordering the coast.

Members of the Council are appointed by the OPRD Commission, serve at the pleasure of the Commission for four-year terms, and are eligible for reappointment.

Members review applications for state designated trails, may serve on a variety of other OPRD committees, may assist in the evaluation of trail-related grant applications, and aid in the development of the 10-year statewide Trail Plans.

The council conducts four public meetings a year, each in a different region of the state.

Anyone interested can contact David Stipe at 503-986-0740 or email [david.stipe@oregon.gov](mailto:david.stipe@oregon.gov) to obtain an ORTAC Interest Form.

The deadline for submitting the form is Aug. 15.

# Central Coast all-depth halibut season closed until Aug. 4

NEWPORT — Decent weather and good fishing this past weekend allowed anglers to harvest most of the remaining quota for the Central Oregon Coast (Cape Falcon to Humbug Mt.) spring all-depth sport halibut fishery.

Therefore, there will be no additional back-up dates open.

The summer all-depth fishery opens Aug. 4-5, and occurs

every other Friday and Saturday until the quota is taken or Oct. 31, whichever is first.

"The June 30 through July 1 openings had good enough weather, especially on Saturday, that many anglers were able to get out fishing with good success for halibut," said Lynn Mattes, ODFW's halibut project leader.

Total catch for the spring all-depth fishery is 145,634 pounds, which leaves only 6,078 pounds remaining — not enough to open for any additional spring all-depth days.

The remaining pounds will be added to the summer all-depth quota, giving an adjusted quota of 66,281 pounds.

The Central Oregon Coast Subarea nearshore (inside 40

fathoms) and the Southern Oregon Subarea (Humbug Mt to the OR/CA Border) both remain open seven days per week until the quotas are taken or Oct. 31, whichever is earlier.

For the latest season information on halibut fishing visit [www.dfw.state.or.us/MRP/fin-fish/halibut/index.asp](http://www.dfw.state.or.us/MRP/fin-fish/halibut/index.asp).

# Cyclists from 1C

and cycling across four Canadian provinces. Major cities along the route include: Houston, Texas; St. Louis, Mo. Chicago, Ill.; Minneapolis, Minn; Madison, Wis.; Winnipeg, M.B.; Edmonton, Alberta.

In Canada, all three groups will reunite and ride the final 10 days together to Anchorage, Alaska, where the journey has ended since the ride's inception.

On each of the three routes, the riders will make stops

along the way to present grants to cancer research and treatment centers.

More than 615 students have made the trek from Austin to Alaska, collectively raising more than \$7 million in the fight against cancer since the ride began in 2003.

Most of the students ride for a friend or family member who has battled cancer — and perhaps lost. A few ride in honor of their own battles with cancer, and many simply ride because they want to see an end to cancer, period.

"Every one of these young men and women in Texas 4000

are committed to the fight against cancer," said Scott Crews, Executive Director of Texas 4000. "These young leaders have trained hard and possess determination in tackling the more than 4,000 mile ride from Austin to Anchorage, a journey we see as a metaphor for the fight against cancer."

"Texas 4000 requires a lot of tenacity," said Sarah Nielsen, a rising senior at The University of Texas at Austin and the Sierra Route Ride Director. "Biking across the country is not an easy feat. It requires a lot of resilience to wake up every morning, get on your

bike, and continue on with the journey.

"We find that inner strength and motivation from the people we ride for, our teammates, and the hope for a cancer-free future."

Shortly after their return home, the riders will celebrate their incredible journey at the Tribute Gala on Friday, Aug. 25, at the JW Marriott.

To learn more about the cyclists making up the 2017 Texas 4000 team, to make a donation or to read the riders' blogs, visit [www.texas4000.org](http://www.texas4000.org).

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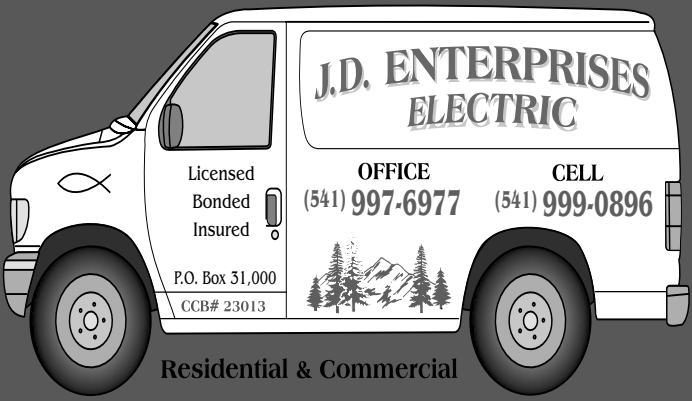
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