

# NFHS Track & Field

## Welcome

Monday, January 25, 2010



**Welcome to Within the Oval**, the homepage for NFHS Track and Field and Cross Country Officials Information. We believe you will find the information useful and utilize the resources to stay informed. It is our intention to continually update this site, and we encourage you to visit **Within the Oval** frequently for new and valuable information.

The NFHS Track and Field/Cross Country Rules Committee meets annually in June to discuss rules change proposals, editorial changes and points of emphasis for the following season. If you have a rules proposal you would like to consider, you're encouraged to work with your member state association - if they find merit in your proposal, they will forward it to the NFHS. This is your way to voice your opinion and potentially enhance the sports of track and field and cross country for the youth of our nation.

The NFHS appreciates your dedication to the sports of track and field and cross country and the students we serve!

Julie Cochran

NFHS Director of Sports

Track and Field/Cross Country Rules Editor/National Interpreter

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