

**MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION
2009 LOWER PENINSULA TRACK & FIELD FINALS – GENERAL INFORMATION
MAY 30, 2009**

Welcome to the 2009 MHSAA Lower Peninsula Track & Field Finals. The Grand Rapids area is again very pleased to be host for all classes. We hope your visit will be a pleasant one. Your hosts are:

Division 1 – East Kentwood

Division 2 - Zeeland

Division 3 - Comstock Park

Division 4 – Forest Hills Eastern

If you have any questions regarding any of the meets, please contact any of the following people:

Division 1 Blain Brumels – Athletic Director – 616-698-6700

Division 2 Tim Ritsema – AD Zeeland East – 616-748-3124

Mark Werley - AD Zeeland West – 616-784-4541

Division 3 Jan Gillette, Athletic Director – 616-254-5230

Division 4 Tim Hollern, Athletic Director- 616-493-8838

All-Site Coordinator: Lew Clingman 616-819-1947 (school)/616-690-0553 (cell)

1. **TRACKS**- All of the tracks are polyurethane surfaces, metric, and eight (8) lanes.

Note: East Kentwood is a 9-Lane Track

2. **ADMISSION** - \$7.00 all sites. Admission is good for all day. Parking \$3.00.

3. **PROGRAMS** - \$4.00 at all sites. This will include an insert of all entries.

4. **ENTRIES** - A list of entries may be located on the MHSAA Website at www.mhsaa.com on the Tuesday following the Regional Meet. If you find any errors or if one of your athletes has been omitted, please call the appropriate meet manager by May 23. **PLEASE CALL IN ANY SCRATCHES IF POSSIBLE!**

5. **STARTING BLOCKS** - All sites will furnish starting blocks. The only exception will be blocks that are used for the stand-up starts.

6. **SCRATCHES** - 9:00 a.m. for the morning events -- Noon for the afternoon events. All scratches are to be written on the official scratch sheet found in the coach's packet. They are to be turned into the designated area prior to the times listed above. If you know of any scratches before the day of the meet, please call the appropriate manager.

7. **BATONS** - You must furnish your own batons.

8. **SCORING** - 10-8-6-5-4-3-2-1 in all events (8 places).

9. **AWARDS** – Medals - first eight (8) places in all events. Trophies - winning and runner-up teams. Medals will be presented at the award's stand after the next event. Please remind your athletes to remain on the field until after they have received their award.

10. **WARM-UP AREAS** - No warm-ups will be allowed on the football field. A designated area will be provided at each site. Please check your local rules.

11. **CONTESTANT/COACH ADMISSION** - Contestants must be in uniform and be accompanied by a coach or a school representative. Entry must be made through the designated contestant/coach entry gate at each site. Coaches must be wearing their pass which will be picked up at the site. Each team will be allowed two (2) **coaching passes (all other Assistant Coaches must pay) and one (1) parking pass per team.**

12. **SWEATSHIRT/T-SHIRT SALES** - Sweatshirts - T-shirts- and other items will be available at the site for purchase. Prices are: \$20.00 – T-Shirts \$25.00 – Long-Sleeved T-Shirts \$40.00 – Hooded Sweatshirts \$30.00 – Sweatpants \$15.00 - Shorts, Hats \$5.00 – Pins, Lanyards

13. **UNIFORM/JEWELRY RULE** - These rules will be strictly enforced. Please review them with your athletes.

14. **RELAY CARDS** - A relay card must be turned in to the clerk of the course by one member of your relay team in the staging area prior to the race.

15. **CROWD CONTROL** - Coaches are not allowed on the track or football field at any time except in the case of an injured athlete. Athletes not competing must remain outside the track/football area.

16. **CHECKING IN** - ALL athletes must check in with the clerk of the course in the staging area after the first call and prior to the final call for that event.

17. **MHSAA PARTICIPATING SCHOOL TOURNAMENT INFORMATION** - Please read thoroughly the Participating School Tournament Information on the Track & Field pages of the MHSAA Website. Here are specific points of emphasis:

A. All shot puts and discus must be weighed and marked before they can be used. All illegal implements will be held until the end of the competition.

Morning session weigh in time- 8:00 to 9:30 a.m.

Afternoon session weigh in time- 11:00 a.m. to Noon

B. Starting heights and raises for high jump and pole vault.

C. Girls events will be run first.

D. There will be (2) sections of the 3,200-Meter Relay. Should there be more than 24 entries, the second section will include the 16 fastest times plus ties. Should there be 24 or fewer entries, the second section will include the 12 fastest times plus ties.

E. There will be a maximum of two (2) heats of the 800-Meter Run. The second heat will be held only if the number of entries exceed twenty (20). If two (2) heats are needed, the sixteen (16) fastest times will be in the final heat.

F. There will be two (2) sections of the 1,600-Meter Run only when the number of entries exceeds twenty-four (24). There will be only one (1) heat of the 3,200-Meter Run.

G. Alley starts will be used in the 800, 1,600, and 3,200-Meter Runs. The 3,200-Meter Relay using a two (2) turn stagger. The 1,600-Meter Relay will be using a three (3) turn stagger.

H. The **Open Pit** method will be used for the long jump with the following schedule:

Girl's prelims- 9:30-10:45 a.m. / Finals- 11:00 a.m.

Boy's prelims- 12:15 - 1:30 p.m. / Finals- 1:45 p.m.

I. The shot put and discus will be conducted in flights from worst to best. The high jump and pole vault will be conducted in groups of five (5) from worst to best.

J. Time limits for all field events will be strongly enforced.

18. **VIDEO CAMERAS** - May be used, but no electrical supplies are available.

19. **SITE INSPECTION** - The sites will be open on May 29 from 4:00 to 7:00 p.m. for inspection. The field event areas, because of safety concerns, will be closed.

20. **DIVISION 2 FIELD EVENT TIMES** – Please note that the time schedule for Field Events is different from the other three Division due to the dual pit configuration at Zeeland.

2009 MHSAA TRACK & FIELD FINALS SCHEDULE

Proposed Time schedule for Div 1, 3, and 4 Final Meets

8:00 AM Gates open
8:00 – 9:15 AM Weigh-in of Shots and Discs
8:00 – 8:40 AM Pole Inspection
9:00 AM Morning Scratches due
9:30 AM B/G Pole Vault
Boys Shot Put / High Jump
Girls Discus / Long Jump (*open pit 9:30 -10:45 AM*)
9:55 AM National Anthem
10:00 AM Prelims: 100M / High Hurdles / 200M
Finals – 3200M Relay
Semis: 100M / High Hurdles / 200M
11:00 AM Girls Long Jump Finals
11:30AM Afternoon Weigh-in
12:00 PM Afternoon Scratches due
12:15 PM Girls Shot Put / High Jump
Boys Discus / Long Jump (*open pit 12:15 – 1:30 PM*)
1:25 PM National Anthem
1:30 PM Running Finals
1:45 PM Boys Long Jump Finals
4:30 PM Awards Presentation (*approximate time*)

Due to the fact that Zeeland is capable of conducting all Field Events at once, the following time schedule is proposed for the Division 2 Meet:

8:00 AM Gates Open
8:00 – 9:15 AM Weigh-in of Shots and Discs /Pole Inspection
9:00 AM Morning Scratches are Due
9:30AM B/G Pole Vault Begins
B/G Long Jump Begins – (*Open Pit 9:30 to 10:45 AM*)
B/G High Jump Begins
Boys Shot Put/Girls Discus
9:55 AM National Anthem
10:00 AM B/G Prelims: 100M / High Hurdles / 200M
Finals – 3200M Relay
Semi Finals: 100M / High Hurdles / 200M
11:00 AM B/G Long Jump Finals
11:30 PM Afternoon Weigh-in
12:00 PM Afternoon Scratches Due
12:15 PM Boys Disc /Girls Shot Put Begins
1:25 PM National Anthem
1:30 PM Running Finals
4:30 PM Awards Presentation (*approximate time*)

ALL FOUR VENUES WILL BE OPEN TO TEAMS ON FRIDAY, May 29th FROM 4:00 PM TO 7:00 PM. POLES CAN BE INSPECTED AT THIS TIME AS A REFEREE WILL BE AVAILABLE FOR THIS PROCEDURE. POLES CAN BE SECURILY STORED OVERNIGHT, IF SO DESIRED.