

**MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION
2008 LOWER PENINSULA TRACK AND FIELD FINALS
GENERAL INFORMATION**

Welcome to the 2008 MHSAA Lower Peninsula Track and Field Finals. The West Michigan area is very pleased to once again host the Final Meets for all Divisions. We hope your visit will be a pleasant one. Your hosts will be the following:

**Division 1 – Rockford High School
Division 2 – Zeeland Public Schools
Division 3 – Comstock Park High School
Division 4 – Forest Hills Eastern High School**

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

D1	Tim Erickson – 616-863-6040	terickson@rockford.k12.mi.us
	Brian Macomber – 616- 784-0348	union215@aol.com
D2	Stan Jesky – 616-748-3124	sjesky@zeeland.k12.mi.us
	Mark Werley – 616- 748-4541	mwerley@zeeland.k12.mi.us
	Lew Clingman – 616-690-0553	lewcling23@yahoo.com
D3	Jan Gillette – 616-254-5230	jgillette@cppschoools.com
	Gary Holland – 616-254-5214	gholland@cppschoools.com
D4	Tom Walters – 616-493-8838	twalters@fhps.us
	Rob Stefanowski – 616-299-7006	rstefo@fhps.us
	Tim Hollern – 616-493-8838	thollern@fhps.us

- 1) **TRACKS:** All of the tracks are polyurethane surfaces, metric and 8 lanes. **ONLY ¼” SPIKES MAY BE USED**
- 2) **ADMISSION:** \$6.00 at all sites, good for the whole day. Parking is \$2.00 per car at each site.
- 3) **PROGRAMS:** \$4.00 AT ALL SITES. This will include an insert of all entries. Each participating team will receive 1 program when checking in.
- 4) **ENTRIES:** A list of entries will be located at www.mhsaa.com on the Tuesday following the Regional Meets. If you find any errors or if one of your athletes has been omitted, please contact the appropriate manager by Thursday, May 22' if you want the correct information to appear in the program. Corrections submitted after this deadline will be reflected on meet information at the site but not in the program. **PLEASE CALL IN ALL SCRATCHES AND CORRECTIONS THE WEEK FOLLOWING THE REGIONALS!**
- 5) **STARTING BLOCKS:** Each site will provide an adequate amount of traditional starting blocks for the meet. Non- traditional blocks must be pre-approved by meet management prior to use in competition.
- 6) **SCRATCHES:** 9:00 AM for morning session – Noon for afternoon events. All scratches are to be written on the official scratch sheet found in the coach's pick-up packet. They are to be turned into the designated area prior to the times listed above. If you know of any scratches prior to the meet, please contact the appropriate manager.
- 7) **BATONS:** Each relay team is responsible for providing their own batons.
- 8) **SCORING:** 10-8-6-5-4-3-2-1 IN ALL EVENTS (8 PLACES).
- 9) **AWARDS:** Medals to first 8 places in all events will be presented throughout the meet. If your athlete is to be an award winner, please make sure he or she is in the area of the award tent as they will be presented with their medal as quickly as possible after the completion of their event. Trophies, winner and runner-up will be presented at the conclusion of the meet.
- 10) **WARM-UP AREAS:** Each site will designate the appropriate warm-up areas for the athletes. There is to be no warm-ups on the football fields. Please check the local rules provided to you.
- 11) **CONTESTANT/COACH ADMISSION:** Contestants must be in uniform and accompanied by a coach or school representative. Entry is to be made through the site's designated area. Coaches must wear their passes during competition as a form of ID. **EACH TEAM WILL BE PROVIDED WITH THREE COACHES PASSES. (all other assistant coaches must pay) AND 1 PARKING PASS PER TEAM. These can be picked up with the pick-up packets on Friday June 1 at the sites or at the pick-up gate on June 2. The parking pass will be mailed with the pre-meet information to all qualifying teams.**
- 12) **SWEAT SHIRT/T-SHIRT SALE:** Souvenir sweat shirts and t-shirts will be available at all sites on the day of the meet.

- 13) **UNIFORM/JEWELRY RULE:** These rules will be strictly enforced. Please review them with the clerk of the course.
- 14) **RELAY CARDS:** Relay cards will be provided to qualifying teams. These must be filled out and handed in to the Clerk at the time of checking-in by one member of the relay team.
- 15) **POLE VAULT CARDS AND INSPECTION:** Vault cards will be provided and handed in to the event judge prior to the start of competition. Pole must be inspected by a meet referee and there will be referees available at all four site from 4:00 PM to 7:00 PM on Friday and also at 8:00 AM on Saturday.
- 16) **CROWD CONTROL:** Coaches are not allowed on the Field or Track at any time unless their presence is requested by meet officials. Athletes not competing must remain outside of the Track area until called for.
- 17) **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.
- 18) **POINTS OF EMPHASIS:**
- A) All Shots and Discs must be weighed in and approved prior to their use in competition. All illegal implements will be confiscated and held until after the competition is completed.
 - Morning session weigh-in time – 8:00 to 9:30AM**
 - Afternoon session weigh-in time – 11:45 AM to 12:30 PM**
 - B) See the MHSAA web site for Pole Vault and High Jump starting heights and raises
 - C) Boys running events will be first
 - D) There will be two sections of the 3,200M Relay. Should there be more than 24 entries, the second section will include the 16 fastest times, plus ties. Should there be less than 24 entries, the second section will include the 12 fastest times, plus ties.
 - E) In the 800 M Run – 1 section if 20 or fewer runners: 2 sections if more than 20 runners. If more than 20 but less than 24 runners, 12 will compete in the 2nd section. If more than 24, 16 will compete in the 2nd section
 - F) There will be two sections of the 1,600 M Run only when the number of entries exceeds 24 and there will be only one heat of the 3,200M run.
 - G) Each site will use all their lanes for alley starts in the 800, 1600, 3200 and 3,200M relay. The 1,600 M Relay will use the 3 turn stagger.
 - H) Open pit will be used in the Long Jump. Check each sites time schedule for time of competition.
 - I) The Shot and Disc will be conducted in flights from worst to best based on Regional qualifying performances. The High Jump and Pole Vault will also be seeded worst to best using the “5 alive” format.
 - J) Time limits for all events will be strictly enforced. They are as follows:
 - 1) Going top races of 400M or less.....10 MIN
 - 2) Going to races of 800M Or 1600 M.....15 MIN
 - 3) Going to Races of 3.200M.....20 MIN

In all cases the time begins when the athlete asks to be excused. These times are recorded by the Field Event Judge. When it becomes obvious that an athlete cannot comply with the time limitation during staging, a substitute can sit in and provide information necessary to the actual competition. The athletes must strive not to excuse themselves prematurely.
- 19) **SITE INSPECTION:** All four sites will be open to teams on Friday, May 30, from 4:00 PM to 7:00 PM. Teams may use the track, mark steps (with chalk) and inspect the facility. The Field Event venues will be closed to practice. Coaches can pick up their meet packets and programs at this time. Any coach who does not get his/her packet on Friday can do so, outside the gate, at each site on Saturday.
- 20) **FINAL RESULTS:** Results will be posted on the MHSAA web site immediately after the meet. Prelim times will be available by Tuesday 6/2/08 on the MHSAA site.
- 21) **HOUSING:** A list of preferred housing can be found on the MHSAA web site. Follow the instructions as posted.