

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

Welcome to the 2008 MHSAA Upper Peninsula Track and Field Finals. Kingsford High School is very pleased to once again host the Final Meet for all Divisions. We hope your visit will be a pleasant one.

If you have any questions regarding the meet, please contact Don Edens at Kingsford High School (dedens@kingsford.org or Phone 906-779-2670 or Fax 906-774-2883)

1. **Neal Johnson**, from the Physical Therapy Center, will be on site throughout the meet to assist coaches and athletes.
2. **TRACK:** RUBBER SOLED SHOES ARE REQUIRED FOR THE SHOT PUT AND DISCUS. Pin spikes will be permitted for all other events (1/8 inch maximum).
3. **ADMISSION:** \$6.00 - Good for the whole day.
4. **PROGRAMS** - \$4.00 – This will include an insert of all entries. Each participating team will receive 1 program when checking in.
5. **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 dedens@kingsford.org or 906-779-2670. Corrections submitted after Thursday, May 22, will be reflected on meet information at the site but not in the program.
6. **STARTING BLOCKS:** Starting blocks will be supplied by Kingsford High School.
7. **SCRATCHES:** 8:30 CST (9:30 EST)- 11:00 CST(NOON EST). All scratches are to be written on the official scratch sheet found in the coach's packet. All scratches are to be turned into the track storage building prior to the times listed above. If you know of any scratches prior to the meet, please contact Don Edens.
8. **BATONS:** Each relay team is responsible for providing their own batons.
9. **SCORING:** - **10-8-6-4-2-1** IN ALL EVENTS
10. **FIELD EVENT WARM UPS:** Field event warm ups will not be permitted until a meet official is there to supervise. Officials are set to arrive at their respective site ½ hour prior to the start of the event.
11. **CONTESTANTS:** Contestants must be in uniform, have a bracelet, and be 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).
12. **PACKETS:** Team Packets will be distributed as you park your bus(in case of bad weather, packets can be picked up in the coaches office – (West end of the Fieldhouse) prior to 8:45 CST (9:45 EST) After 8:45, pick up packets at the track storage building South of the bleachers.

13. **AWARDS:** All 1st place winners of each event should go to the infield immediately to have their picture taken to be included in the MHSAA Book of Champions. All medals can be picked up after the meet with the results. In case of a tie, duplicate medals will be ordered. Trophies will be awarded to the boys and girls champions and runners-up in each class.
14. **SWEAT SHIRT/TEE SHIRT SALE:** Souvenir sweat-shirts and tee-shirts will be available the day of the meet.
15. **UNIFORM/JEWELRY RULE:** These rules will be strictly enforced.
16. **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.
17. **POLE VAULT CARDS AND INSPECTION:** Vault cards will be provided and handed in to the event judge prior to competing. Poles must be inspected by a meet referee. This inspection will take place under the bleachers between 7:30-10:00 CST.
18. **CROWD CONTROL:** Coaches are not allowed on the Field or Track at any time unless their presence is requested by meet officials. Only contestants wearing bracelets will be allowed on the infield during the meet. For the safety of runners and integrity of the race, athletes will not be able to cross the track during a race. Please make sure your athletes are aware of this and they plan accordingly.
19. **CHECKING IN: ALL ATHLETES** must check in with the clerk of the course in the bull pen area after the first call.
20. **POINTS OF EMPHASIS:**
 - **DO NOT** leave valuables in the locker room.
 - No tents, etc. will be allowed to be set up inside the fenced in area.
 - All Shots and Discs must be weighed in and approved prior to their use in competition. **Weigh in will take place under the bleachers between 7:30 - 10:00 CST.** All illegal implements will be confiscated and held until after the competition is completed.
 - Pole Vault and High Jump starting heights will be determined after the regionals
 - Boys running events will be first.
 - There will be NO preliminaries at the U.P. Finals.
 - Alley starts and alley placing of regional qualifiers in the 800 meter run, 1600 meter run, 3200 meter run, 3200 meter relays.
 - Two races will be run in the Finals in Division 3 in all running events 800 meters or less. Runners with the fastest times will be placed in the second heat.
 - In case of a tie, seeding will be determined by a flip of a coin.
 - Time limits for leaving a field event will be strictly enforced. They are as follows:
 1. Going to races of 400M or less.....10 minutes
 2. Going to races of 800M or 1600M.....15 minutes
 3. Going to races of 3200M.....20 minutes
21. **FINAL RESULTS:** Results will be handed out approximately 20 minutes following the conclusion of the meet. Results will also be posted on the MHSAA web site.

2008 U.P. TRACK & FIELD FINALS TIME SCHEDULES

| CST/EST | FIELD EVENTS | |
|-------------|-------------------------|------------|
| 9:00/10:00 | Discus-Boys/Girls | Division 3 |
| 10:30/11:30 | Discus-Boys/Girls | Division 2 |
| 11:30/12:30 | Discus- Boys/Girls | Division 1 |
| 9:00/10:00 | Shot Put – Boys/Girls | Division 1 |
| 10:00/11:00 | Shot Put – Boys/Girls | Division 3 |
| 11:30/12:30 | Shot Put – Boys/Girls | Division 2 |
| 9:00/10:00 | High Jump – Boys/Girls | Division 3 |
| 10:15/11:15 | High Jump - Boys/Girls | Division 2 |
| 11:30/12:30 | High Jump – Boys/Girls | Division 1 |
| 9:00/10:00 | Long Jump – Boys/Girls | Division 2 |
| 10:30/11:30 | Long Jump – Boys/Girls | Division 1 |
| 11:30/12:30 | Long Jump - Boys/Girls | Division 3 |
| 9:00/10:00 | Pole Vault – Boys/Girls | Division 2 |
| 10:30/11:30 | Pole Vault – Boys/Girls | Division 1 |
| 12:00/1:00 | Pole Vault - Boys/Girls | Division 3 |

RUNNING EVENTS

| | | |
|-------------|--------------------------------|----------------|
| 9:00/10:00 | 3200 Meter Relay – Boys | Division 1,2,3 |
| 9:30/10:30 | 3200 Meter Relay – Girls | Division 1,2,3 |
| 11:00/12:00 | 110 Meter High Hurdles – Boys | Division 1,2,3 |
| 11:15/12:15 | 100 Meter High Hurdles – Girls | Division 1,2,3 |
| 11:30/12:30 | 100 Meter Dash – Boys | Division 1,2,3 |
| 11:45/12:45 | 100 Meter Dash – Girls | Division 1,2,3 |
| 12:00/1:00 | 800 Meter Relay – Boys | Division 1,2,3 |
| 12:15/1:15 | 800 Meter Relay – Girls | Division 1,2,3 |
| 12:30/1:30 | 1600 Meter Run – Boys | Division 1,2,3 |
| 12:45/1:45 | 1600 Meter Run – Girls | Division 1,2,3 |
| 1:00/2:00 | 400 Meter Relay – Boys | Division 1,2,3 |
| 1:10/2:10 | 400 Meter Relay – Girls | Division 1,2,3 |
| 1:30/2:30 | 400 Meter Dash – Boys | Division 1,2,3 |
| 1:50/2:50 | 400 Meter Dash – Girls | Division 1,2,3 |
| 2:00/3:00 | 300 Meter Hurdles – Boys | Division 1,2,3 |
| 2:15/3:15 | 300 Meter Hurdles – Girls | Division 1,2,3 |
| 2:30/3:30 | 800 Meter Run – Boys | Division 1,2,3 |
| 2:40/3:40 | 800 Meter Run – Girls | Division 1,2,3 |
| 3:00/4:00 | 200 Meter Dash – Boys | Division 1,2,3 |
| 3:10/4:10 | 200 Meter Dash – Girls | Division 1,2,3 |
| 3:25/4:25 | 3200 Meter Run – Boys | Division 1,2,3 |
| 4:25/5:25 | 3200 Meter Run – Girls | Division 1,2,3 |
| 5:25/6:25 | 1600 Meter Relay– Boys | Division 1,2,3 |
| 5:40/6:40 | 1600 Meter Relay – Girls | Division 1,2,3 |

Meet Manager reserves the right to advance all times once the meet begins. Please be aware that the time schedule is only a guide. Once the final events begin, we may be advancing the times. Contestants should be on site well ahead of his/her event time.