

2019 FINAL TRACK – GENERAL INFORMATION

THIS DOCUMENT WILL SERVE AS YOUR OFFICIAL TEAM UNIFORM WARNING

Welcome to the 2019 Boy's and Girl's Lower Peninsula Final Track Meet. The Grand Rapids Area is again pleased to be your host for all Divisions. We hope your visit will be a pleasant one.

Your local host will be:

Division 1 – East Kentwood High School

Division 2 – Zeeland East and West High Schools

Division 3 - Jenison High School

Division 4 – Hudsonville High School @ Baldwin MS

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

Division 1 – Blaine Brumels Athletic Director – 616-698-3013

Division 2 – Josh Glerum, Athletic Director – 616-748-3124

Division 3 – Tim Ritsema, Athletic Director – 616-667-3366

Division 4 – Kevin Wolma, Athletic Director – 616-669-1500

All Site Coordinator: Lew Clingman, 616-690-0553, lewclingman@gmail.com

1. **TRACKS** – All of the Tracks are polyurethane surfaces, metric and eight (8) lanes. (East Kentwood has 9 lanes)
2. **ADMISSION** - \$8.00 at all sites, good for the whole day, parking \$3.00.
3. **PROGRAMS** - \$4.00 at all sites. This will include an insert of entries.
4. **ENTRIES** – A list of entries may be located on the MHSAA web site 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 see MHSAA website for link on how to make corrections.**
Known scratches should be made via athletic.net ASAP after the Regional Meet so heat sizes can be planned. Also, you are asked to declare all four relay athletes expected to run by Friday, June 1st via athletic.net. This will not prohibit day of substitutions for other eligible athletes.
5. **STARTING BLOCKS** – All sites will furnish starting blocks. Individual blocks must be approved by the Starter or Meet Referee.
6. **SCRATCHES** – 9:00am for the morning events. 12:00pm for the afternoon event. All scratches are to be written on the officials scratch sheet found in the coach's packet. They are to be turned in to the designated area prior to the times listed.
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 for first 8 places. Trophies to winning and runner-up teams. **Medals will be presented at the awards stand after the next event. Please remind your athletes to remain on the field until after they have received their awards.**
10. **WARM-UP AREAS** – A designated warm-up area will be provided at each site. Please check your local rules.

- 11. CONTESTANT / COACH ADMISSION** – Contestants must be in uniform and accompanied by a coach or designated school representative. Coaches must be wearing their pass/wrist band which can be picked up at the sites either on Friday, May 31st or on Saturday, June 1st. See local rule for pick up location. Each qualifying team will be allowed **3 coaching passes and one parking pass.**
- 12. MERCHANDISE SALE:** Merchandise will be available at the sites on Friday, 5/31, and Saturday 6/1.
- 13. UNIFORM RULE** – will be strictly enforced. Please discuss the rules with your team.

CONSIDER THIS YOUR TEAM WARNING

- 14. RELAY CARDS** – Relay athletes will be pre-declared via athletic.net. Relay cards will only be used for substitutions on the day of the meet. You will list only the substituted athlete(s).
- 15. CROWD CONTROL** – Coaches are not allowed on the track or football field, except in the case where a Field Event is being contested on the infield, then the coaches are restricted to the designated coaches box and they must vacate immediately after the competition pertaining to their particular athlete is completed , or in the case of an injured athlete. Athletes not in competition 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 the event.
- 17. MHSAA PARTICIPATING TEAM INFORMATION** – Please read over the information found in the Participating Team Information on the MHSAA web site very carefully and thoroughly. The following are specific points of emphasis:
- A: All shots and Disc must be weighed in and marked approved before they can be used. All illegal equipment will be held until the end of the day.
- Morning Session Weigh - In – 8:00am to 9:15am
- Afternoon Weigh - In - 11:00am to 12:00pm
- B: Starting Heights and raises for Vault and High Jump, MHSAA Starting Heights for Final Meet document of MHSAA.com/Track
- C: Girls events will be run first
- D: 3200 Meter Relay / Two sections at the Finals. If there are 21-24 teams entered, the top 12 plus ties will be in the second heat. If there are 25 or more teams entered, the top 16 teams plus ties
- E. 800m Run / 20 or less – one section. 21 or more entries – two sections with the 16 fastest times plus ties in the second heat.
- F: 1600m two sections when entries exceed 24 with the fastest 16 plus ties in the second heat.
- G: One heat of the 3200m Run.
- H: Alley starts used in the 800m, 1600m, 3200m and 3200m Relay.
- I: 3200m Relay will use a 2 turn stagger; 1600m Relay will use a three turn stagger 800m Run
- J: Open pit will be used in the Long Jump for Pre-lim and Finals. (1 ½ hrs. for PreLims, 1hr for Finals)
- K: Shot and Disc will be conducted in flights (size depending on number of throwers). Throwers will get four warm up throws between flights. Flights arranged in reverse order.

L: Time limits for all field events will be enforced. If an athlete must leave a field event for another event he/she must inform the event judge of the situation and then return to the field event no longer than 10 min after completion of the previous event .

M: VIDEO – Athletes can view videos of their competition but not during the competition. No electrical outlets will be provided.

N: Advancement in the 100m, Hurdles and 200m will be: First round heat winners and next fastest times to complete the 8 person field for the final race. (9 for the Div 1 Finals)

18. The sites will be open on Friday 5/31 from 4:00pm to 7:00pm for team inspection. **The field event venues will be closed due to safety concerns. Steps can be marked but the pits are closed. Please use chalk to mark your steps, no tape. Pole can be approved for competition and stored overnight if desired.**
19. **Finish Line Administration will be provided by Michiana Timing at all four sites. Finish Lynx systems will be used at all four sites**
20. **RESULTS-** Unofficial results will be found at <http://fatresults.com/> (running time as the meet progresses) Official results will be posted at mhsaa.com on Saturday, 6/1, in the evening.