

FINAL TRACK - GENERAL INFORMATION

Welcome to the 2014 Boy's and Girl's Lower Peninsula Final Track Meet. The Grand Rapids area is again very pleased to be host for all classes. We hope your visit will be a pleasant one. Your host will be the following:

Division I – Rockford

Division II – Grand Rapids Public Schools – Houseman Field

Division IV – Comstock Park

Division IV – Hudsonville

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

Division 1 Tim Erickson – Ath Dir. _ 616-863-6040

Division 2 Lew Clingman - -Meet Manager – 616-690-0553

Division 3 Tony Petkus –Ath Dir – 616-254-5230

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

All-Site Coordinator: Lew Clingman 616-459-3890 (home) or 616-690-0553 (cell)
lewcling23@yahoo.com

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

2. **ADMISSIONS**- \$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 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 call the appropriate meet manager by Friday May 24th. **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 May 24th 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 Referee or his/her designee.

6. **SCRATCHES**- 9:00 AM for the morning events

12:00 PM 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/wrist band which will be picked up at the site. Each team will be allowed three (3) **coaching passes (all other asst. coaches must pay) and one (1) parking pass per team.**

12. **MERCHANDISE SALES**- Sweatshirts -T-shirts- etc will be available at each site.

13. **UNIFORM/JEWELRY RULE**- These rules will be strictly enforced. Please review them with your athletes. **CONSIDER THIS AS YOUR TEAM WARNING.**

14. **RELAY CARDS**- Relay athletes will be pre-declared via athletic.net. Relay cards will only be used for day of substitution. You will list only the substituted athletes.

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. M.H.S.A.A. PARTICIPATING TEAM INFORMATION - Please read over the information found in Participating Team Information on the MHSAA web site very carefully and thoroughly. The following 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 AM to 9:15 AM

Afternoon session weigh in time- 11:00 AM to 12:00 PM

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

C. Boys events will be run first.

D. 3200 Meter Relay. 20 or less – one section. Should there be 21 to 24 entries, the second section will include the 16 fastest times plus ties. Should there be 25 or more entries, the second section will include the 16 fastest times plus ties.

E. There will be two (2) sections of the 1600 Meter Run only when the number of entries exceeds twenty-four (24) with the 16 fastest times (plus ties) in the second heat.

In the 800 Meter Run there will be two sections only when the number of entries exceeds twenty (20) with the 16 fastest times (plus ties) in the second heat.

There will be only one (1) heat of the 3200 Meter Run.

F. Alley starts will be used in the 800, 1600, 3200 Meter Runs. The 3200 Meter Relay will use a two (2) turn stagger. The 1600 Meter Relay will use a three (3) turn stagger.

G. The **Open Pit** method will be used for the long jump. See the meet time schedule for your Division to find start times.

H. 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.

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

J. **VIDEO CAMERAS-** may be used, but no electrical supplies are available. **ATHLETES MAY VIEW VIDEO OR IMAGES ON ANY DEVICE, INCLUDING CELL PHONES DURING COMPETITION - BUT ONLY IN UNRESTRICTED AREAS NOT IN RESTRICTED AREAS. NO ELECTRONIC DEVICES WILL BE ALLOWED IN ANY OF THE DESIGNATED RESTRICTED AREAS. (START LINE, CLERKS TENT, FINISH LINE, FIELD EVENT COMPETITION AREAS)**

K. The sites will be open on Friday, May 30, from 4:00PM to 7:00PM for inspection. **The field event areas, because of safety concerns, will be closed. Poles can be approved for competition and stored overnight in secured locations at all sites.**

L. Finish Line administration will be supplied by MichianaTiming at all four sites. Finish Lynx fully automated timing systems will be employed.

M. **RESULTS** – Unofficial results will be posted at all four sites. As a courtesy to coaches and fans, they can also be found at <http://fatresults.com/> Official results and permanent archives will be at <http://mhsaa.com> Saturday evening