

**MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION  
2016 UPPER PENINSULA TRACK AND FIELD FINALS  
GENERAL INFORMATION**

Welcome to the 2016 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 Al Unger at Kingsford High School [aunger@kingsford.org](mailto:aunger@kingsford.org) or Phone 906-779-2670 ext. #4 or Fax 906-774-2883.

1. **Dickinson County Sports Med Center** will be on site throughout the meet to assist coaches and athletes.
2. **TRACK:** Kingsford's track is a polyurethane surface, metric, and 8 lanes. **RUBBER SOLED SHOES ARE REQUIRED FOR THE SHOT PUT AND DISCUS.** Pin spikes will be permitted for all other events (1/8 inch maximum). **THIS WILL BE ENFORCED.**
3. **ADMISSION:** \$8.00 - Good for the whole day.
4. **PROGRAMS** - \$3.00 – 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](http://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 [aunger@kingsford.org](mailto:aunger@kingsford.org) or 906-779-2670. Corrections submitted after Thursday, May 26, 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. **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 Al Unger.**
7. **BATONS:** Each relay team is responsible for providing their own batons.
8. **SCORING:** - **10-8-6-4-2-1 IN ALL EVENTS**
9. **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.
10. **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).
11. **PACKETS:** Team Packets will be distributed as you park your bus (in case of bad weather, packets can be picked up in the coach's office – (West end of the Field house by Scoreboard) prior to 8:45 CST (9:45 EST) after 8:45, pick up packets at the track storage building South of the bleachers.
12. **COACHES: REMIND ALL ATHLETES THAT LAST CALL MEANS LAST CALL.THEY SHOULD BE IN THE BULLPEN BLEACHERS BY THE TRACK AT THAT POINT.THEY SHOULD NOT LEAVE THEIR FIELD EVENT UNTIL AFTER THE SECOND CALL IS MADE FOR THEIR RUNNING EVENT.**

13. **AWARDS/MEDALS:** All medals can be picked up after the meet. 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. **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. **Please circle the names of any changes.**
16. **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.**
17. **CHECKING IN:** **ALL ATHLETES** must check in with the clerk of the course in the bull pen area after the first call.
18. **RELAY ZONES:** Relay exchange zones may be marked with chalk. **Please do not use tape.**
19. **POINTS OF EMPHASIS:**
  - **DO NOT** leave your valuables in the locker room.
  - No tents, etc. will be allowed to be setup under the bleachers.
  - Vault cards will be provided and handed to the Inspector 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.**
  - 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 regional meets by the games committee.
  - **Boys running events will be first in even Years, Girls run first in odd years.**
  - 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
20. **FINAL RESULTS:** Results will be posted on the MHSAA web site.

**AGAIN THIS YEAR**

NOTE: THE DIVISION 1 AND DIVISION 2 BOYS 3200 METER RUN WILL RUN AT THE SAME TIME. (RUN TOGETHER)

NOTE: THE DIVISION 1 AND DIVISION 2 GIRLS 3200 METER RUN WILL RUN AT THE SAME TIME. (RUN TOGETHER)

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

### **RUNNING EVENTS**

#### **BOYS RUN FIRST IN EVEN # YEARS, GIRLS RUN FIRST IN ODD # YEARS**

9:00/10:00	3200 Meter Relay	Division 1,2,3
9:30/10:30	3200 Meter Relay	Division 1,2,3
10:45/11:45	110 Meter High Hurdles	Division 1,2,3
11:00/12:00	100 Meter High Hurdles	Division 1,2,3
11:15/12:15	100 Meter Dash	Division 1,2,3
11:30/12:30	100 Meter Dash	Division 1,2,3
11:45/12:45	800 Meter Relay	Division 1,2,3
12:00/1:00	800 Meter Relay	Division 1,2,3
12:15/1:15	1600 Meter Run	Division 1,2,3
12:30/1:30	1600 Meter Run	Division 1,2,3
12:45/1:45	400 Meter Relay	Division 1,2,3
1:00/2:00	400 Meter Relay	Division 1,2,3
1:15/2:15	400 Meter Dash	Division 1,2,3
1:35/2:35	400 Meter Dash	Division 1,2,3
1:45/2:45	300 Meter Hurdles	Division 1,2,3
2:00/3:00	300 Meter Hurdles	Division 1,2,3
2:15/3:15	800 Meter Run	Division 1,2,3
2:30/3:30	800 Meter Run	Division 1,2,3
2:45/3:45	200 Meter Dash	Division 1,2,3
3:00/4:00	200 Meter Dash	Division 1,2,3
3:15/4:15	3200 Meter Run D1 & 2 RUN TOGETHER	Division 1,2,3
3:45/4:45	3200 Meter Run D1 & 2 RUN TOGETHER	Division 1,2,3
4:15/5:15	1600 Meter Relay	Division 1,2,3
4:45/5:45	1600 Meter Relay	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.