

FINAL TRACK – GENERAL INFORMATION

THIS DOCUMENT WILL SERVE AS YOUR OFFICIAL TEAM UNIFORM WARNING.

Welcome to the 2016 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 – Hudsonville High School (Meet held at the Baldwin MS Athletic Complex)

Division 2 – Zeeland East and West High Schools

Division 3 - Comstock Park High School

Division 4 – Grand Rapids Public Schools – Houseman Field

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

Division 1 – Kevin Wolma, Athletic Director – 616-669-1500

Division 2 – Tim Ritsema, Athletic Director – 616-748-3124

Division 3- Tony Petkus, Athletic Director – 616-254-5230

Division 4 – Lew Clingman, Meet Manager – 616-690-0553

All Site Coordinator: Lew Clingman, 616-690-553, lewclingman@gmail.com

1. **TRACKS** – All of the Tracks are polyurethane surfaces, metric and eight (8) 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 call the appropriate meet manager by Friday, May 27th. **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, May27th 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.
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. If you know of any potential scratches before the day of the event, please contact 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 for first 8 places. Trophies to winning and runner-up teams. **Medals will be presented at the awards stand after the next event. Pease 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, June 3rd or on Saturday, June 4th. 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, 6/3, and Saturday 6/4.

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 at any time except 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.
- C: Boys events will be run first
- D: 3200 Meter Relay / 800m Run 20 or less – one section. 21 or more entries – two sections with the 12 fastest times plus ties in the second heat.
- C: 1600m two sections when entries exceed 24 with the fastest 16 plus ties in the second heat.
- D: One heat of the 3200m Run.
- E: Alley starts used in the 800m, 1600m, 3200m and 3200m Relay.
- F: 3200m Relay will use a 2 turn stagger, 1600m Relay will use a three turn stagger.
- G: Open pit will be used in the Long Jump for Pre-lim and Finals. (1 ½ hrs for PreLims, 1hr for Finals)
- H: Shot and Disc will be conducted in flights (size depending on number of throwers) . Throwers will get three warm up throws between flights. Flights arranged in reverse order.
- I: 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 .
- J: VIDEO – Athletes can view videos of their competition but not during the competition. No electrical outlets will be provided by the management .
- K. 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.
18. The sites will be open on Friday 6/3 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 posted at all four sites. These will be found at <http://fatresults.com/> Official results will be posted at mhsaa.com n Saturday, 6/4, evening.

2016 MHSAA Div 3 Track Final Meet – Time Schedule

8:00am Gates open
Shot and Disc weigh-in, Pole Inspection
9:00am Morning scratches due
9:30am B /G Pole Vault
Girls Disc/ Long Jump
Boys Shot Put / High Jump (open pit 9:30am to 10:45am)
9:55am National Anthem
10:00am 3200 Meter Relay
Round 1- 100Meter / 110-100 Meter Hurdles / 200 Meter
11:00am Girls Long Jump Finals
11:30am Afternoon weigh in (Shot and Disc)
12:00pm Afternoon scratches due
12:15pm Girls Shot Put / High Jump (open pit 12:15pm – 1:30pm)
Boys Disc / Long Jump (open pit 12:15pm to 1_30pm Finals at 1:45 pm)
12:55pm National Anthem
1:00pm Running Finals
4:45pm Awards presentation (approximate time)

2016 MHSAA Div 1,2 and 4 Track Final Meet – Time Schedule

8:00am Gates open
Shot an Disc weigh in, Pole Inspection
9:00am Morning scratches due
9:30 am Boys and Girls Pole Vault / High Jump / Long Jump (open pit 9:30am-10:45am)
Girls Disc / Boys Shot Put
9:55am National Anthem
10:00am 3200 Meter Relay
Semi Finals 100Meter / 110-100 Meter Hurdles / 200 Meter
11:00am B / G Long Jump Finals
11:30am Afternoon Weigh in (Shot and Disc)
12:00pm Afternoon scratches due
12:15pm Boys Disc / Girls Shot Put
12:55pm National Anthem
1:00pm Running Finals
4:45pm Awards Presentation (approximate time)

BOYS WILL RUN FIRST IN 2016

DIVISION 1

Hosted by Hudsonville High School at the Stadium Athletic Complex

The track & field event area is not located at Hudsonville High School. It is next to Baldwin Street

Middle School (3835 Baldwin Street, Hudsonville, MI) near the corner of 36th Ave and Baldwin St.

Pre-Meet Schedule Friday, June 3

4:00 – 7:00 PM Facility open for teams to inspect. The Track will be available for workouts. The field event area will be closed, however you can mark steps if you so please. Tents can be set up in the designated areas, no guarantee that they will be there in the morning if a wind condition arises during the night. Vaulting poles can be inspected and stored overnight.

- Coaches will be able to pick up their packets at this time. Packet pick up will also be available starting at 8:00AM Saturday morning.
- Souvenir shirts will also be available between 4:00 - 7:00pm at the southwest corner of the facility and/or the north end of the facility

GENERAL INFORMATION

Spectator Admission: \$8.00 for everyone per MHSAA policy. No passes accepted.

Spectator Parking: \$3 per vehicle. Use the entrance off Baldwin Street. Park in one of the lots that surround the stadium including the lots at the middle school and the elementary school.

Programs: \$4 at all sites. This will include an insert that shows all event entries.

Restrooms & Concessions: These are available at the south end of the stadium (main entrance).

Environment: The athletic complex and surrounding school campus is a tobacco and alcohol free environment. Please be sure your spectators are aware of this policy.

Video & Photo Recording: Please do not obstruct the view of any spectator or meet official. Electrical outlets may not be used.

COACHES INFORMATION

Coaches Packet Pickup: Packets may be picked up on Friday between 4:00-7:00pm and Saturday starting at 8:00AM (NE corner of the stadium).

Team Parking & Entrance: Team vehicles should use the entrance off 36th Avenue and park in the lot near the field event area. (Refer to map.) **One team parking pass will be in the team packet for coaches. Parking receipts will be given for team vehicles without a parking pass with same-day reimbursement at packet pickup.**

Entries: A list of entries may be located on the MHSAA website at www.mhsaa.com on Tuesday following the Regional Meet. If you find any errors, or if one of your athletes has been omitted, please call the meet manager by Friday, May 27. **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 realy athletes expected to run by Friday, May 27th via athletic.net. This will not prohibit day of substitutions for other eligible athletes.**

Admittance: Contestants must be in uniform for admittance. **Coaches need to wear their pass, a wrist band, which will be in the packet.** Three coaches passes will be provided per team according to MHSAA policy. Contestants and coaches should use the NE gate near the team parking lot and field event area. Receipts will be available at the ticket booths for reimbursement of ticket cost.

Team Restrooms & Locker Rooms: Athletes and coaches may use the restrooms in the locker rooms in the building near the field event area by the parking lot as well as the restrooms at the main entrance to the stadium.

Team Tents and Camps: The location for the placement of team tents and camps is outside the track, and far enough away from field event areas to ensure safety and avoid interference (see map).

Shirt Sales: Sweatshirts & T-shirts will be sold in the concourse area (south end of the stadium).

Miscellaneous Items: No radios, footballs, Frisbees, etc. will be allowed into the stadium. Only personal music devices used with headphones/earbuds are acceptable. Coolers will be allowed only in the team tent area. **No sunflower seeds on the artificial turf football field, please.**

Crowd Control & Restricted Areas: Coaches will be allowed in the field event areas. Once the running events begin, coaches are not allowed on the track or football field at any time except in the

case of an injured athlete, to turn in a scratch form, to file an appeal, or if requested. Athletes that are not competing must remain outside the track/football area. Athletes should refrain from removing any part of their uniform while on the track

Uniform Warning: A general uniform warning is issued to all coaches and athletes prior to competition. Should any athlete participate while wearing an illegal uniform, and the discovery is made while in competition, that athlete/relay team will be disqualified from further competition in that specific event.

Check-In & Calls: A three-call system will be used (1st call; 2nd call; final call). Athletes are expected to check-in promptly when first call is given and before final call for that event. Athletes competing in a field event will check in at the site of the field event. The location of the check-in area for all running events is at the tent on the north end of the field near the field event area. Hip numbers will be used in the 100 & 200 Dash, 800, 1600, & 3200 Run, and 4 x 800 & 4 x 400 Relay.

Electronic Communication Devices: 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 (starting line, clerking tent, finish line, field event competition areas).**

Warm up Areas: A designated warm up area will be provided at each site. (See map)

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).

Miscellaneous Items: No radios, footballs, Frisbees, etc. will be allowed into the stadium. Only personal music devices used with headphones/earbuds are acceptable. Coolers will be allowed only in the team tent area. **No sunflower seeds on the artificial turf football field, please.**

Scratches: Forms will be used for making scratches and will be in your packet. Scratch deadlines are 9:00 AM (field events, semifinals (first round), and 4 x 800 Relay) and Noon (running finals) -- see the schedule. If you have any **pre-meet scratches**, please make them via athletic.net ASAP after the regional meet so that heat sizes can be planned.

Athletic Trainer: An athletic trainer will be available onsite throughout the course of the meet. Ice and water will be provided.

Awards and Points: Scoring for all events will be 10-8-6-5-4-3-2-1. Medals will be given in each event for places 1 through 8. Team award is given to each runner-up and first place team. *Please remind your athletes to listen to announcements for when medals for an event are to be presented. As long as we have the first place winner on hand, we will go ahead with the presentation.*

EQUIPMENT INFORMATION

Shots & Discs Inspection: All shots and discs will need to be inspected, weighed and marked before use in competition. This will be done at the ticket window in the eastern-most building near the team entrance from 8:00 AM to 9:15 AM and from 11:00 AM to Noon. (Refer to the map on page 6.)

Vaulter Info and Poles: All vaulting poles will be inspected at the vaulting site. ***On Friday, vaulting poles can be inspected and stored at the stadium. Coaches will need to list, on a form (no card), info for each vaulter. This should be done when the pole is inspected by the referee.***

Spikes & Starting Blocks & Batons: Only $\frac{1}{4}$ inch or less of the spike may extend beyond the shoe sole. We have AAE starting blocks with adjustable pedals. The only exception will be a stand-up style starting block, which you must bring it with you and present it for inspection & approval at the clerking station. You must bring your own legal baton.

EVENT INFORMATION

Take-Off Marks: Only chalk may be used on track surfaces to indicate a high jump or relay takeoff mark. Please tell your athletes to make their chalk marks reasonable in size and quantity. Only stick markers may be placed alongside the long jump and pole vault runways. We will have chalk and sticks available at the locations where needed. (No tape and no scuff marks, please.)

Time Limits: The time limits for all field events will be strongly enforced.

Discus & Shot Put: All competitors will be allowed three preliminary throws/puts in the 2 -1 format. Preliminaries will be conducted in flights in "worst to best" order. The top 9 from all flights will advance to the finals for three additional attempts competing in "worst to best" order based on their

best preliminary attempt. The finals will be conducted using the 1-1-1 format. In both prelims and finals, each attempt will be measured before another is made. *Three warm up throws between flights.*

High Jump (boys & girls event conducted concurrently): The five alive concept will be used until 9 or fewer competitors are at a given height. Starting height: Girls 4 ft 8 in -- Boys 5 ft 8 in. The bar will be raised using the MHSAA raises chart (Girls: 4' 11", 5' 1", 5' 3" -- Boys: 5' 11", 6' 1", 6' 3"). When 9 or fewer competitors is reached, the bar is to be raised one inch only for each successive jump.

Pole Vault (boys & girls event conducted concurrently): The five alive concept will be used until 9 or fewer competitors are at a given height. Girls will start at 7 ft 9 in. Boys start at 10 ft 10 in. The bar will be raised using the MHSAA raises chart (Girls: 8' 3", 8' 9", 9' 3" -- Boys: 11' 4", 11' 10", 12' 4"). When 9 competitors remain, the bar is to be raised in three-inch increments (until one with options to pass).

Long Jump (boys & girls event conducted concurrently): All competitors will be allowed three preliminary jumps during the open pit time. The top 9 will advance to the finals for three additional jumps. Open pit will be used in prelim and finals

Running Event Preferences: Boys events are run first in 2014. Alley preferences in the distance races will be alleys 1, 2, 3, 4. All other races will have the lane preferences of lanes 4, 5, 3, 6, 2, 7, 1,

8. In running event finals with more than one heat, the fastest heat is last; slowest heat is first. In the

4 x 800 Relay, if there are 20 or fewer entries, there will be one section; otherwise there will be two sections with the 16 fastest times plus ties in the second section. There will be two heats of the 1600

Run only when the number of entries exceeds 24 with the 16 fastest times plus ties in the second heat. There will be two heats of the 800 Run only when the number of entries exceeds 20 with the 16 fastest times plus ties in the second heat. There will be only one heat of the 3200 Run.

Distance Races: Please remind your runners about staying to the right of the yellow line on the inside of the track, and about not cutting-off another runner when passing.

Relay Teams: Relay team members will be pre-declared via athletic.net. Relay cards will only be used for substitutions from eligible athletes (on your eligibility list) on the day of the meet. **Relay cards, if needed, will be available at the check-in tent and upon completion are to be returned to the same location.** Please make sure that your relay teams are legally attired (identical uniform and same color one logo undergarments if worn).

Traditional Exchange Zones: Exchange zones are indicated by large triangles; acceleration zones begin at the small triangle. The 3200 (4 x 800) Relay markings are blue & green triangles. The 1600 (4 x 400) Relay markings are solid blue for exchange 1, and blue & green for the other exchanges. The 400 (4 x 100) Relay markings are all yellow. The 800 (4 x 200) Relay markings are red for exchanges 1 & 2, and yellow for the 3rd exchange. The 3200 (4 x 800) Relay will use a two-turn stagger and the 1600 (4 x 400) Relay will use a three-turn stagger.

Finish Line Administration will be provided by Michiana Timing (Finish Lynx systems). All results will be found at <http://fatresults.com>.

Contact Info:!

Kevin Wolma, Athletic Director

(616) 669-1500 [opt 3] (office)
kwolma@hpseagles.net!

Mike Rottier, Meet Manager

(616) 669-1500
mrottier@hpseagles.net

Directions to Hudsonville Eagle Stadium

3835 Baldwin St, Hudsonville, MI 49426 (next to Baldwin Street Middle School)

From the North: Take US 131 to I-196 Holland Exit. Get off at Baldwin St exit. The stadium is found on the corner of 36th Ave and Baldwin St.

From the South: Take US 131 north to M-6. Take M-6 West. Get off on 32nd Ave (Exit 62). Take a right off the exit (North) and go past Chicago Drive and Port Sheldon Dr. Take a left onto Baldwin St. The stadium is found on the corner of 36th Ave and Baldwin St.

From the West: Take I-196 east to Exit 62 (32nd Ave). Turn left onto 32nd Ave (North) and go past Chicago Drive and Port Sheldon Dr. Take a left onto Baldwin St. The stadium is on the corner of 36th & Baldwin.

From the East: Take I-96 west to M-6. Take M-6 west to I-196 Holland exit. Get off on Exit 62 (32nd Ave). Take a right off the exit (North) and go past Chicago Drive and Port Sheldon Dr. Take a left onto Baldwin. The stadium is found on the corner of 36th Ave and Baldwin St.

Parking: There will be a parking fee of \$3. You can enter the lots around the stadium from Baldwin Street or 36th Avenue. **The team parking lot is off from 36th Ave.**

2016 MHSAA Division 2 Final Meet Lower Division

Zeeland East & West High Schools

June 4, 2016

GENERAL INFORMATION

1. Stadium Address – 9900 Riley St. Zeeland, MI. 49464
2. **PACKET PICK UP**
Friday: Locate at the South-West corner in the stadium.
Saturday: Located in the service drive of the main parking lot. Enter off of 100th ave. and it will be at the 10 x 10 white tent.

Please note: The coaches packet will have 3 wrist bands and one parking pass. If you need have more than 3 coaches or more than one vehicle, you will have to pay for additional tickets.
3. Team parking: Vans, cars, and smaller vehicles will park in the lot to the East (visitor lot) of the stadium. Any busses, RV's, or other large vehicles park at Zeeland West. Parking pass must be visible in the front windshield.
4. Gates open at 8:00 on Saturday.
5. Tickets: \$8.00, Parking \$3.00, Programs \$4.00
6. Coaches: You must have your wrist band on in order to enter the stadium. Wrist bands also gain you access to field event areas.
7. Souvenir shirts will be available at the North West entrance (main gate). They will also be on sale Friday, June 3 from 3:00 – 7:00 at the South West gate.
8. Only athletes in uniform are allowed on the infield. Coaches, you **MUST** remain in the stands or along the fencing for running events or in the designated areas for field events.
9. Starting blocks will be provided. If you bring your own blocks, they must be approved by the meet manager or meet referee. You are responsible for your blocks.
10. ¼" spikes only.
11. There are no locker room facilities available – come dressed for competition.
12. Results will be posted online at www.michianatiming.com
13. Formula for advancing from semifinals to the finals will be each heat winner and then the next fastest times as needed to fill the final heat.
14. Tents are allowed along the fence on the south end of the stadium, along the visitor side of the track, and along the fencing by the pole vault area.
15. Miscellaneous items: No radios, footballs, frisbees, etc will be allowed into the stadium. Coolers will be allowed in the team tent area only! No sunflower seeds on the artificial turf!
16. There will be an athletic trainer on site throughout the day. Ice and water will be provided.

SPECIFIC TRACK INFORMATION

ENTRIES: A list of entries may be located on the MHSAA website 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 meet manager by Friday, May 27. 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 compete by Friday, May 27 via athletic.net. This will NOT prohibit day of substitutions for other eligible athletes.

SCRATCHES: 9:00 AM for the morning events and 12:00 for the afternoon events. All scratches are to be written on the official scratch sheet provided at the scorer's table. Scratches must be turned in on time and if you know prior to Saturday, please let the tournament manager know.

BATONS: You must furnish your own batons.

SCORING: 10-8-6-5-4-3-2-1

AWARDS: Medals for first 8 places. Trophies will be awarded to the champion and runner-up at the conclusion of the meet.

UNIFORM RULE: The uniform rule will be strictly enforced – please review this rule with your athletes. **This is your warning for all uniform violations.**

Special points of emphasis – undergarments need to be of single color – no jewelry except wristwatch, medical alert, or wedding band. Only soft items to control hair, except bobby pins, barrettes,, and hair clips no longer than 2 inches are OK. Relay teams must have identical uniforms with only a single manufacturer's logo/trademark/reference may be seen on any visible undergarment. Shirts must be tucked in at the start of each race.

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 need to only list the substituted athlete.

CHECKING IN: All athletes must check in with the clerk of the course in the designated staging area after the 1st call and prior to the final call for that event.

MHSAA PARTICIPATING TEAM INFORMATION

Please read over the information found in the Participating Team Information on the MHSAA website. The following are specific points of emphasis:

1. All shots & discs must be weighed and marked approved before they can be used. Illegal equipment will be held until the end of the day. Weigh in will take place behind the South West concession stand – close to the pole vault area.
2. Starting heights and raises for the pole vault & high jump.
3. Boys events will be run first

4. 3200 Meter Relay/800m Run 20 or less – one section. 21 or more entries – two sections with the 12 fastest times plus ties in the 2nd heat.
5. 1600m two sections when entries exceed 24 with the fastest 16 plus ties in the 2nd heat.
6. One heat of the 3200m Run.
7. Alley starts used in the 800m, 1600m, 3200m, & 3200 Relay.
8. 3200m Relay will use a two turn stagger; 1600m Relay will use a three turn stagger.
9. Open pit will be used in the long jump for pre-lime AND finals.
10. Shot & Disc will be conducted in flights (size depends on number of throwers). Throwers will get 3 warm up throws between flights and will be arranged in reverse order.
11. 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 return to their field event no longer than 10 minutes after the completion of the previous event.
12. VIDEO: Athletes may view videos of their competition but not during their competition. No electrical outlets will be provided.
13. The stadium will be open from 3:00-7:00 on Friday June 3. For team inspection. The field event venues will be closed but you may mark your steps but the event will remain closed. Please use chalk to mark steps – no tape! Poles can be inspected and stored overnight if so desired.
14. Finishlynx system will be used by Michiana Timing for the finish line.

2016 Division III State Track Finals

Comstock Park High School

Dear Coach,

Congratulations on qualifying an athlete to the 2016 MHSAA Division 3 Final Track and Field Meet. It is the intent of Comstock Park Public Schools to make sure your experience at our facility is enjoyable.

There will **NOT** be a coaches mailing that includes a parking pass, all forms can be accessed online. Your coaches packet can be picked up on Friday (which will include a parking pass). If you cannot pick up your coaches packet on Friday you will pay for parking and then be reimbursed when you pick up your packet on Saturday.

Please remember that the MHSAA limits one parking pass per qualifying school. The pass will admit you to the parking area on Saturday. Also included in this packet are local rules and directions to Comstock Park High School. Please remember that coaches and spectators are not allowed on the infield during the meet. Special wrist bands will be issued to High Jump coaches in order to limit the number of coaches on the infield.

All other pertinent information about the event can be found on the MHSAA website, link to D3 Track Finals, General Information.

All questions should be directed to:

Meet Managers

Janet Gillette

Phone: (616) 318-6813

Email: jgillette11@gmail.com

Gary Holland

Phone: (231) 354-0090

Email: gholland@cppschoools.com

Thank you and good luck,

Tony Petkus

Athletic Director

Comstock Park High School

**2016 Division III State Track Finals
Comstock Park High School
150 Six Mile Rd NE
Comstock Park MI 49321**

HOST: Comstock Park Public Schools

ATHLETIC DIRECTOR: Tony Petkus (616-254-5230)

MEET MANAGERS: Janet Gillette (616-318-6813) and Gary Holland (231-354-0090)

TIME SCHEDULE

Friday, June 3

The facility will be open from 4:00 to 7:00PM. All field event areas will be closed to practice.

Saturday, June 4

8:00AM	Gates Open
8:00 - 9:15AM	Morning Weigh-in session of shots and discs Pole Inspections
9:00AM	Morning event scratches due
9:30AM	Boys and Girl's Pole Vault Girls Discus and Long Jump (open pit 9:30AM – 10:45AM, 11:00AM Finals) Boy's Shot Put and High Jump (open pit 9:30AM – 10:45AM, 11:00AM Finals)
9:55AM	National Anthem
10:00AM	3200M Relay Qualifying Round: 100M/High Hurdles/200M
11:30AM	Afternoon weigh-in session of shots and discs
NOON	Afternoon event scratches due
12:15PM	Girls Shot Put and High Jump (open pit 12:15PM - 1:30PM, 1:45PM Finals) Boys Discus and Long Jump (open pit 12:15PM - 1:30PM, 1:45PM Finals)
12:55PM	National Anthem
1:00PM	Running Finals
4:45PM	Awards Presentation (time is approximate)

COACH INFORMATION

- Coaching packets may be picked up at the gate on Friday from 4:00PM-7:00PM or on Saturday morning starting at 7:30AM.
- Tents will NOT be allowed inside the stadium. All tents may be placed north of the concession stand building (grass area) or on the tennis courts.
- Parking passes will NOT be mailed to the school athletic office; they will be in the onsite coaches packet. If the coach does not pick up the packet on Friday they must pay for parking on Saturday. The coach will be reimbursed when they check in on Saturday.
- Each qualifying team will receive 1 parking pass and 3 coaches passes. The coaches ID will be a wrist band which must be on the wrist to guarantee admission. Please do not ask for additional passes as the answer will be no.
- Special wrist bands will be issued to High Jump coaches in order to limit the number of coaches on the infield.
- Any concerns during the course of the meet should be directed to the Pressbox.

ADMISSION

- Gates open at 8:00AM on Saturday, June 4.
- Athletes must be in uniform.
- Admission fee - \$8.00 per person.
- Programs - \$4.00 each

PARKING

- Parking passes will NOT be mailed to the school athletic office; they will be in the onsite coaches packet. If the coach does not pick up the packet on Friday they must pay for parking on Saturday. The coach will be reimbursed when they check in on Saturday.
- Two entrances will be available to the public – one off of Division Avenue and one off of Six Mile Road
- Team parking is available in the parking area adjacent to the track.
- Team busses will be directed to an off-site location, with shuttle service provided to the track for the driver.
- At the conclusion of the day, **team busses may pick up teams in front of the high school.**
- No overnight parking allowed at the facility.
- Spectator parking will be located throughout the campus.
- Cost is \$3.00 per vehicle.

EQUIPMENT

- Uniform and jewelry rule strictly enforced.
- Spikes – ¼” maximum spikes allowed.
- Starting Blocks – conventional starting blocks will be furnished. You will not be allowed to use your own starting blocks.
A team member will be allowed to secure blocks to avoid slippage.
- Standing Blocks – will be allowed. Prior approval must be received before 9:30 am.
- Markings – Tape will not be allowed for markings on the track. Chalk will be provided.

TRAINER

- Trainers will be available all day.
- Trainer’s tent will be located on the field near the finish line.

MISC.

- The Comstock Park Athletic Boosters will have the concession stand open throughout the meet.
- No pets, radios, footballs, or Frisbees will be allowed in the stadium.
- Coolers will be allowed for team members only. **NO FOOD OR DRINKS** on the infield.
- No coolers allowed for spectators.
- In case of a weather emergency spectators and participants should seek proper protection in their vehicles and or High School.

DIRECTIONS

- From East/West
- I-96 to US 131 N
- Exit 91 – Comstock Park, West River Dr
- Turn Right onto West River Dr
- Turn Right onto Division Ave N
- Division Ave N, approximately 1.5 miles
- School entrance on right

- From North
- US 131 S to Comstock Park/West River Dr
- Turn right onto West River Dr
- Turn right onto Division Ave N
- Division Ave N approximately 1.5 mile
- School entrance on right

MHSAA TRACK Final
DIV 4
HOUSEMAN FIELD
6/4/16

Coaches,

Just a few tidbits for you with reference to the Final Meet

- 1) Gates open at 8:00am. Tents can be placed in front of the bleachers on the Press Box side from the last stairway on the East side to the end of the bleacher line west. They can also be placed against the fence behind the Press Box, against the fence by the Discus area, under the North Bleachers and next to the bleachers in the Pole Vault, Long Jump venue.**
- 2) Bus parking along Houseman and Diamond streets adjacent to the Stadium.**
- 3) No, drink or backpacks on the infield. Gate personal will remind you if they observe violation of the rule.**
- 4) Only athletes in uniform and coaches with wristbands are allowed on the infield. During the Shot Put and High Jump, spectators can observe in the roped area by the goal posts.**
- 5) Be aware of the subtleties of the uniform rule. If any question arises ask an official.**
- 6) Athletes observed wearing the tights with the large logos on waist band will be asked to roll the tights over to hide the logo.**
- 7) Shirts tucked in at the start of each race.**
- 8) Starting Heights: Boys PV 10'6", HJ 5'8" Girls PV 7'9", HJ 4'7"**
- 9) There will be 3 warm up throws between flights in the Shot and Disc.**
- 10) Long Jump will be conducted using the open pit method for the prelims 10:00AM TO 11:15AM Finals will start at 11:30AM(open pit for 1hr)**
- 11) 3200M Relay starts at 10:30AM followed by the first round in the 100m, High Hurdles and 200. Heat winners and the next best times needed to create a final heat of 8 will advance.**

- 12) There will most likely be two heats of the 800m and 1600m runs with the 12 fastest plus ties in the second heat of the 800m, 16 fastest plus ties in the second heat of the 1600m.
- 13) One heat of the 4x800 relay unless the number of entries exceeds 20 teams. If this occurs there will be 2 heats with the 12 fastest plus ties in heat 2.
- 14) Weigh-ins will be conducted in the brown shed located in the Northeast Corner of the Stadium. They will start at 8:00am and run for 1hr. Implements that do not meet regulation will be confiscated and held until after the meet. Weigh in for second session will begin at 11:30am
- 15) Pole inspection will also begin at 8:00am at the Pole Vault Venues. (Poles can be checked and stored on Friday starting at 4:0pm)
- 16) Awards will be presented throughout the day at the awards stand, located at the 50 yrd line on the Press Box side. If you have an athlete who is an award winner, please pay attention to the calls to report for the event ceremony
- 17) First Round scratches are due by 9:00am, Final scratches are due by 12:00pm
- 18) Please remind your athletes not to cross in front of the Finish Line camera at any time once the races have begun. This can cause a problem for the Finish line readers in getting a true picture of the finish.
- 19) God luck to all and don't hesitate to get in touch if there are any questions.

Lew Clingman

Meet Manager 616-690-0553 lewclingman@gmail.com