



michigan high school athletic association

## 2024 MHSAA REGIONAL TRACK & FIELD Tournament Plan – Key Points of Review

- The MHSAA Tournament is conducted in four equal Divisions by enrollment. Track & Field Regionals have boys and girls competition together
- **ALL** Regionals are required to use FAT and will eliminate one round of competition in the 110m/100m hurdles, 100m dash, and 200m dash. The first round for these events will be conducted following the 3200m relay (1<sup>st</sup> running event).
- **Entry due date for electronic entries, in all Divisions is 11:59 p.m. on May 14, 2024**
- **A maximum of THREE INDIVIDUALS may be listed by a school for each bona fide team in EACH INDIVIDUAL EVENT at Lower Peninsula Regional Meets. Only two, however, may compete unless all three or more have met the additional qualifier (AQ) standard. AQ standards may be found on the MHSAA website.**
- **All times, distances, and heights shall have been achieved prior to 11:59 p.m. on May 14. Times must be entered as FAT times to the hundredth (.00) and must represent true times. (No relay splits or estimates!)**
- Times must be entered as FAT times to the hundredth (.00) or handheld equivalent (e.g. 10.23 hand time is first rounded up to 10.3, then add .24=10.54 converted time) Entries for which times were not submitted or for which false times were submitted, are to be placed in the slow heat or without seeding consideration. All times must be from the current outdoor season, and if questioned, the entering coach must provide the date, location, and opponent when the time was achieved.
- Managers are to open their Final sessions with the National Anthem
- All legal throws in the shot put and discus must be measured after each throw using the **1-1-1 format**.
- **REMINDER** - Host managers may choose the computer software/program for meet entries and meet operations. All meet results will be electronically sent to MichiganTrackandField.com immediately following the Regional Meet.
- The MHSAA has established a **new Track & Field category for wheelchair participants** in four events. These events will include the 100m, 200m, 400m, and shot put. Managers will receive medals for these athletes directly from the MHSAA prior to the competition.
- **ADMISSION/TICKETS** – All tickets will be digital, sold via GoFan, and cost \$7.00. A mobile device is required. Links for GoFan will be on each site hosts GoFan account found at [www.GoFan.co](http://www.GoFan.co)
- **Field Events** – *EVEN YEARS - 2024*: Girls discus, pole vault and long jump first. (Followed by Boys discus, pole vault and long jump) Boys shot put and high jump. (Followed by Girls shot put and high jump.)
- All additional qualifying standards for the Finals running events **MUST** be met during the **Regional Final** competition of that event.
- Officials should ensure that the Pole Vault and High Jump starting heights and raise chart is followed at all Regionals



## REGIONAL TRACK & FIELD TOURNAMENTS MANAGER MANUAL (Alpha by topic, forms follow topics)

**ADMISSION/TICKETS** – All tickets will be digital, sold via GoFan and cost \$7.00. A mobile device is required. Links for GoFan will be on each site hosts GoFan account found at [www.GoFan.co](http://www.GoFan.co)

**APPEALS** -The jury of Appeals shall consist of at least one meet official not involved in the appeal, the Meet Manager or their designee, one coach representing boys teams and one coach representing girls teams. The Jury of Appeals shall serve as the final authority. Any member of the Jury of Appeals who is a party to an appeal is not eligible to serve on the Jury for that appeal. The alternate selection shall replace them on the jury for that appeal. Judgment decisions may not be appealed. The attached appeal form should be used. The meet manager should select jury members.

**ENTRY PROCEDURES** -Schools assigned to Regionals will go to MHSAA.com for instructions on completing and forwarding entries to you to be received no later than 11:59 p.m. on Tuesday, May 14 – All Divisions LP & UP

Late entries for CLERICAL ERRORS ONLY

- \$50 must be paid before the contestant or team will be allowed to participate
- There are to be no late entries after the Regional individual positions are set
- The late fee may not be used to change any time, height or distance
- The only changes which are permitted after 11:59 p.m. the day of the entry date will be scratches or clerical errors

Times, heights and distances listed on the entry information are to be for the current outdoor season only. If questioned, each coach must indicate the date, location, and opponent (school) when the time was established. Failure to comply shall eliminate the individual as an additional qualifier or shall eliminate the individual from seeding consideration.

**All times, distances and heights shall have been achieved prior to 11:59 p.m. on May 14. Times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by +.24**

Entries for whom times were not submitted or for whom confirmed false times were submitted, are to be placed in the last heat or first section (slow heat) without seeding consideration. The Regional Manager is to advise the MHSAA, in writing, of these violations.

**EVENT POLICIES** – Managers shall review the following policies regarding track and field events.

- The long jump preliminaries at all Regional Meets are to be conducted using an "Open Pit". Managers are to publish a starting and ending time for the Open Pit and, in addition, a starting time for the Final jumps. Only one entrance to the long jump runway is to be available to contestants. Managers will define for visiting coaches the restricted and unrestricted areas.
- The 1600-meter run, 3200-meter relay and 3200-meter run at all Lower Peninsula Regional and Final meets will use waterfall (step-up) and a one-turn stagger. The upper waterfall cut-in will be at the start of the back straightaway. The lower waterfall cut-in immediately.

- Schools may furnish their own starting blocks for Regional and Final competition.
- Regionals must use FAT and eliminate one round of competition in the 110m/100m hurdles, 100m dash and the 200m dash. The first round for these events will be conducted following the 3200m relay (1<sup>st</sup> running event).
- **MHSAA Regional and Final Track & Field tournament will include a wheelchair Track & Field category for wheelchair participants in four events. These events will include the 100m, 200m, 400m and shot put.** Participants in this category must be eligible team members, meet all MHSAA eligibility requirements, and be listed on the school's Master Eligibility list.  
 Participants in this category at a Regional meet must have participated in these events during **two** regular season meets. For example, to compete in the wheelchair 100m at a Regional meet, a student must have competed in the 100m during two regular season meets.  
 Participants in this category at a Final meet must have participated in these events during the Regional meet in addition to two regular season meets. For example, to compete in the wheelchair 100m at a Final meet, a student must have competed in the 100m during the Regional meet and during two regular season meets.  
 For students competing in these wheelchair events, MHSAA individual awards (medals) will be provided for these events at both the Regional and Final meet. Results for all wheelchair events will be published at MHSAA.com with all other meet results from each Regional and Final meet. Scores will not be added to team results for wheelchair events at MHSAA Regionals or Finals.
- **Wheelchair heats of the 100m, 200m and 400 m will be conducted in the regular meet order of events between the boys and girls running heats of the same event. Wheelchair athletes will compete against other wheelchair athletes in their heats and events for medals.**
- Advancing athletes.
  1. Heat winners from each heat and then the fastest times to fill all remaining available lanes.
  2. Heats – 2 heat winners, 6 fastest times to fill available lanes
  3. Heats – 3 heat winners, 5 fastest times to fill lanes
  4. Heats – 4 heat winners, 4 fastest times to fill lanes
- Cone Markers are to be used to indicate the inside boundary of the first lane when there is a running surface to the left of the first lane.
- Each Manager determines the grouping of contestants in the Pole Vault and High Jump.
- Managers shall provide the schools assigned to their site a list of prohibited marking material, which may not be used to mark all-weather track surfaces.
- Weighing-in and measurement of Shots and Discs - Managers should provide methods and procedures for weighing of shots and discs before contestants are allowed to use them. The shot and disc should be marked to indicate that it is of satisfactory weight and measurement. All implements found to be illegal will be confiscated and held until the competition is over. As an alternative, the Games Committee may provide the implements to be used in competition.
- Each Manager is to secure a device for measuring/weighing the discus (scales and calipers), or the Host/Games Committee may provide the implements to be used in the competition.
- The field referee or head field event judge shall weigh, measure, and inspect all implements, including starting blocks.
- All legal throws in the shot put and discus must be measured after each throw **using the 1-1-1 throwing protocol.**
- Uniform Finish Lines - It is recommended that common finish lines be used wherever possible.

**FINANCIAL POLICIES** – All Regional Managers shall complete and submit to the MHSAA the tournament Financial Form within two weeks of the completion of the event. Forms may be obtained from the MHSAA Web site through the athletic director log-in. Allowed expenses and school payments are on the form. Substitute teachers, hospitality rooms, etc. are not allowed expenses. The MHSAA will reimburse host schools for FAT rental charges up to \$800. FAT systems may be used for the official recorded times. Questions regarding expenses not listed on the form or traditionally allowed should be directed to Cody Inglis at the MHSAA.

**INJUNCTION/RESTRAINING ORDER** -In the interest of fairness to all participants, if an injunction or restraining order is served or presented at an MHSAA tournament site and such purports to require the eligibility of or participation by a student or team which a school and/or the MHSAA has ruled to be ineligible under MHSAA regulations, the on-site tournament manager is to suspend the entire competition (team competition) or events in which that student is intending to participate (individual competition). If the meet has begun, it shall be completed.

**LOCKER ROOM PRIVACY POLICY:** Using devices of any kind to capture or transmit images is strictly prohibited in locker rooms, dressing areas, training rooms, weigh-in rooms, showers, restrooms, or other areas where there is an expectation of privacy during MHSAA tournament events. Tournament managers or athletic directors who discover such use should move immediately to have the device removed and inform the head coach or athletic director of the identity and nature of the activity of the person involved.

**MEDIA CREDENTIALS** – All media credentials for the MHSAA Regional are issued by local tournament managers.

**MERCHANDISE** – Only officially licensed MHSAA merchandise may be sold at tournament events.

**OFFICIALS** -Separate individuals are to be secured as Starters and Referees following approval from the MHSAA. Both must be registered officials with the MHSAA and have participated in a current Rules Meeting. Anyone connected, in any way, with a competing school should not be used in either capacity. All meet officials shall wear the MHSAA Track official uniform that will identify them as officials. Regional Managers pay officials fees and a mileage fee of 40 cents per mile after a 50-mile round trip deductible. **The officials' fees are as follows: Track Starter - \$100 Track Assistant Starter - \$90 Track Referee - \$90 Track Clerk - \$90 – Field Event Referee - \$90**

**PHOTOGRAPHY** -Photographers – still and video – may be granted appropriate access to shoot if they are from an accredited media outlet, an MHSAA Licensed Photographer, or an individual identified by a school administrator to the Tournament Manager who is authorized to capture such content exclusively for the school's publication, promotional, educational or public relations uses. For outdoor team events, a school may have a maximum of two authorized representatives to capture still images, one to capture moving images. Otherwise, non-credentialed commercial/freelance photographers covering the event for the sole purpose of selling those images should never be granted appropriate access to shoot at MHSAA Tournaments.

**PLAYING RULES** – All National Federation Track & Field playing rules apply. Watches are permitted in the MHSAA competition. Hats are allowed. Temporary Body adornment is allowed.

**SCORING** -Scoring - See National Federation Rule 2-1-2. (10-8-6-5-4-3-2-1 - LP) (5-3-2-1 - UP)

**SCRATCHES** -Each Regional manager will accept scratches before each session is scheduled to begin. Scratches made during these periods will not count in the individual's participation limitations. However, if the competitor is not scratched during these scheduled periods and does not show up to the clerking area before that runner's position is set, the competitor will be disqualified from that event, and that event will count toward the competitor's personal limit. The Clerk of Course shall form heats following the last call for that event. Managers shall identify, in writing, the call system to be used by all competing schools.

**SPECTATOR POLICIES** -Tournament management may request that spectator sections not stand during play if standing will block the view of other spectators. If possible, policies that prohibit spectator sections from standing during play should be communicated to participating teams in advance of their arrival at the tournament site.

**SPORTSMANSHIP** – All MHSAA Regulations regarding ejections/disqualifications for unsportsmanlike conduct by athletes and coaches apply. As stated in Regulation V, Section 3, coaches and athletes are suspended for the remainder of the competition and the next day of competition when ejected for unsportsmanlike conduct.

**TIME SCHEDULES** – When determining the time schedule, the following policies apply:

- Pole vault may start one hour before the established start of other events. If two equal facilities, both boys and girls may be conducted at the same time.

**EVEN YEARS - 2024:** Girls discus, pole vault and long jump first. (Followed by Boys discus, pole vault and long jump) Boys shot put and high jump. (Followed by Girls shot put and high jump.)

- The only break will occur after the 100m, 100/110m hurdles and 200m running events.

**3200m**-One section if less than 35. 36 or more – two heats with the fastest 24 plus ties in the second heat.

**1600m** -One section if 26 or fewer runners; two sections if there are more than 27 runners, with the 18 fastest plus ties in the second heat.

**800m**-One section if 20 or fewer runners; two sections if more than 20 runners; If 21 to 26 runners, 12 fastest plus ties in the last heat; if more than 26, 18 fastest plus ties in the last heat.

**3200-Meter Relay** – One section @ Regionals per gender. At Finals, 14 or less – one heat. 15 or more – two heats with the 12 fastest plus ties in the second heat. If 28 teams or more, three heats with the last section including the 12 fastest times plus ties.

- The Boy's race in an event is to be run first in all Regional and Final Track Meets in 2024. (Boys EVEN years, Girls ODD years).
- Field events may be scheduled to start up to 60 minutes before the first track preliminary at all Regional Meets, but at least 30 minutes before the first track 1<sup>st</sup> rounds. Pole Vault may start one hour before other field events.
- There must be a minimum of 30 minutes between the last jump of the girls (or boys) long jump competition and the start of the next gender long jump competition at all Regionals.
- There must be a minimum of 30 minutes between the end of the boys (or girls) high jump competition and the start of the next gender high jump competition.
- At the Regional and Final Track Meets the afternoon schedule shall begin one hour after the last 1<sup>st</sup> round event concludes, but no earlier than noon.
- The 3200-meter relay shall not be run prior to 10:00 a.m. The 800-meter, 1600-meter and 3200-meter runs will use the waterfall start at MHSAA Regional and Finals.
- The Meet Monitor should be stationed in the coaches seating area to relay concerns of coaches to the meet manager. Introduce this person to coaches.

**TROPHIES & MEDALS** -The delivery date for medals and trophies for all Regional Track Meets is May 13. Be sure and open all boxes to check on breakage and for correct engraving. If your medals and/or team trophies have not arrived by May 13, please notify ESCO, the MHSAA trophy/medal company at 1-800-852-4266. Duplicate medals and winning team trophies will be awarded in case there are ties. (see Extra Medal Order Form)

**UNMANNED AERIAL VEHICLE (DRONE) POLICY** - The use of unmanned aerial vehicles (“UAV”), also known as drones, is prohibited for any purpose by any persons at MHSAA tournament venues. Tournament management shall refuse admission or entry to anyone attempting to use a UAV; and if necessary, tournament management shall remove anyone attempting to use a UAV and/or confiscate the UAV until the event has been completed. For purposes of this policy, a UAV is any aircraft without a human pilot aboard the device. An exception to this policy

may be made in specific cases for MHSAA broadcast partners, provided the management of the tournament facility permits the presence of UAVs for broadcast purposes under the control of the MHSAA.

**WEATHER POLICY** -When teams are delayed in arriving at tournament sites because of inclement weather:

- Management is encouraged to consider delaying competition for a few hours and/or playing games/matches in brackets of teams/individuals that are present and prepared to participate.
- If, after a reasonable delay, fewer than 60% of the scheduled teams/individuals have not arrived, the tournament must be rescheduled.
- If 60% or more of the scheduled teams/individuals are present, the tournament is to be conducted on the day scheduled.

**YOUTH PROTECTION POLICY** - During the MHSAA Tournament events, the MHSAA expects all designated managers, volunteer or paid staff assisting in the event, officials, or any other personnel to follow local school District policy and state statute regarding the mandatory reporting of child abuse, bullying, hazing, and sexual harassment. A report of such activity shall be made to legal authorities and to the MHSAA Executive Director or his designee.

**CONCUSSION PROTOCOLS** -“Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.” This language appears in all National Federation sports rule books reflects a strengthening of rules regarding the safety of athletes suspected of having a concussion. Some sports rules required officials to remove from play any athlete who was “unconscious or apparently unconscious.” This new language reflects an increasing focus on safety, given that the vast majority of concussions do not involve a loss of consciousness. This protocol is intended to provide the mechanics to follow during the course of contests when an athlete sustains an apparent concussion.

1. The officials will have no role in determining concussion other than the obvious one where a player is either unconscious or apparently unconscious as is provided for under the current rule. Officials will merely point out to a coach that a player is apparently injured and advise that the player should be examined by a health care provider for an exact determination of the extent of injury.
2. If it is confirmed by the school’s designated health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may reenter competition pursuant to the contest rules.
3. Otherwise, if competition continues while the athlete is withheld for an apparent concussion, that athlete may not be returned to competition that day but is subject to the return to play protocol.
  - An MD/DO/PA or NP may clear the individual to return to competition.
  - The clearance must be in writing.
  - The clearance may not be on the same date on which the athlete was removed from play.
  - An official report shall be filed with a removed player’s school and the MHSAA.
4. In cases where an assigned MHSAA tournament physician (MD/DO) is present, his or her decision not to allow an athlete to return to competition may not be overruled.

**MEDICAL EMERGENCY POLICY**-Host school Tournament Managers should follow all local school district policies regarding medical emergencies for participating athletes, coaches, students, and adult spectators for competitions conducted in school facilities. It is advised that AED devices be readily available during tournament competitions. In addition:

- Trainers are an allowed expense and encouraged, but not required
- All MHSAA concussion protocols will be followed.
- MHSAA policy on tornado watches and warnings shall be followed.

- MHSAA policy on managing heat and humidity shall be followed. When MHSAA tournament contests are conducted at non-school facilities, plans should be developed for the following needs and/or circumstances:
- Student, coach and spectator shelter for outdoor events
- Host facility emergency equipment such as AED's, fire escape, etc.
- Emergency communications, i.e. phone numbers, school administration contact
- Coordination with facility management regarding evacuation, first aid, on-site responsibilities
- Medical transport or first responder contact procedures
- Proximity/directions of nearest medical facility

## SAMPLE SEEDING PROCEDURE

(100-200-110 H.H.-100 L.H.)

Before Scratch Sheets  
110 High Hurdles

SCHOOL	RE-SEED		
1. Robb	(Mid.)	15.0	( 1 )
2. Lemerou	(T.C.)	15.1	( 2 )
3. Kalil	(C.H.)	15.3	( 3 )
4. Manderbach	(CL.)	15.5	( 4 )
5. Goslin	(USA)	15.6	( 5 )
6. Bala	(MID.)	15.6	( 6 )
7. Grettenberger	(Cad.)	15.6	( 7 )
8. Yonke	(USA)	15.7	( 8 )
9. Mogenborg	(Shep.)	15.8	( 9 )
10. Olson	(T.C.)	16.0	( 10 )
11. Jardis	(Merrill)	16.0	( 11 )
12. Weldon	(Cl.)	16.1	( 12 )
13. Gibbs	(Cad.)	16.3	( 13 )
14. Hickey (Kevin)	(M.P.)	16.4	( 14 )
<del>15. Phillips</del>	<del>(Beav.)</del>	<del>16.5</del>	
16. Kelke	(Harr.)	16.7	( 15 )
17. Kendall	(Fr.)	16.8	( 16 )
18. Johnson	(Hem.)	16.9	( 17 )
19. Bluntschly	(Beav.)	16.9	( 18 )
<del>20. Weyandt</del>	<del>(Mid.)</del>	<del>17.0</del>	
21. Shull	(Harr.)	17.1	( 19 )
<del>22. Jacobs</del>	<del>(Merrill)</del>	<del>17.3</del>	
23. Hickey (Kyle)	(M.P.)	17.4	( 20 )
24. Redifer	(Hem.)	17.5	( 21 )
<del>25. Wellington</del>	<del>(H.L.)</del>	<del>18.0</del>	
26. Stuart	(H.L.)	18.2	( 22 )
27. Vondette	(Carr.)	18.9	( 23 ) (Entrants)

1. Scratches from the Scratch Sheets are entered; those remaining are numbered from top. (Re-Seed column)
2. At the marshalling area, entrants are given numbers as entered by their name after the scratches are entered.
3. Divide the number of entrants by the number of lanes available to determine the number of heats needed.

EXAMPLE ABOVE:  $8 \div 23 \text{ entrants} = 2 \text{ heats} + 7 \text{ extra or } 3 \text{ heats}$

4. Legend for semi & Finals: 1a=fastest first place runner

1b=second fastest first place runner

2a=fastest second place runner

2b=second fastest second place runner

2c=third fastest second place runner

etc.

<u>Lane</u>	<u>8</u>	<u>7</u>	<u>6</u>	<u>5</u>	<u>4</u>	<u>3</u>	<u>2</u>	<u>1</u>
Heat one:	8b	6b	4b	2b	1a	3a	5a	7a
Heat two:	8a	6a	4a	2a	1b	3b	5b	7b

RELATIVE LANE/HEAT ASSIGNMENT FORMAT S A-M-P L E

	LANE1	LANE2	LANE3	LANE4	LANE5	LANE6	LANE7	LANE8
HEAT 1	49	33	17	1	16	32	48	
HEAT 2	50	34	18	2	15	31	47	
HEAT 3	51	35	19	3	14	30	46	
HEAT4	52	36	20	4	13	29	45	61
HEAT 5	53	37	32	5	12	28	44	60
HEAT 6	54	38	22	6	11	27	43	59
HEAT 7	55	39	23	7	10	26	42	58
HEAT 8	56	40	24	8	9	25	41	57

SAMPLE SEEDING PROCEDURE

(300 L.H. - 400-meter Relay, 800-meter Relay & 1600-meter Relay)

**SAMPLE**

	SCHOOL		RE-SEED
1. Lockwood	(Fr.)	50.2	( 1 )
2. Musolf	(Mid.)	50.9	( 2 )
3. Pluda	(Glad.)	51.0	( 3 )
4. Whiting	(T.C.)	51.7	( 4 ) Section 4
5. Dempsey	(Far.)	52.0	( 5 ) (8)
6. Lasich	(T.C.)	52.0	( 6 )
7. Knoertzer	(Cad.)	52.5	( 7 )
8. Olson	(M.P.)	52.5	( 8 )
<del>9. Warren</del>	<del>(Mid.)</del>	<del>52.6</del>	
10. Smith	(C.H.)	52.6	( 9 )
<del>11. Tolfree</del>	<del>(A.F.)</del>	<del>52.7</del>	
12. Simon	(Shep.)	52.7	( 10 ) Section 3
13. P. Card	(Fr.)	52.9	( 11 ) (8)
14. Rolls	(Harr.)	52.9	( 12 )
15. Hurrell	(A.F.)	53.1	( 13 )
16. Brines	(Cad.)	53.3	( 14 )
17. Hurst	(Carr.)	53.5	( 15 )
18. Winter	(USA)	53.5	( 16 )
19. Salyers	(Hale)	53.8	( 17 )
20. Branham	(Far.)	54.0	( 18 ) Section 2
21. Jones	(Cad.)	54.0	( 19 ) (8)
<del>22. Murphy</del>	<del>(T)</del>	<del>54.0</del>	
23. Hensler	(Carr.)	54.1	( 20 )
24. Baxter	(M.P.)	54.2	( 21 )
<del>25. Hoover</del>	<del>(T)</del>	<del>54.2</del>	
26. Shell	(C.H.)	54.4	( 22 )
27. Brubaker	(Beav.)	54.5	( 23 ) Section 1
28. Morrow	(Lk.V.)	54.6	( 24 ) (3)
29. Fitch	(Hem.)	54.9	( 25 )
30. K. Moggenborg	(Shep.)	54.9	( 26 )
<del>31. Massey</del>	<del>(E)</del>	<del>55.0</del>	
32. M. Eisenhower	(Cl.)	55.1	( 27 )

(27 Entrants)



1. Scratches from the Scratch Sheets are entered; those remaining are numbered from top. (Re-Seed column)
2. Divide the number of entrants by the number of lanes available to determine the number of sections needed.

EXAMPLE ABOVE: 8 Lanes 27 Entrants = 3 Sections + 3 extra - 4 Sections

3. All sections except the first and/or second sections are to be full sections. The first section would have three people while the other three sections would have eight runners each (eight-lane track). If there is only one person for the first (Slowest) section, then the slowest runner in section two 2 is placed into section one so that no one ever has to run alone. The second section would have one lane open.

4. Once the section assignments have been made, lane assignments are according to Rule 5, Section 6, Article 5.

**Waterfall and Double Waterfall PLACING OF REGIONAL QUALIFIERS IN THE 800-METER RUN, 1600-METER RUN, 3200-METER RUN, and 3200-METER RELAYS AT ALL FINAL MEETS** - The waterfall starting procedure is to be used at the Final Meets, and at Lower Peninsula Regionals. Managers are requested to place markers on the track at cut-in spots for races run in the waterfall.

The 1600-meter Run, 800-meter Run, 3200-meter Relay, and 3200-meter Run will use waterfall starts and a one-turn stagger at all Regional and Final Meets. The cut-in will be at the start of the back straightaway. The 1600-meter and 3200-meter Runs will use the waterfall start at all regular-season meets if there is a desire to do so. The upper fall has a one-turn stagger, with the back waterfall cut in immediately.

In the Regional and Final Track Meets, boys and girls events will alternate order. Girls' events will be run first in odd years and boys events will be run first in even years. In 2024, the boy's events will be run first.

Regionals: The 3200-Meter Relay shall be the first final running event run prior to the preliminary qualifier round of the sprint and hurdle events in the Regional.

## **Waterfall and Double Waterfall guidelines: 800 – 1600 – 3200 – 4x800**

The cut-in procedures are very similar if they line up correctly in the first place.

If you have 24 or fewer entries, the single back waterfall line is possible unless the meet officials decide it's too crowded. In this case, all runners may cut in immediately if they don't interfere. If meet officials decide 24 is too many, they may use 18 as a guide for using only the single waterfall line.

It is recommended to put the better seeds on the outside of the track, so they have clearance to the pole without worrying about runners on the outside of them.

If a double waterfall is used the recommendation is 1/3 of the field with the better runners at the upper (front) waterfall line and the remainder at the back waterfall line.

This means, for example, we have 30 competitors in the race, 10 runners placed at the upper waterfall line, seeds 1 – 10, and the remainder at the back waterfall line 11 – 30. Place the better seeds on the outside of the waterfall lines

The upper waterfall line runners (lanes 5 – 8) must remain in those lanes up to the cut-in line at the start of the back straightaway (same line as currently used for the 4x400 relay). The runners at the back waterfall line may cut in as soon as possible if there is no interference.

## **800-1600-3200 & 3200-meter Relay Heat sizes**

1. Scratch from Scratch Sheets are entered; then determine the number of sections to be run.

**3200m**-One section if less than 35. 36 or more – two heats with the fastest 24 plus ties in the second heat.

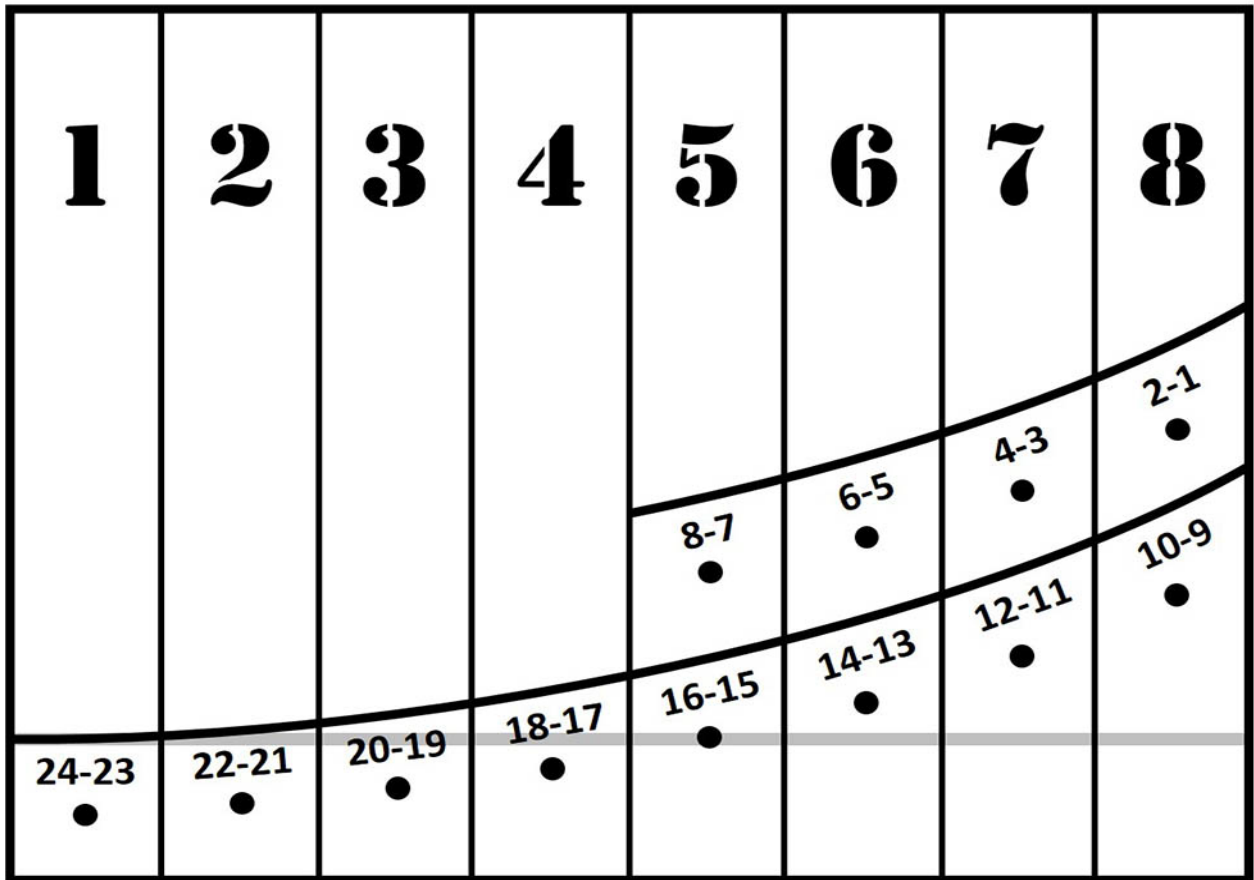
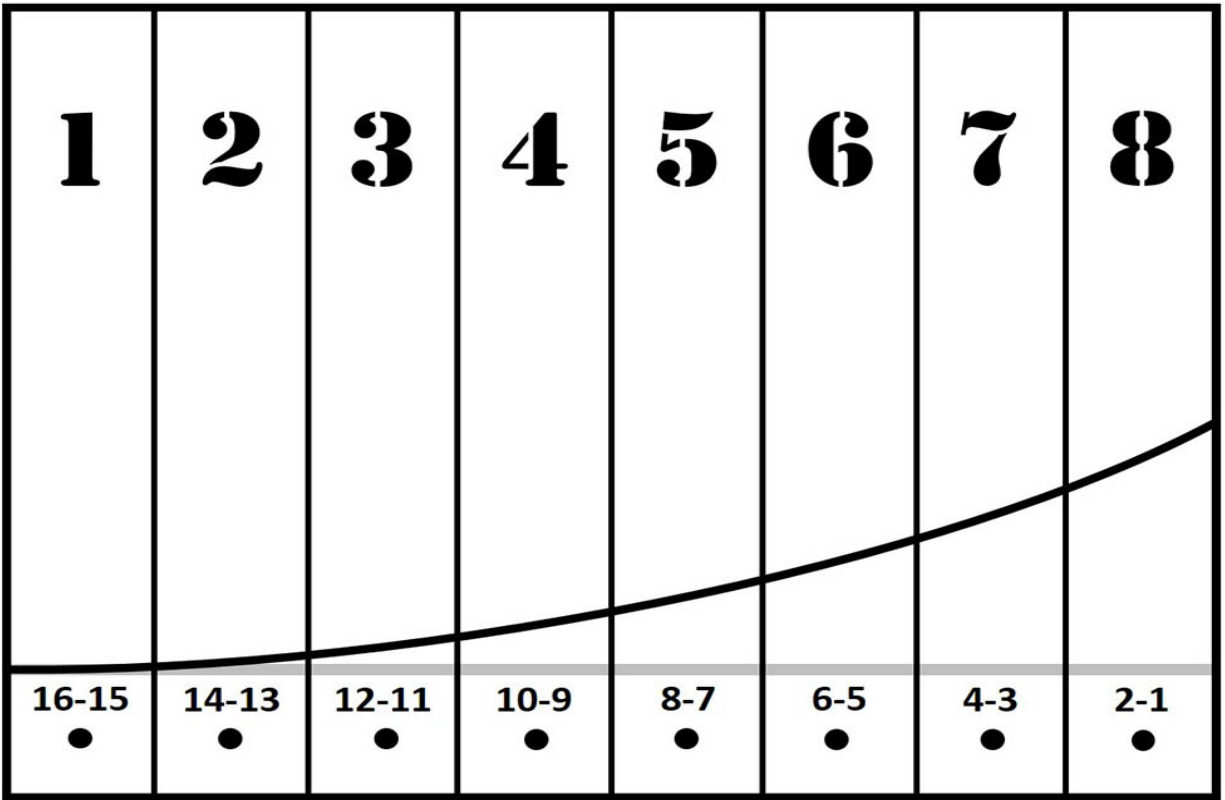
**1600m** -One section if 26 or fewer runners; two sections if there are 27 or more runners, with the 18 fastest plus ties in the second heat.

**800m**-One section if 20 or fewer runners; two sections if more than 20 runners; If 21 to 26 runners, 12 fastest plus ties in the last heat; if there are more than 26, 18 fastest plus ties in the last heat.

**3200-Meter Relay** – **One section @ Regionals per gender.** At Finals, 14 or less – one heat. 15 or more – two heats with the 12 fastest plus ties in the second heat. If 28 teams or more, three heats with the last section including the 12 fastest times plus ties.

2. At the clerking area, each entrant is given a section assignment and an individual number as entered in the "Re-Seed" column.
3. Refer to the sample below for the number of lanes and waterfall for your track. Give the entrants the lane assignments in each section.

**Step-Up Start:** There should be a small green hash mark in the lanes approximately 3 meters behind the waterfall start lines. Runners line up at the hash marks and step up to the waterfall line on the "On Your Marks" command. When all runners are motionless and steady, the gun is fired to start the race.



# TRACK MEET PERSONNEL DIRECTORY

DIVISION \_\_\_\_\_ REGIONAL \_\_\_\_\_ FINAL @ \_\_\_\_\_

MANAGER \_\_\_\_\_

(Name) (Home Telephone)

CELL  
PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

## SUPERVISOR/CHAIRPERSON

PARKING \_\_\_\_\_

ADMISSION \_\_\_\_\_

CONCESSION \_\_\_\_\_

LOCKER ROOM \_\_\_\_\_

EMERGENCY \_\_\_\_\_

MEET WORKERS \_\_\_\_\_

FAT (timing) \_\_\_\_\_

FIELD PREPARATION \_\_\_\_\_

AWARDS & CEREMONY \_\_\_\_\_

MEET OFFICIALS \_\_\_\_\_

MHSAA CONCESSION SALES (Finals Only) \_\_\_\_\_

PROGRAM \_\_\_\_\_

PRESS STEWARD \_\_\_\_\_ TELEPHONE: \_\_\_\_\_ (Bus.)

TELEPHONE: \_\_\_\_\_ (Res.)

**DO NOT RETURN TO MHSAA – FOR YOUR USE ONLY**

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION, INC.  
1661 Ramblewood Drive  
East Lansing, MI48823

**TO:** 2024 Regional & Final Track and Field Meet Managers

**FROM:** Cody Inglis, Assistant Director

**SUBJECT: REQUEST FOR DUPLICATE TROPHIES/MEDALS DUE TO TIES ONLY**

Duplicate trophies will be provided to all teams **tied** for Championship (Regional), and Championship and Runner-Up (Final) at MHSAA Meets. Medals will be provided for all individuals **tied** for the medal after application of Rule 2-2 of the National Federation Track & Field Rule Book by using this form.

**(For additional medals not due to a tie: send check to MHSAA  
(medals are \$4 each-Regional & \$5 each-Final)**

**RETURN** all medals not awarded to the MHSAA office as soon as possible.

**DIVISION** \_\_\_\_\_ **REGIONAL NO.** \_\_\_\_\_ **FINAL** \_\_\_\_\_ **Held at** \_\_\_\_\_

**Manager's Signature** \_\_\_\_\_

***DUPLICATE AWARD REQUEST due to ties only!***  
***List only awards needed. Managers will award the medal(s) in their possession to one of the teams or individuals involved in the tie.***  
***SCAN TO: Paige@mhsaa.com***

PLEASE TYPE OR PRINT  
**TROPHY**

	<b>DIV.</b>	<b>PLACE</b>	<b>EVENT</b>	<b>BOYS /GIRLS</b>	<b>SCHOOL</b>	<b>ATHLETE(S) NAME</b>
<b>1</b>						
<b>2</b>						
<b>3</b>						
<b>4</b>						
<b>5</b>						
<b>6</b>						
<b>7</b>						
<b>8</b>						
<b>9</b>						
<b>10</b>						

# **SCRATCH SHEET INSTRUCTIONS**

## **TRACK & FIELD MANAGERS OF REGIONAL AND FINAL MEETS**

THESE ARE MASTER SCRATCH SHEETS WHICH YOU WILL USE TO DUPLICATE FOR YOUR MEET. (Two Girls and two Boys forms)

1. FIELD EVENTS AND PRELIMINARY RUNNING EVENTS

2. FINAL RUNNING EVENTS

DUPLICATE THESE FORMS AS NEEDED

FRIDAY MANAGERS ARE TO INSERT A TIME IN THE SPACE PROVIDED AT THE BOTTOM AND *CROSS OUT* ANY SATURDAY REFERENCE.

SATURDAY MANAGERS ARE TO *CROSS OUT* FRIDAY REFERENCES.

### SUGGESTED DUPLICATE COLORS

GIRLS Field Event--- Yellow

GIRLS Final-----Tan / Beige

BOYS Field Event--- Green

BOYS Final----- Gray



# BOYS REGIONAL SCRATCH SHEET

## FIELD EVENTS AND PRELIMINARY RUNNING EVENTS

**Coach:** If you are scratching any athletes, their names must appear on this sheet. For a relay team scratch, write "scratch relay". This sheet must be turned in to the meet manager before the deadline established by the host.

**School:** \_\_\_\_\_ **Coach:** \_\_\_\_\_

EVENT	SCRATCHES ONLY • NO ALTERNATES	
Boys Discus		
Boys Shot Put		
Boys Long Jump		
Boys High Jump		
Boys Pole Vault		
Boys 100 M Dash		
Boys 110 M High Hurdles		
Boys 200 M Dash		
Boys 3200 M Relay* (4 × 800)		

DUE BY: \_\_\_\_\_ THURSDAY  
 \_\_\_\_\_ FRIDAY  
 \_\_\_\_\_ SATURDAY



# GIRLS REGIONAL SCRATCH SHEET

## FIELD EVENTS AND PRELIMINARY RUNNING EVENTS

**Coach:** If you are scratching any athletes, their names must appear on this sheet. For a relay team scratch, write "scratch relay". This sheet must be turned in to the meet manager before the deadline established by the host.

**School:** \_\_\_\_\_ **Coach:** \_\_\_\_\_

EVENT	SCRATCHES ONLY • NO ALTERNATES	
Girls Discus		
Girls Shot Put		
Girls Long Jump		
Girls High Jump		
Girls Pole Vault		
Girls 100 M Dash		
Girls 110 M High Hurdles		
Girls 200 M Dash		
Girls 3200 M Relay* (4 × 800)		

DUE BY: \_\_\_\_\_ THURSDAY  
 \_\_\_\_\_ FRIDAY  
 \_\_\_\_\_ SATURDAY





# BOYS REGIONAL SCRATCH SHEET

## FINAL RUNNING EVENTS

**Coach:** If you are scratching any athletes, their names must appear on this sheet. For a relay team scratch, write "scratch relay". This sheet must be turned in to the meet manager before the deadline established by the host.

**School:** \_\_\_\_\_ **Coach:** \_\_\_\_\_

EVENT	SCRATCHES ONLY • NO ALTERNATES	
Boys 800 m Relay (4 x 200)		
Boys 1600 M Run		
Boys 400 M Relay (4 x 100)		
Boys 400 M Dash		
Boys 300 M Intermediate Hurdles		
Boys 800 M Run		
Boys 3200 M Run		
Boys 3200 M Run		
Boys 1600 M Relay(4 x 400)		

DUE BY: \_\_\_\_\_ THURSDAY  
 \_\_\_\_\_ FRIDAY  
 \_\_\_\_\_ SATURDAY



# GIRLS REGIONAL SCRATCH SHEET

## FINAL RUNNING EVENTS

**Coach:** If you are scratching any athletes, their names must appear on this sheet. For a relay team scratch, write "scratch relay". This sheet must be turned in to the meet manager before the deadline established by the host.

**School:** \_\_\_\_\_ **Coach:** \_\_\_\_\_

EVENT	SCRATCHES ONLY • NO ALTERNATES	
Girls 800 m Relay (4 x 200)		
Girls 1600 M Run		
Girls 400 M Relay (4 x 100)		
Girls 400 M Dash		
Girls 300 M Intermediate Hurdles		
Girls 800 M Run		
Girls 3200 M Run		
Girls 3200 M Run		
Girls 1600 M Relay (4 x 400)		

DUE BY: \_\_\_\_\_ THURSDAY  
 \_\_\_\_\_ FRIDAY  
 \_\_\_\_\_ SATURDAY

# TRACK AND FIELD APPEAL FORM

## THE APPEAL PROCESS

1. Appeal is to reverse a ruling or correct an error.
2. Protest is to express dissatisfaction with a decision or procedure.
3. The rules address the appeal process, not "the protest."

## WHAT IS SUBJECT TO APPEAL?

1. Misapplication of a rule.
2. Clerical errors in placing (30 min. Limit).
3. Team scoring errors (48 hour limit).
4. Misapplication or failure to follow a procedure in the terms and conditions of competition announced in advance.

## WHAT IS NOT SUBJECT TO APPEAL?

1. Judgment.
2. Decision by finish judges/timers that does not involve misapplication of a rule.

## WHAT IS THE APPEAL PROCESS?

1. Head coach shall verbally inform meet monitor.
2. Head coach shall file in writing on the appeal form.
3. Include competitor name, school, number, and specific event.
4. The specific rule.
5. A brief description.
6. Give form to meet monitor.

## IS JURY OF APPEALS REQUESTED TO

REVIEW THIS ISSUE?  NO

YES

The Jury of Appeals shall have the final  
Coach \_\_\_\_\_  
authority.

PLEASE PRINT

EVENT \_\_\_\_\_ LANE \_\_\_\_\_

INDIVIDUAL \_\_\_\_\_ # \_\_\_\_\_

RULE REFERENCE \_\_\_\_\_

DESCRIPTION OF THE APPEAL:

Signature of Head

**INSTRUCTIONS FOR  
TRACK & FIELD APPEAL FORM  
TRACK AND FIELD MANAGERS  
REGIONAL/FINAL MEETS**

**The reverse side of this form is a master  
APPEAL FORM which you will use to  
duplicate for use at your meet.**

**Each coach is to receive one APPEAL FORM.**

**Duplicate on any color paper you desire.**

**You may wish to have others available in  
the Press Box and from the Meet Monitor.**