

# 2018 MHSAA LP DIVISION 4 TRACK & FIELD FINAL MEET



**Saturday, June 2, 2018**

**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 1**

- 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.

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## Meet Schedule Saturday, June 2

### *Boy's Run First in 2018*

8:00 AM	Gates Open
8:00 - 9:15 AM	Weigh-in of Shots & Discs at the building (furthest East) near the team entry gate. Vaulting pole inspection at the vault site.
<b>9:00 AM</b>	<b>Morning Events Scratches Deadline</b> (form due at the check-in tent by the high jump)
9:30 AM	Girls & Boys Pole Vault ( <b>duplicate facilities*</b> ) -- <b>complete vaulter info at event site</b> Boys Shot Put and Girls Discus Throw Girls & Boys Long Jump [ <b>Open Pit: 9:30 AM- 10:45 AM</b> ] ( <b>duplicate facilities*</b> ) Boys & Girls High Jump ( <b>duplicate facilities*</b> ) *Boys/Girls PV, LJ, & HJ are conducted concurrently
9:55 AM	National Anthem
10:00 AM	4 x 800 Relay Finals Sprint/Hurdle Semifinals (100 Dash, High Hurdles, 200 Dash) [ <b>Only two rounds of competition -- semifinals and finals. Heat winners advance to finals. Remaining slots are filled according to times ran in the first round.</b> ]
11:00 AM	Girls & Boys Long Jump Finals
11 AM - Noon	Weigh-in of Shots & Discs at the building (furthest East) near the team entry gate.
<b>Noon</b>	<b>Afternoon Events Scratches Deadline</b> (form due at the check-in tent by the high jump)
12:15 PM	Boys Discus Throw -- about 1 hour after Boys Shot Put completion Girls Shot Put -- about 1 hour after Girls DiscusThrow completion
12:55 PM	National Anthem
1:00 PM	Running Event Finals (or 1 hour after the last semifinal race, whichever is later) --- High Hurdles, 100 Dash, 4 x 200 Relay, 1600 Run, 4 x 100 Relay, 400 Dash, 300 Hurdles, 800 Run, 200 Dash, 3200 Run, 4 x 400 Relay
4:45 PM	Team Awards Presentation [ <i>approximate time</i> ]

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## 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](http://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 relay athletes expected to run by Friday, May 25<sup>th</sup> 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.

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**Uniforms:** The uniform will be strictly enforced. Please review these rules with your athletes. Special points of emphasis -- undergarments need to be of a single color if worn below the knee -- no body adornment, painted or fastened -- relay team members must have identical uniforms -- only a single manufacturer's logo/trademark/reference may be on any visible undergarment. Shirts tucked in at the start of each race.

**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

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**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 ¼ 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 7 in -- Boys 5 ft 8 in. The bar will be raised using the MHSAA raises chart (Girls: 4' 10", 5' 0", 5' 2" -- 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 6 in. The bar will be raised using the MHSAA raises chart (Girls: 8' 3", 8' 9", 9' 3" -- Boys: 11' 0", 11' 6", 12' 0"). 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

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**Running Event Preferences:** Boys events are run first in 2018. 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](http://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 36<sup>th</sup> Ave and Baldwin St.

**From the South:** Take US 131 north to M-6. Take M-6 West. Get off on 32<sup>nd</sup> 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 36<sup>th</sup> Ave and Baldwin St.

**From the West:** Take I-196 east to Exit 62 (32<sup>nd</sup> Ave). Turn left onto 32<sup>nd</sup> Ave (North) and go past Chicago Drive and Port Sheldon Dr. Take a left onto Baldwin St. The stadium is on the corner of 36<sup>th</sup> & 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 (32<sup>nd</sup> 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 36<sup>th</sup> 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 36<sup>th</sup> Avenue. **The team parking lot is off from 36<sup>th</sup> Ave.**



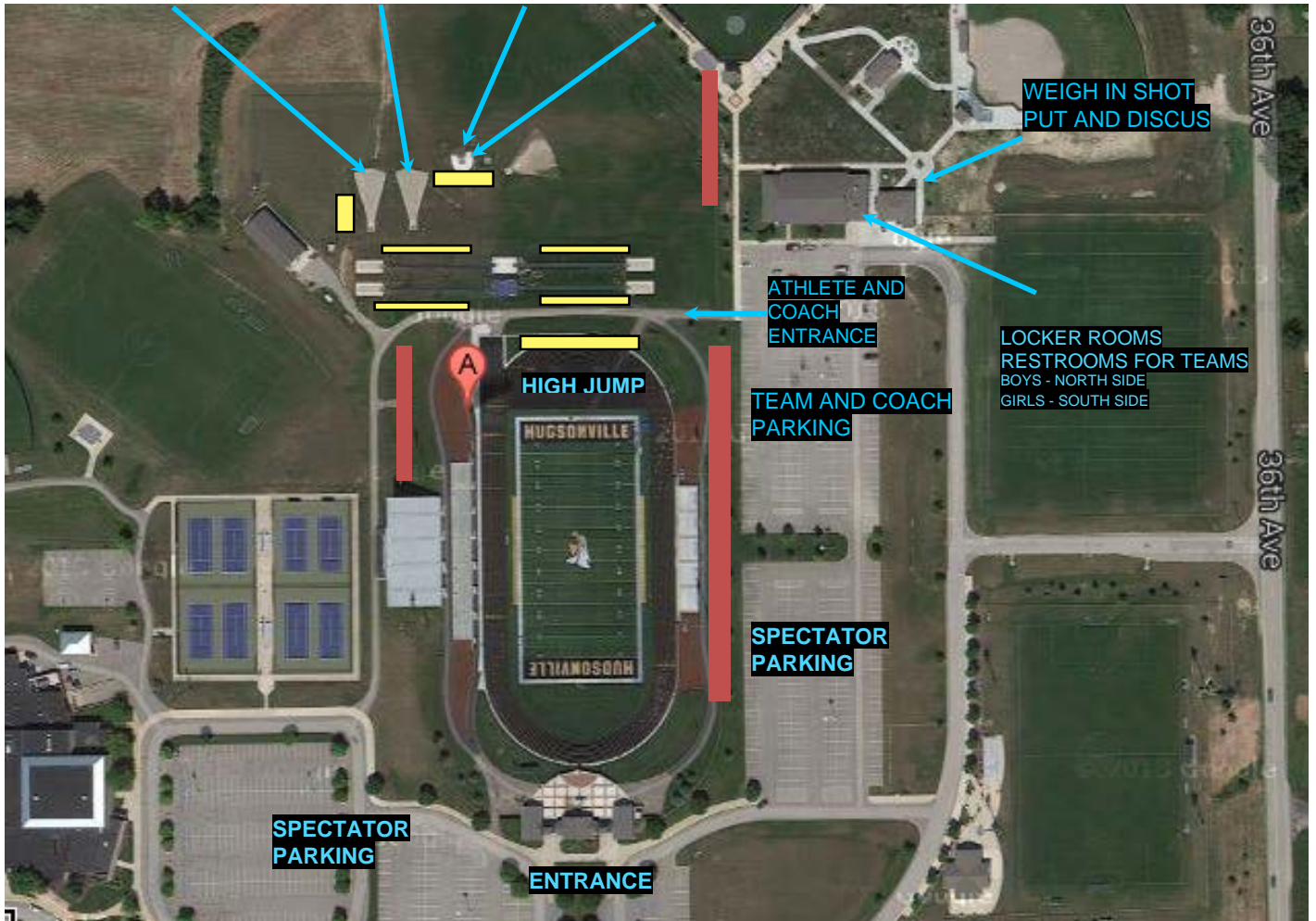
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SHOT PUT  
COMPETITION

SHOT PUT  
PRACTICE

DISCUS  
PRACTICE

COMPETITION  
DISCUS



ALL YELLOW BOXES REPRESENT COACHES AREAS - THESE WILL BE LINED WITH PAINT AND WILL ALSO BE FLAGGED

THE COACHES BOX IN THE HIGH LONG JUMP AND POLE VAULT AREA WILL CHANGE DEPENDING UPON WIND DIRECTION THE DAY OF THE MEET.  
HIGH JUMP COACHES BOX WILL BE FROM THE FENCE TO THE FLAG POLES JUST OUTSIDE THE STADIUM.



TEAM TENT AREAS = RED