

# 1978 TRACK AND FIELD COMMITTEE MEETING

East Lansing, January 23, 1978

## Members Present:

Duane Bryner, New Haven  
Pat Budzynski, Central Lake  
Karyn Cribley, Grand Ledge  
Elizabeth Embree, Livonia  
Nancy Estes, Ida  
Don Foreman, Remus  
John Fundukian, Walled Lake  
Leit Jones, Dearborn Heights  
Mary Littlebrandt, Jackson  
Dorothy Phillips, Ontonagon  
Deborah Smith, Grand Rapids  
Woodrow Thomas, Detroit  
Joe Wood, Potterville

## Members Absent:

Larry Steeb, Manchester  
Ronald Waldvogel, St. Joseph

## Staff Member Present:

Lonnie D. Lowery, East Lansing  
(Recorder)

The Committee met in the offices of the Michigan High School Athletic Association, Inc., to review the Track and Field program including 1977 Representative Council action on Track recommendations. Correspondence received at the M.H.S.A.A. was read to the Committee. Karyn Cribley, Michigan's representative on the National Federation Track and Field Rules Committee, reviewed the new rules changes.

Male and female competition at Regionals was reviewed. Support was expressed for continuing the concept of assigning both the boys and girls teams to the same Regional site. The Committee will select sites and assign teams by mail because an insufficient number of sites were available.

Rules deviations approved by the office staff were reviewed. The Committee expressed support of continuing approval of rules deviations for the purpose of collecting sufficient data to determine if the deviation should be recommended to the National Federation Committee.

**Meet Regulation — Regulations for REGULAR SEASON AND M.H.S.A.A.**

**SPONSORED Track and Field Meets were reviewed and the following changes or explanations resulted:**

Each Regional and Final Manager is to establish a preliminary session scratch meeting and a final session scratch meeting. All contestants entered in that session of competition in the Regional or the Final Meet, who do not plan to participate in that session, must be scratched not later than the end of the scratch period for that session. All contestants who remain as entries in an event will be disqualified from further competition if they fail to compete in an event in which they are entered. Each Regional and Final Meet Manager will make the necessary adjustment in the heat assignment following the conclusion of the scratch period for each session.

## Recommendations to the Representative Council

Adopt the National Federation suggested Order of Events and limitations of competition. (10-1) This recommendation, if adopted, would be consistent with the Representative Council's philosophy of using the National Federation publication for each sport in which the Michigan High School Athletic Association sponsors tournament competition. In addition, it would eliminate confusion which presently exists among Track coaches when comparing the rules book with the March Bulletin. Stability would be given to the Michigan Order of Events because the National Federation has not changed their Order of Events as frequently as Michigan.

It is understood that the adoption of the National Federation Order of Events would not include the javelin. Regulation II, Sec. 10(E) would be eliminated from the Handbook.

## Recommendation to Junior High Committee

Review Order of Events.

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**DON'T FORGET TO ORDER YOUR COPY  
OF THE "BOOK OF CHAMPIONS"  
FOR 1977-78.**

Portage north  
9:10 write

# LOCATIONS OF 1978 REGIONAL TRACK MEETS

(May 19 or 20)

\*Each site will host Regional Meets for both the Boys and the Girls Track and Field teams of the schools assigned to that site.

Regional Winner	Class	Entertaining School	City	Manager
I	A	Grand Rapids Board of Education	Grand Rapids	Russell Posthumus
II	A	J. W. Sexton High School	Lansing	Paul Posega
III	A	Monroe High School	Monroe	Don Brouse
IV	A	Woodworth Jr. High School	Dearborn	William Kilpatrick 9:31 FIRST
V	A	Grosse Pointe North High School	Grosse Pointe	James Krucki
VI	A	L'Anse Creuze North	Mt. Clemens	Howard Lewis
VII	A	Port Huron High School	Port Huron	John Schneider 9:32 (ASST) TRUBY 9142
VIII	A	Pontiac Central High School	Pontiac	Fred Zittel 9:30 932 948 ✓
IX	A	Farmington High School ✓	Farmington	John Cotton 9:20.8
X	A	Clio High School	Clio	Neil Monroe 9:19 9:20 BOTH Kennedy Dougherty 9:05 write
XI	B	Hudsonville High School	Hudsonville	Michael Z. Jones
XII	B	Sturgis High School	Sturgis	Jack Grant
XIII	B	Okemos High School	Okemos	Stanley Stols
XIV	B	Milan High School	Milan	Charles Lott
XV	B	Schafer High School	Southgate	Eugene Morelli
XVI	B	Clarencville High School	Livonia	Charles Thompson
XVII	B	Lakeville High School	Otisville	Darrel L. Morton
XVIII	B	Corunna High School	Corunna	Nicholas Anneso
XIX	B	Alma High School	Alma	Bill Bupp
XX	B	Fremont High School	Fremont	Rich Tompkins
XXI	C	Watervliet High School	Watervliet	Gerald Barchett
XXII	C	Cassopolis High School	Cassopolis	Sam Adams
XXIII	C	Quincy High School	Quincy	Martin Chard
XXIV	C	Michigan Center High School	Michigan Center	John Jimenes
XXV	C	Armada High School	Armada	Ed Wuestenberg
XXVI	C	Marlette High School	Marlette	Richard Albro
XXVII	C	Farwell High School	Farwell	Craig Otis
XXVIII	C	Tri-County Area High School	Howard City	Lynn Savage
XXIX	C	Oakridge High School	Muskegon	John Swinburne
XXX	C	Bensie Central High School	Benzonia	Andy Herman
XXXI	D	Covert High School	Covert	James Babcock
XXXII	D	Potterville High School	Potterville	Tom Truscott
XXXIII	D	Detroit Country Day High School	Birmingham	Joe D'Angelo
XXXIV	D	Caro High School	Caro	Donald Stamats
XXXV	D	Alpena High School	Alpena	Glen Schrottenboer
XXXVI	D	Suttons Bay High School	Suttons Bay	Dale Mathews
XXXVII	D	Ludington High School	Ludington	Bill Kraus

## UPPER PENINSULA REGIONALS

(May 19 or 20)

Regional Number	Class	Entertaining School	City	Manager
XXXVIII	D	Rudyard High School	Rudyard	E. Roy Hamilton
XXXIX	C	Mather High School	Munising	Thomas Lucky
XL	D	Rapid River High School	Rapid River	Fred Stage
XLI	A-B	Escanaba High School	Escanaba	Jerome S. Cvengros
XLII	A-B	Gwinn High School	Gwinn	Len Trudeau
XLIII	C	Westwood High School	Ishpeming	Dennis Bobula
XLIV	C	L'Anse High School	L'Anse	James Mattson
XLV	D	White Pine High School	White Pine	Joe Guiliano

## LOCATION OF 1978 FINAL TRACK MEETS

Upper Peninsula

(May 27, 1978)

Classes	Entertaining School	City	Manager
A-B, C and D	Marquette High School	Marquette	Jerry Pangrassi

Lower Peninsula

(June 3, 1978)

Classes	Entertaining School	City	Manager
A—Boys	Flint Board of Education	Flint	Richard Leach
A—Girls	Brighton High School	Brighton	Duke Williams
B—Boys	Marysville High School	Marysville	Walt Braun
B—Girls	Otsego High School	Otsego	Richard Fransted
C—Boys	Michigan Center High School	Michigan Center	John Jimenes
C—Girls	Haslett High School	Haslett	Scott Felmlee
D—Boys and Girls	Sexton High School	Lansing	Paul Posega

# 1978 REGIONAL AND FINAL TRACK AND FIELD MEETS FOR BOYS AND GIRLS

(See Report of 1978 Track Committee Meeting Page 497)

**TRACK AND FIELD RULES**—The track and field rules as they appear in the 1978 National Federation Edition of the Official Track and Field Rules will be in effect for Regional and Final Meets, except as indicated in this BULLETIN.

**STARTING TIME — REGIONAL MEETS** — Preliminaries to start not earlier than 10:00 a.m. Regional Managers will notify competing schools of exact starting times.

**STARTING TIME—UPPER PENINSULA MEET**—Preliminaries-10:00 a.m.; Track Finals-12:30 p.m. (Eastern Daylight Savings Time).

**STARTING TIME—LOWER PENINSULA FINAL MEET**—Preliminaries-10:00 a.m.; Track Finals-1:30 p.m. and Shot Put-2:00 p.m. NOTE: Contestants and officials only will be allowed on the field at Regional and Final Meets. Spectators and coaches must remain in the bleachers. NOTE: Pole Vault in all classes to begin at 10:00 a.m. The Discus is to be conducted in the morning at all final meets.

**ENTRIES — REGIONAL MEETS** — Each school may enter a Boys' team and a Girls' team in the Regional Meet only if they have bona fide teams (See Regulation II, Section 1(B). 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 of the three individuals listed will be allowed to compete in each of the events, including the field events. FOUR INDIVIDUALS may be entered and compete in EACH INDIVIDUAL EVENT at Upper Peninsula Regionals. (See page 502 regarding Relays.) Actual competition in Regional and Final Meets is governed by the Michigan High School Athletic Association, Inc. Regulations on Limitations of Competition. (Regulation II, Section 10-E, or see page 512.) All Regional Entry Blanks and Entry Cards are to be received by Regional Managers NOT LATER THAN MAY 11. Coaches are urged NOT TO ENTER individuals in events whom they do not intend to use.

Each Regional and Final Manager is to establish a preliminary session scratch meeting and a final session scratch meeting. All contestants entered in that ses-

sion of competition in the Regional or the Final Meet, who do not plan to participate in that session, must be scratched not later than the end of the scratch period for that session. All contestants who remain as entries in an event will be disqualified from further competition if they fail to compete in an event in which they are entered. The Meet Manager will make the necessary adjustment in the heat assignment following the conclusion of the scratch period for each session.

Only those contestants listed in an individual event on the Regional Entry Blank and for whom an Entry Card is submitted are to be allowed to compete in that event. There are to be no substitutions or changes in entries made by a school at the time of the Regional Meet except as allowed in the relay events. If three individuals are listed on the Entry Blank for an event, one must be scratched because not more than TWO may compete for a school team in that event in Lower Peninsula Regional Meets with the exception outlined in the paragraph below.

**ADDITIONAL ENTRIES — REGIONAL MEETS**—If three (3) or more entries by a school team in an event have equalled or bettered the average 1977 fifth place Regional performance during the current outdoor season, all of these entries may enter and compete in the Regional Tournament in that event. The time or distance must have been established in actual meet competition prior to submitting Entry Blanks, and must be verified on the form sent to all coaches. The form must be sent to the Regional Manager along with the Entry Blank.

The times and distances set for the 1978 Regional Meets are on page 505 of this BULLETIN.

**FINAL MEETS ENTRIES** — Only qualifiers from Regional Meets may compete in the Final Meets.

**REGIONAL MEET ENTRY BLANKS** — Schools which notified the M.H.S.A.A. office of their sponsorship of a bona fide track and field team(s) will be sent duplicate Regional Meet Entry Blanks and a set of Entry Cards. One Entry Blank and a set of Entry Cards are to be completed for each team (boys and girls) and forwarded directly to the Manager of the Regional Meet to which

the school is assigned. (Print or type-write last and first names.) The other Entry Blank may be retained by the coach for his or her information. Regional Meet Managers will be advised of the schools assigned to respective Regionals and no others will be allowed to compete at the Meet concerned.

**FINAL MEET ENTRY BLANKS**—The Regional Entry Blank and Entry Cards will be in effect for the duration of time members of that team are qualified to compete in Regional or Final competition. Coaches are not to send Entries to Final Manager.

Each Regional Manager will report, on a form furnished by the M.H.S.A.A. to designated Upper or Lower Peninsula Final Meet Managers, a list of qualifiers in each event in each class. Only such reported Regional qualifiers will be allowed to compete in Final Meets.

**TROPHIES AND MEDALS AT REGIONAL AND FINAL MEETS**—The M.H.S.A.A. will provide trophies for schools in each class which finish in the first two positions at all Final Meets (First Place only at all Regionals.) Individual medals will be awarded contestants finishing in the first five places in each event in the Upper Peninsula Final Meet, and in the first eight places in each individual event and ten places in each relay at the Lower Peninsula Final Meets. Five places in each event at each Lower Peninsula Regional will be awarded. Medals for the Upper Peninsula Regionals will be awarded to individuals finishing in the first four places in each event. There will be no extra medals provided for tie positions at Regional Meets. Recipient is to be determined by the toss of a coin.

**FINAL MEET EXPENSES**—Following previous practices, the cost of conducting Final Meets will be met by the M.H.S.A.A. The cost of trophies and medals also will be paid by the M.H.S.A.A. **LODGING WILL NOT BE PROVIDED BY HOST INSTITUTIONS.** The cost of lodging, transportation, and meals will be met by competing schools. Any gate receipts realized will be used by the M.H.S.A.A. to aid in meeting administrative costs of the Meets.

**QUALIFICATION FROM UPPER PENINSULA REGIONAL MEETS TO THE UPPER PENINSULA FINAL MEETS**—In Classes A-B, C and D Regional Meets there are to be four qualifiers from ALL individual track and field events.

In the three Relay races the first and

second place teams in Classes C and D at each Regional Meet will qualify to the Upper Peninsula Final Meet. The first three place winners in each Class A-B Regional will qualify to the Final Meet.

**QUALIFICATION FROM LOWER PENINSULA REGIONAL MEETS TO LOWER PENINSULA FINAL MEETS**

—The first/three places in each event at each Regional Meet may enter the Lower Peninsula Final Meet in that event. This, however, is qualified by the following:

Three will qualify, providing there are eight or more entries remaining after the scratch meeting.

If there are five, six, or seven entries remaining after the scratch meeting, two will qualify.

If there are four or less entries remaining after the scratch meeting, one will qualify.

In addition to the above number of qualifiers allowed, any contestant who in a Regional Meet Final, equals or betters the best eighth place time, (tenth place time for relays) height, or distance which was made in an event during the past three years at a Lower Peninsula Final Meet shall qualify to the 1978 Lower Peninsula Final Meet in that event in that class. Qualifying distances in the preliminary trials of the long jump, shot put, and discus are to be considered in connection with the above.

A chart of times, distances and heights for additional qualification from Regional to Final Tournaments may be found on page 506.

**440 YARD AND 880 YARD RACES AT LOWER PENINSULA REGIONALS—QUALIFICATION TO THE LOWER PENINSULA FINALS**

—The number of heats at Regionals in each event is to be determined by the Meet Managers, depending upon the number of entries in each event. At least the first six places are to be timed in each heat and at least the three fastest times are to qualify from each Lower Peninsula Regional to the Lower Peninsula Final Meets. In the event of a tie for the third qualifier in these two events, all individuals so tied are to qualify from the Regional to the Lower Peninsula Final Meet. At Regionals, entries are to be placed in heats according to their reported times on the Entry Cards with the fastest times in the last heat. There may be several heats at Regionals but only one champion in each of these events will be determined.

**FIELD EVENTS—REGIONALS AND FINAL MEETS**—In Regionals and the Upper and Lower Peninsula Final Meets,

the following regulations are effective for conducting the field events:

**1. HIGH JUMP**—The bar at Lower Peninsula Regionals is to be started at a height six (three inches at Final Meets) inches below the fourth place average for each class which has been made in this event at the Lower Peninsula Final Meet during the last five years. (At Upper Peninsula Regionals and the Final Meet the starting height of the bar is to be determined by the Meet Manager without reference to the above.) (In the event of inclement weather Lower Peninsula managers may begin the High Jump at a lower height.) The bar then is to be raised 3 inches the first time and 2 inches each time thereafter until there is the number of contestants left equal to or less than the number of places to be awarded. When this number is reached the bar then is to be raised one inch only for each successive jump.

**2. POLE VAULT**—The bar at Lower Peninsula Regionals is to be started at a height 18 inches (12 inches at Final Meets) below the fourth place average for each class which has been made at the Lower Peninsula Final Meet during the last five years. At Upper Peninsula Regionals and the Final Meet the starting height of the bar is to be determined by the Meet Manager without reference to the above. In the event of inclement weather Lower Peninsula managers may begin the Pole Vault at a lower height. The bar then is to be raised 6 inches each time thereafter until there is a number of contestants left equal to or less than the number of places to be awarded. When this number is reached the bar then is to be raised four inches for each successive vault.

**RELAY ENTRIES**—Schools qualifying in the Relays in a Regional Meet may run any eligible contestant in Final Meet Relays. In other words, Final Meet Relay contestants are not limited to the four individuals who qualified in a Regional Relay but include any contestant whose name is on the Eligibility List and is eligible according to the Limitations of Competition. A school is not allowed to enter more than one team in each of the 440 Yard, 880 Yard, and One Mile Relays in Regionals.

**RELAY QUALIFICATIONS FROM LOWER PENINSULA REGIONAL MEETS TO THE LOWER PENINSULA FINAL MEETS**—In the 440 Yard Relay, the Mile Relay and the 880 Yard Relay Races at Lower Peninsula Regional

Meets, the number of qualifiers will be determined as follows:

If four or less Relay team entries remain after the scratch meeting at a Regional Meet, one team will qualify to the Lower Peninsula Final Meet.

If five, six, or seven Relay team entries remain after the scratch meeting at a Regional Meet, two teams will qualify to the Lower Peninsula Final Meet.

If eight or more relay team entries remain after the scratch meeting at a Regional Meet, three teams will qualify to the Lower Peninsula Final Meet.

In addition to the above qualifiers allowed, any relay team, that during the Regional Meet, equals or betters the best tenth place time which was made in that event in that class during the past three years at a Lower Peninsula Final Meet shall qualify to the 1978 Lower Peninsula Final Meet. See page 506 for chart of qualifying times for additional relay entries.

**440 YARD DASH, 880 YARD RUN, ONE MILE RUN, AND TWO MILE RUN AT UPPER AND LOWER PENINSULA FINAL MEETS**—There will be as many heats as necessary to allow one individual per lane in the 440 Yard Dash at both the Upper and Lower Peninsula Final Meets. There will be a maximum of two heats at the Final Meets in each class of the 880 Yard Run. There shall be two heats of the One Mile Run only when the number of entries in this event exceeds twenty-four (24). Times will be taken in each heat of each event and the eight fastest times (five fastest times for Upper Peninsula) of all the heats of each event will be recognized by points and medals. Qualifiers from Regionals with the fastest times in each event will be placed in the last heat at Final Meets working back to the entries with the slowest qualifying times in the first heat. Meet Managers are to assemble all entries in the above events in one area (bull pen) for assignments to heats. All heats must be full heats with the possible exception of the first heat. One champion only will be determined in each event in each class at all Final Meets. There is to be only one heat at each Lower Peninsula Final Meet for the Two Mile Run.

**220 YARD DASH TO BE RUN ON CURVE**—The 220 Yard Dash is to be started with staggered starts on the straightaway and be run through one full curve at all Regionals and at the Final Meets, where possible.

**330 YARD LOW HURDLES**—The 330 Yard Low Hurdles at all Regionals and

Final Meets (where possible) are to be run so that the curve is in the middle of the race.

**ASSIGNMENT TO HEAT OF REGIONAL QUALIFIERS IN THE RELAYS AT LOWER PENINSULA FINAL MEETS**—In an attempt to improve the performances in Lower Peninsula Final Relay races the six fastest qualifying Regional relay teams are to be placed in the last heat to be run in each event. All heats must be full heats with the possible exception of the first heat. In relays six competing teams constitute a full heat. In the event there is one relay team only for the first heat such team is to run as the seventh team in the slowest heat. Those teams which performed the slowest times at Regionals are to run the first heat and those with the next best times will compete in the second or third heat as required in each event. If there is a tie for the last position in a heat, the tie is to be resolved by a draw by lot for that position and the other or others will compete in the next preceding heat in each Relay.

**LANE-PLACING OF REGIONAL QUALIFIERS IN 880 YARD RUN, ONE MILE RUN, AND TWO MILE RUN AT UPPER PENINSULA FINAL MEET**—

The Regional winner with the best time in the 880 Yard Run, One Mile Run, and Two Mile Run, will receive the pole position. The individual with the next best time will be placed in the second lane. The individual with the third best time as a Regional winner will be placed in the third lane, and so on to the outer edge of the track. After all Regional winners have been placed, the remaining places in the first line to the outer edge of the track will be filled by the successively best times of second place individuals from Regionals. This procedure will continue if a second or third line is required for additional second or third place Regional qualifiers.

**STAGGERED STARTS FOR ALL EVENTS OF 220 YARDS AND MORE AT UPPER AND LOWER PENINSULA REGIONALS AND FINALS**—

Since many more tracks do not have chutes than those that do, it was felt by the Track Committee that it was fairer to use staggered starts for all events indicated above than to use the chute at Regionals and Final Meets.

**ALLEY STARTS AND ALLEY PLACING OF REGIONAL QUALIFIERS IN THE 880 YARD, ONE MILE, AND TWO MILE RUNS AT LOWER PENINSULA FINAL MEETS**—The staggered alley starting procedure is to be

used again at the 1978 Lower Peninsula Final Meets in the 880 Yard, One Mile, and Two Mile Runs. (This procedure also is to be used at Lower Peninsula Regionals.) Managers are requested to place markers on the track at cut in spots for races run in alleys.

After heat assignments have been made, which are based on Regional qualifying times, the individual with the best reported Regional time in each of these events will have the pole position in the first alley; the individual with the second best time, the pole position in the second alley; and the individual with the third best time will be the pole person in the third alley. The fourth best time will place an individual in position two of the first alley; fifth best time in the second position of the second alley; and sixth best time will occupy the second position in the third alley. Individuals with seventh, eighth, and ninth best times will occupy position three in alleys one, two, and three, respectively. If a second row of contestants is necessary, this same procedure is to be followed for them. NOTE: If narrow tracks at some Regionals necessitate two rather than three lane alleys, the above procedure will be modified accordingly.

**ASSIGNMENTS TO HEATS (UPPER AND LOWER PENINSULA REGIONALS AND FINALS)**—In Regional Meets assignments to heats will be by record time as listed on the Regional Entry Cards. Times made by qualifiers at Regionals will be used at the Final Meets for heat placing purposes. This applies to both the Upper and Lower Peninsula Regionals and Finals. Lanes are to be drawn as prescribed in Rule 9, Section 2, Article 3.

At Regionals individuals in the 440 Yard Dash and 880 Yard Run with the fastest times are to be placed in the last heat. This procedure is followed in the Final Meets for the 440 Yard Dash, 880 Yard Run, and the One Mile Run (if there are more than twenty-four entries).

In Regional and Final Meets, heat leaders for the 100 Yard and 220 Yard Dashes and 110 and 120 Hurdle Races are to be determined based on their Entry Card or qualifying times, respectively. This will mean that the number one individual will be a heat leader in one heat and the one with the second best time will be the leader in the second heat, third best time will be the leader in the third heat, fourth best will be the leader in the fourth heat, fifth best time is placed in the fourth heat, sixth best time is placed in the third heat, seventh best time is placed in the second heat,

and eighth best time is placed in the first heat, etc.

Assignments will be made at such time as schools are notified by Regional Managers. Coaches may ascertain from the Regional Managers when this will be done and be present, if desired.

**LIST AND ORDER OF EVENTS (FOR DUAL, REGIONAL, AND FINAL MEETS)**—When boys and girls meets are conducted simultaneously, girls track events shall precede boys track events except as indicated in the following order of events. If meets are not run simultaneously, then the events for the contestants not participating are to be eliminated from the order of events.

## ORDER OF TRACK EVENTS

### For Combined Boy-Girl Meets

1. Boys Two Mile Run
2. Boys 330 Low Hurdles
3. Girls Two Mile Run
4. 880 Relay
5. 880 Yard Run
6. 100 Yard Dash
7. Girls 110 Yard Low Hurdles
8. Boys 120 Yard High Hurdles
9. 440 Yard Dash
10. One Mile Run
11. 440 Yard Relay
12. 220 Yard Dash
13. Mile Relay

Boys races may not be counted as intervening events for girls, nor may girls races be counted as intervening events for boys.

## FIELD EVENTS

Discus

Pole Vault

Boys Shot Put—12 lbs.

Girls Shot Put—8 lbs.

Long Jump—(NOTE: Twenty inch (20") minimum take-off board is to be used at all Regionals and the Final Meets.)

NOTE: Field Events need not be conducted in the above order.

Preliminaries, WHEN NECESSARY, will run in the following order: Combined Boy-Girl Meets—100 Yard Dash, 110 Yard Low Hurdles, 120 Yard High Hurdles, and 220 Yard Dash. There will be no 1978 preliminaries or field events in the morning at the Upper Peninsula Class A-B Meet.

**RUNNING OF RELAYS AT DUAL, REGIONAL, AND FINAL MEETS**—In all 1978 Dual, M.H.S.A.A. Regional, and M.H.S.A.A. Final Meets, the 880 Yard Relay is to be run in accordance with the provisions of the 1978 National Federation Track and Field Rules Book, except that the first two 220 Yard legs are to be run in lanes from staggered starts. The number three runner will receive the baton from the number two runner in the same lane in which the latter started.

The One Mile Relay is to be run in lanes from staggered starts around the first two turns. The first exchange is to be made in the same lane in which each team started. The 440 Yard Relay is to be run from a two turn staggered start and in lanes throughout the entire event.

**STARTING BLOCKS**—Starting blocks will be used at the Final Meets. If Managers of Regional Meets provide them for contestants, they are to be used. Schools may furnish their own starting blocks for Regional or Final Meet competition if they desire to do so provided the blocks are approved by the Meet Manager.

**POINTS—ALL LOWER PENINSULA REGIONAL MEETS**—First, 6; Second, 4; Third, 3; Fourth, 2; Fifth, 1, in all events. In order that five places may be awarded points at least four schools must have been entered.

**ALL LOWER PENINSULA FINAL MEETS**—First, 8; Second, 7; Third, 6; Fourth, 5; Fifth, 4; Sixth, 3; and Seventh, 2; Eighth, 1, in all individual events. Relays shall be scored: First, 10; Second, 9; Third, 8; Fourth, 7; Fifth, 6; Sixth, 5; Seventh, 4; Eighth, 3; Ninth, 2; and Tenth, 1.

**ALL UPPER PENINSULA REGIONAL MEETS**—First, 5; Second, 3; Third, 2; Fourth, 1, in all events.

**ALL UPPER PENINSULA FINAL MEETS**—First, 6; Second, 4; Third, 3; Fourth, 2; Fifth, 1.

**INQUIRIES**—Questions not covered by the above information should be addressed to Regional Managers, Final Managers or to the M.H.S.A.A. office.



**1978 CHART OF QUALIFYING PERFORMANCES FOR  
ADDITIONAL QUALIFIERS FOR BOYS REGIONALS**

Event	Class A	Class B	Class C	Class D
Two Mile Run .....	9:58.8	10:15.8	10:31.5	10:46.7
330 L. H. ....	40.1	41.2	41.8	42.8
880 Yard Run .....	2:01.5	2:03.7	2:04.1	2:07.7
100 Yard Dash .....	10.6	10.6	10.8	10.9
120 H. H. ....	15.6	15.8	16.1	16.9
440 Yard Dash .....	51.5	52.4	52.9	54.4
One Mile Run .....	4:35.0	4:40.7	4:43.1	4:56.4
220 Yard Dash .....	23.6	23.7	24.2	24.7
Discus .....	134'3"	132'6"	124'8"	120'4"
Pole Vault .....	12'8"	12'1"	11'7"	10'9"
Shot Put .....	48'3"	46'5"	45'6"	42'7"
High Jump .....	6'1"	5'11"	5'11"	5'9"
Long Jump .....	20'3"	19'8"	19'7"	19'8"

**1978 CHART OF QUALIFYING PERFORMANCES FOR  
ADDITIONAL QUALIFIERS FOR GIRLS REGIONALS**

Event	Class A	Class B	Class C	Class D
Two Mile Run .....	13:05.0	13:15.3	13:42.5	14:11.5
880 Yard Run .....	2:34.1	2:32.3	2:37.4	2:40.5
100 Yard Dash .....	12.1	12.2	12.2	12.6
110 L. H. ....	16.6	16.4	16.7	17.3
440 Yard Dash .....	1:02.4	1:04.1	1:04.6	1:06.1
One Mile Run .....	5:55.6	5:57.3	6:02.7	6:15.7
220 Yard Dash .....	27.3	27.6	28.2	28.9
Discus .....	93'4"	95'6"	91'5"	88'6"
Shot Put .....	33'4"	32'6"	31'7"	31'7"
High Jump .....	5'0"	4'11"	4'9"	4'8"
Long Jump .....	15'8"	15'6"	15'7"	15'3"

**BOYS LOWER PENINSULA FINAL TRACK MEET—FOURTH PLACE  
AVERAGES—LAST FIVE YEARS**

Event	Class A	Class B	Class C	Class D
High Jump .....	6'6"	6'3½"	6'2½"	6'1½"
Pole Vault .....	13'9"	13'7"	12'11"	11'10"

**GIRLS LOWER PENINSULA FINAL TRACK MEET—FOURTH PLACE  
AVERAGES—LAST FIVE YEARS**

Event	Class A	Class B	Class C	Class D
High Jump .....	5'5½"	5'5½"	5'1½"	4'11½"

## 1978 CHART OF QUALIFYING PERFORMANCES FOR ADDITIONAL QUALIFIERS FROM BOYS REGIONALS TO BOYS FINALS

Event	Class A	Class B	Class C	Class D
2 Mile Run	9:29.0	9:39.7	9:56.6	10:09.0
380 L.H.	39.0	40.1	39.6	40.1
880 Relay	1:29.5	1:31.7	1:34.1	1:35.4
880 Yard Run	1:55.2	1:56.7	1:59.4	2:02.4
100 Yard Dash	10.2	10.3	10.4	10.4
120 H. H.	14.7	15.1	15.4	15.7
440 Yard Dash	49.8	50.6	51.4	52.0
One Mile Run	4:18.7	4:26.0	4:31.8	4:36.4
440 Relay	43.5	44.5	45.2	45.7
220 Yard Dash	22.7	22.6	23.4	23.1
Mile Relay	3:23.3	3:27.6	3:30.6	3:34.7
Discus	146'1"	143'6"	133'3"	134'2"
Pole Vault	13'9"	13'2"	13'1"	12'3"
Shot Put	53'9"	51'2½"	50'3¾"	47'4¾"
High Jump	6'5"	6'5"	6'2"	6'3"
Long Jump	21'8"	21'3½"	20'7½"	19'10¾"

## 1978 CHART OF QUALIFYING PERFORMANCES FOR ADDITIONAL QUALIFIERS FROM GIRLS REGIONALS TO GIRLS FINALS

Event	Class A	Class B	Class C	Class D
Two Mile Run	11:54.5	12:02.0	12:19.3	13:02.1
880 Relay	1:46.0	1:47.5	1:50.4	1:51.4
880 Yard Run	2:21.7	2:20.1	2:24.9	2:29.5
100 Yard Dash	11.4	11.7	11.9	12.0
110 L. H.	15.1	15.5	16.0	16.4
440 Yard Dash	58.4	1:00.3	1:01.7	1:02.2
One Mile Run	5:25.4	5:30.6	5:34.6	5:43.6
440 Relay	50.6	51.6	52.0	53.4
220 Yard Dash	26.0	26.5	27.9	27.6
Mile Relay	4:07.3	4:11.0	4:20.0	4:25.5
Discus	111'9"	114'0"	106'1"	101'7"
Shot Put	39'7½"	38'9½"	35'3"	35'1¾"
High Jump	5'3"	5'3"	5'1"	5'0"
Long Jump	17'4½"	17'0"	17'6"	16'1½"

## TRACK AND FIELD RULES DIFFERENCES FOR 1978 SEASON

- Rule 2-3-6 and 10-1-9:** In the javelin event meet management may permit the use of approved footwear other than track shoes.
- Rule 2-6-2, 4-7-4 and 4-7-5:** Fully automatic timing devices are defined and the use of the table in 4-7-5 to convert time recorded in one one-hundredth (1/100) of a second to one-tenth (1/10) of a second has been clarified.
- Rule 3-1-8:** The status and function of the jury of appeals has been clarified.
- Rule 4-2-1:** When a contestant has been disqualified the referee will notify, or cause to be notified, either the competitor or the competitor's coach.

- Rule 5-1-3:** Participation limitations do not apply to decathlon or pentathlon competition.
- Rule 6-1-2:** Scoring in quadrangular meets will be 5-3-2-1 for individual events and 5-3-2 for relay events.
- Rule 7-1-3:** A whistle signal to the starter from the head finish judge has replaced the former arm signal to indicate judges and timers are ready.
- Rule 7-1-4:** Revised to indicate that "when all competitors are set and motionless" is the determining factor when the starter shall fire the gun.
- Rule 10-1-1:** Revised to indicate contestants in the field events will be charged with an unsuccessful trial if they fail to initiate a trial that is carried to completion, or pass it, within two minutes after being called for a trial.
- Rule 11-4-1:** The 880 yard run replaces the 220 yard dash in the order of events for girls' pentathlon competition.
- Rule 12-1-1:** The cross country run shall be over a course of 1½ to 3 miles (2500 to 5000 meters) in length as determined by the games committee.
- Rule 12-3-4 and 12-3-5:** Ties in cross country team scoring shall be resolved by comparing the 6th place finishers from the tying teams.

### POINTS OF SPECIAL EMPHASIS

1. Lack of sufficient and qualified officials.
2. Experimentation with the false start rule is encouraged.
3. Safety considerations in the throwing events.
4. Conversion to metric and national record considerations.

## MICHIGAN HIGH SCHOOL TRACK AND FIELD RECORDS

### BOYS LOWER PENINSULA FINAL MEETS

EVENT	CLASS A	CLASS B	CLASS C	CLASS D
Two Mile Run	9:00.4 Pat Davey (Birmingham-Brother Rice) 1974 Gary Carter (St. Clair Shores-Lakeview) 1977	9:17.2 Jack Sinclair (Grosse Ile) 1974	9:37.8 Jeff Pullen (LeRoy-Pine River) 1974	9:35.6 Dale Brist (Allendale) 1975
330 Yard Low Hurdles	37.8 John Harvey (Flint-Southwestern) 1977	38.0 Mike Erickson (Wyoming-Rogers) 1977	38.3 Marcus Allen (Detroit-St. Mary of Redford) 1977	36.9 David Sykes (Litchfield) 1977
880 Yard Relay	1:27.0 Detroit-Northern 1971 Flint-Southwestern 1976	1:29.3 Dearborn Heights Robichaud 1974	1:30.8 Riverview-Gabriel Richard 1976	1:29.4 Detroit-St. Martin dePorres 1977
880 Yard Run	1:50.9 Kevin Reabe (Drayton Plains-Waterford-Kettering) 1970	1:52.9 Mark Poelman (Wyoming-Rogers) 1977	1:56.1 James Aldridge (Detroit-Benedictine) 1976	1:56.8 Lloyd Wiles (Mendon) 1973
100 Yard Dash	9.6 Marshall Dill (Detroit-Northern) 1971  Reggie Jones (Saginaw) 1973	9.5 Dwayne Strosier (Flint-Powers) 1965	9.8 Donald Vooheis (Frankenmuth) 1958	9.5 Stanley Youngs (Detroit-St. Martin dePorres) 1977

## BOYS TRACK AND FIELD RECORDS (Continued)

EVENT	CLASS A	CLASS B	CLASS C	CLASS D
120 Yard High Hurdles	13.9 Wilham Tipton (Pontiac-Central) 1967	14.1 Victor Huguley (Dearborn Heights- Robichaud) 1976	14.3 Donald Sims (New Haven) 1974	14.5 David Sykes (Litchfield) 1977
440 Yard Dash	47.1 Dean Hogan (Detroit- Kettering) 1977	48.3 Brian Blank (Grand Rapids- Northview) 1976	48.0 Larry Booker (Wyoming-Lee) 1976	48.4 Brian Haughton (Detroit- St. Martin dePorres) 1976
Mile Run	4:08.2 Steve Elliott (Pontiac-Central) 1975	4:13.1 Tom Duits (Hastings) 1974	4:18.8 Michael Burns (Carson City- Crystal) 1972	4:24.3 Brad Courtney (Mendon) 1973
440 Yard Relay	42.3 Detroit-Cass Technical 1975	43.4 Flint-Powers 1975	44.0 Detroit-Benedictine 1976	43.6 Detroit-St. Martin dePorres 1976
220 Yard Dash	20.6 Marshall Dill (Detroit- Northern) 1971	20.8 Dwayne Strozier (Flint-Powers) 1975	21.4 Donald Voorheis (Frankenmuth) 1958	21.6 Stanley Youngs (Detroit-St. Martin dePorres) 1977
One Mile Relay	3:16.4 Detroit-Redford 1977	3:21.3 Bloomfield Hills- Cranbrook 1972	3:25.0 Detroit-East Catholic 1974	3:29.0 Detroit-St. Martin dePorres 1977
180 Yard Low Hurdles	19.0 Warren Cawley (Farmington) 1958	19.3 Michael Whitfield (Kalamazoo- Hackett) 1968	19.4 Gary Veurnk (Muskegon- Western Michigan Christian) 1972	20.0 Orlin Swimmer (Morenci) 1975
Discus	161'8" Andy Gheen (Alpena) 1977	161'9" Sam Angell (Holland- West Ottawa) 1976	159'5" Charlie Grigg (Rogers City) 1977	153'1" Cedric Coles (Detroit-St. Martin dePorres) 1977
Shot Put	62'1" Ronald Gatherright (Mt. Clemens) 1971	59'0" Edward Tyler (Oxford) 1972	63'7" Gary Van Elst (Middleville- Thornapple- Kellogg) 1968	55'11½" Steve McDaniel (Potterville) 1976
Pole Vault	15'6¾" Jim Stokes (Flint-Kearsley) 1974	14'7" James Stevenson (Muskegon- Catholic Central) 1970	14'6¾" Steve Wren (Haslett) 1974	13'9" Jim Herendeen (Grass Lake) 1975
High Jump	6'10" Dennis Lewis (Ypsilanti) 1977	6'11¼" Derick Futrell (Saginaw- Buena Vista) 1977	6'8½" Dennis Adama (Newaygo) 1970	6'9¼" Mike Winsor (Middleton- Fulton) 1975
Long Jump	23'11" John Ross (Detroit- MacKenzie) 1971 Kelsey Johnson (Detroit-Osborn) 1973	23'6¼" Robert Johnson (Port Huron- Central) 1972	22'6¾" Douglas Smith (Traverse City- St. Francis) 1967 Michael Clar (New Haven) 1968 Dave Merritt (Birmingham- Detroit Country Day) 1974	22'8¾" Alwin Henderson (Detroit-St. Charles) 1967

## BOYS UPPER PENINSULA FINAL MEETS

EVENT	CLASS A-B	CLASS C	CLASS D
Two Mile Run	9:35.7 Gary Santti (Ishpeming) 1971	9:22.7 Fred Teddy (L'Anse) 1972	10:00.4 James Skinner (Pickford) 1972
330 Yard Low Hurdles	39.8 Bryan Viau (Escanaba) 1977	39.9 Brien Ricci (Hancock) 1977	40.4 John Andrzejak (Pickford) 1977

## BOYS TRACK AND FIELD RECORDS (Continued)

EVENT	CLASS A-B	CLASS C	CLASS D
880 Yard Relay	1:32.1 Gwinn 1970	1:33.2 Rudyard 1970	1:35.5 Pickford 1965
880 Yard Run	1:56.3 Larry Babbit (Sault Ste. Marie) 1976	1:58.4 Charles Cloninger (Ishpeming-Westwood) 1976	1:59.0 Mark Oberlin (Crystal Falls-Forest Park) 1976 & 1977
100 Yard Dash	9.9 Jim Defresne (Escanaba) 1977 Wayne Schwalbach (Escanaba) 1974	10.1 Roy Lyberg (L'Anse) 1977	10.1 Mark Freebury (Cedarville) 1977
120 Yard High Hurdles	14.7 Jack Boyer (Gladstone) 1972	14.7 Dean Miksa (Norway) 1977	15.0 Steven Peffers (Pickford) 1972
440 Yard Dash	51.09 Michael Hatfield (Gwinn) 1970	50.1 Michael Dellangelo (Ishpeming) 1977	51.0 Tim Freebury (Cedarville-LesCheneaux) 1976
Mile Run	4:30.45 Ivan Plude (Menominee) 1971	4:28.3 Larry Green (Stephenson) 1971	4:34.7 Mike Carr (Powers-North Central) 1973
440 Yard Relay	44.3 Kingsford 1976	45.0 Hancock 1975, 1976	45.6 Pickford 1976
220 Yard Dash	22.5 Jim Defresne (Escanaba) 1977	22.2 Michael Dellangelo (Ishpeming) 1977	23.0 Jaynee Leach (Pickford) 1966 Gary Leach (Pickford) 1963 Mark Freebury (Cedarville) 1977
One Mile Relay	3:30.4 Gwin 1970	3:33.2 Rudyard 1977	3:35.3 Pickford 1973
180 Yard Low Hurdles	20.1 Ross Coltman (Calumet) 1976	20.3 Barry Green (Rudyard) 1974 Tom Robinson (Iron River-West Iron County) 1976	20.0 Joe Baker (Pickford) 1974
Discus	158'2" Mike Hirn (Escanaba) 1977	140'2" Pete LaFreniere (Negaunee) 1976	147'2" Mickey Lauschor (Perkins) 1977
Shot Put	58'7" Wayne Schwalbach (Escanaba) 1974	51'6½" Larry Makkima (Ontonagon) 1964	50'4¼" Michael Rankinen (Republic-Michigamme) 1968
Pole Vault	13'6¾" John Noblet (Escanaba) 1972	12'10" Mitchel Irwin (Rudyard) 1970 Mitch Lord (Stephenson) 1974	13'1½" Ronald Carlson (DeTour Village-DeTour) 1977
High Jump	6'4½" Gary Taivalkoski (Calumet) 1977	6'2" Duane Manier (Ishpeming-Westwood) 1976 Mark Marana (Ishpeming) 1976	6'3½" David Dupart (Powers-North Central) 1977
Long Jump	22'5" Chuck Atwater (Manistique) 1974	21'8½" Timothy Nault (Norway) 1970	22'½" Mark Flood (Crystal Falls-Forest Park) 1973

# GIRLS TRACK AND FIELD RECORDS

## LOWER PENINSULA FINAL MEET

EVENT	CLASS A	CLASS B	CLASS C	CLASS D
Two Mile Run	10:56.7 Miriam Boyd (Port Huron) 1977	11:00.0 Mary Ann Opalewski (Saginaw- MacArthur) 1976	11:27.9 Kirsten Hansen (Napoleon) 1976	12:20.9 Molly Bits (Whiteford- Ottawa Lake) 1976
880 Yard Relay	1:41.9 Flint-Central 1977	1:44.4 Muskegon- Catholic Central 1977	1:46.3 Williamston 1976	1:47.4 Grass Lake 1977
880 Yard Run	2:14.4 Sue Parks (Ypsilanti) 1974	2:12.5 Rochelle Collins (Detroit- Immaculata) 1977	2:22.5 Mandy Johnson (Scottville-Mason County Central) 1976	2:20.3 Karen Hall (Indian River- Inland Lakes) 1977
100 Yard Dash	11.0 Josephine Hobbs (Detroit-Central) 1974, 1976 Athlen Bowles (Detroit- Henry Ford) 1977	11.4 Rhonda Edwards (Stevensville- Lakeshore) 1975 Joyce Horne (Three Rivers) 1976 Susan Bordeaux (Muskegon-Catholic Central) 1977	11.2 Linda Merrifield (Williamston) 1976	11.4 Janet Hale (Maple City- Glen Lake) 1976
110 Yard Low Hurdles	14.5 Kimberly Hatchett (Pontiac-Central) 1976 Renee Turner (Flint-Central) 1977	14.8 Kim Willis (Southgate-Aquinas) 1977	14.9 Jeanette Hastings (Leroy-Pine River) 1976	15.2 Debra Hodgson (Colon) 1975
440 Yard Dash	56.7 Ruth Hubbard (Walled Lake- Western) 1976	56.1 Johanna Matthysen (Holt) 1976	57.9 Becky Klam (Rogers City) 1977	58.5 Debbie Romsed (Concord) 1975
Mile Run	4:59.8 Kathy Wilson (Bloomfield Hills- Lahser) 1977	5:04.5 Mary Ann Opalewski (Saginaw- MacArthur) 1975	5:20.5 Mary Hull (Bath) 1975	5:16.4 Joan Alderink (Southfield- Christian) 1976
440 Yard Relay	48.2 Mt. Clemens 1977	49.9 Muskegon-Catholic Central 1977	50.2 Detroit-Luthern West 1977	51.1 Battle Creek- St. Philip 1976 Camden-Camden- Frontier 1977
220 Yard Dash	24.5 Josephine Hobbs (Detroit-Central) 1976 Molly Brennan (Pontiac- Waterford Mott) 1977	25.1 Rhonda Edwards (Stevensville- Lakeshore) 1976	25.2 Linda Merrifield (Williamston) 1976	26.0 Janet Hale (Maple City- Glen Lake) 1976
One Mile Relay	3:57.5 Walled Lake- Western 1977	4:03.0 Holt 1976	4:09.6 St. Louis 1976	4:10.7 Mt. Pleasant- Sacred Heart 1977
Shot Put	45'14" Sharon Uphaw (Mt. Clemens) 1976	43'7" Jane Pearce (Holt) 1975	39'7" Annette Bohech (North Muskegon) 1977	41'31/2" Renee Naert (Fairgrove-Akron- Fairgrove) 1977
High Jump	5'8" Kathy Ballard (Mt. Clemens- L'Anse Creuse North) 1977	5'9" Beth Brunn (Utica) 1976 Terry Johnson (Muskegon-Catholic Central) 1977	5'6" Sue Bouck (Haslett) 1974 Amy Borrelli (Watervliet) 1976	5'7" Pam Brown (Morenci) 1976

## GIRLS LOWER PENINSULA FINAL Meet (Continued)

EVENT	CLASS A	CLASS B	CLASS C	CLASS D
Long Jump	19'½" Cindy Tett (Grand Rapids- Ottawa Hills) 1977	18'5¾" Beth Brunn (Utica) 1976	17'10½" Sue Bouck (Haslett) 1974	17'1¾" Donna Whitehead (Leelanau) 1977
Discus	123'6" Sheila Warren (Lansing-Waverly) 1977	126'5¼" Diane Arens (Hastings) 1977	121'1" Sheri Anderson (Shelby) 1977	130'9" Abby Currier (Lake City) 1977

## GIRLS UPPER PENINSULA FINAL MEET

EVENT	CLASS A-B	CLASS C	CLASS D
Two Mile Run	12:17.5 Deb Fredenburg (Escanaba) 1977	12:06.3 Sherry Wright (Hancock) 1976	12:38.4 Laurie Engman (Dollar Bay) 1975
880 Yard Relay	1:47.4 Marquette 1977	1:48.4 Stephenson 1977	1:52.4 Engadine 1977
880 Yard Run	2:22.2 Katie Miller (Marquette) 1977	2:27.5 Marion Winnen (Ishpeming-Westwood) 1976	2:31.4 Laurie Engman (Dollar Bay) 1977
100 Yard Dash	11.3 Becky Drake (Kingsford) 1977	11.7 Jan Merrick (Negaunee) 1977	11.8 Barbara Short (Lake Linden-Hubbell) Wanda Darling (Republic-Republic- Michigamme) 1977
110 Yard Hurdles	15.4 Jean White (Escanaba) 1977	15.1 Gina Selmo (Iron River-West Iron County) 1977	15.5 Connie Miettinen (Republic-Republic- Michigamme) 1977
440 Yard Dash	1:00.4 Katie Miller (Marquette) 1977	1:00.7 Janet Pratt (Rudyard) 1977	1:02.4 Chris Dishaw (Crystal Falls-Forest Park) 1976
Mile Run	5:26.0 Cynie Cory (Marquette) 1977	5:43.4 Kathy Siegel (Houghton) 1976	5:42.0 Cathy Spencer (Pickford) 1976
440 Yard Relay	51.1 Kingsford 1977	52.5 Newberry 1976	53.7 Crystal Falls-Forest Park 1975 Bark River-Harris 1976 Republic-Republic- Michigamme 1977
220 Yard Dash	26.5 Pat Rector (Gwinn) 1975	26.6 Janet Pratt (Rudyard) 1977	26.6 Vickie Thomas (Engadine) 1977
One Mile Relay	4:07.9 Marquette 1977	4:14.1 Stephenson 1977	4:24.4 Crystal Falls-Forest Park 1976
Discus	123'5" Shelly Chapman (Marquette) 1977	105'1" Tammy Huotari (Ontonagon) 1977	112'8¾" Karen Marcotte (Lake Linden-Hubbell) 1976
Shot Put	43'10½" Dawn LaPine (Escanaba) 1977	35'10" Kelly Gorgan (St. Ignace) 1977	35'10" Mary Zelinski (Watersmeet) 1976
High Jump	5'3" Becky Drake (Kingsford) 1977 Kati Miller (Marquette) 1977	5'3" Gino Selmo (Iron River-West Iron County) 1977	5'2" Vickie Thomas (Engadine) 1977
Long Jump	18'3" Becky Drake (Kingsford) 1977	16'6½" Pat Louma (Ishpeming-Westwood) 1977	16'10" Connie Miettinen (Republic-Republic- Michigamme) 1977

# HIGH SCHOOL TRACK LIMITATIONS OF COMPETITION

(Boys and Girls)

The Limitations of Competition under Regulation II, Section 10(E) of the HANDBOOK. Coaches are urged to thoroughly familiarize themselves with the limitations printed below:

**SECTION 10(E)**—A contestant shall not compete in events in 2 track meets held on the same date which would be in violation of these limitations of competition for 1 meet. Senior High teams may have meets on successive days. They shall be limited to three (3) meets per week (Monday to Monday). Limitations of competition in regional and final track and field meets also are applicable to all other interscholastic track and field meets as follows:

1. A contestant shall not enter nor compete in more than 4 events, of which a maximum of 3 may be track events.

2. When a contestant runs any distance of 440 yards or more, and is in another track event, at least 2 track

events of different distances shall intervene between the 2 in which he or she competes.

3. A relay race is considered 1 of the number of events which a contestant may enter. After the first contestant of a relay team starts a race that person and the other members of the team are charged with participation in that event even though they may not actually have run any or all of their full distances in it.

4. Participation in a preliminary heat counts as competition in an event.

5. A contestant who participates in a 2-mile run may be allowed to participate in one other track event.

If a contestant competes in a track meet in violation of any of the above limitations of competition, all points earned by the contestant in that meet, or by a relay team of which he or she may have been a member, are to be declared forfeited.

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## OUTSIDE COMPETITION RULE FOR BASKETBALL AND HOCKEY PLAYERS

(Regulation I, Sections 12 - B and C)

**"SECTION 12(B)**—A student who has represented his or her school in:

- (1) Girls Basketball after November 15
- (2) Boys Basketball after February 15
- (3) Ice Hockey after February 15

may not participate in any outside competition in that sport after the above stated date during the remainder of the current school year."

**"SECTION 12(C)**—Participation in outside competition in the sports listed in SECTION 12(B) will affect a high school student as follows:

- (1) If the student is enrolled in the seventh or eighth (7th or 8th) semester of grades nine to twelve, inclusive, he or she will be ineligible for the next sport season for a minimum of three (3) contests and a maximum of the balance of that student's high school career;
- (2) If the student has been enrolled in the above grades for six (6) or less semesters, he or she will be ineligible for participation in a minimum of three (3) games up to a maximum of all interscholastic games of that sport in which the violation occurred, during the succeeding school year (1975)."

Similar rules apply to Junior High—See Regulation III, Page 57,  
1977-78 Handbook



# JUNIOR HIGH SCHOOL TRACK AND FIELD LISTS—ORDER OF EVENTS

(Excerpt from Pages 83-84 of 1977-78 HANDBOOK)

**NOTE:** Events listed below are to be used in interschool competition in track and field between junior high schools. Distances may be shortened or events may be eliminated by mutual consent of competing schools before the meet begins. A contestant may compete in two running events provided there are at least two running events, each of different distances between the two in which that athlete competes.

## Boys Track Events

1. 880 Yard Relay
2. 880 Yard Run
3. 60 Yard High Hurdles—Four hurdles—15 yards to the first hurdle, 10 yards between hurdles, 15 yards to the finish.
4. Mile Run
5. 100 Yard Dash
6. 440 Yard Dash
7. 100 Yard Low Hurdles—Four hurdles—placed at low hurdle distances—20 yards to the first hurdle.
8. 60 Yard Dash
9. 75 Yard Dash
10. 220 Yard Dash
11. Mile Relay
12. 440 Yard Relay

## Boys Field Events

1. Pole Vault
2. Shot Put (8 lbs.)
3. Running High Jump
4. Running Long Jump

## Girls Track Events

1. 880 Yard Relay
2. 880 Yard Run
3. Mile Run
4. 100 Yard Dash
5. 440 Yard Dash
6. 100 Yard Low Hurdles—Four hurdles—20 yards between hurdles—20 yards to first hurdle.
7. 60 Yard Dash

8. 75 Yard Dash
9. 220 Yard Dash
10. Mile Relay
11. 440 Yard Relay

## Girls Field Events

1. Shot Put (6 lbs.)
2. Running High Jump
3. Running Long Jump

## SCORING—TRACK

### Dual Meets

Individual events are to be scored 5-3-1. Relays are to be scored 5-0.

### Other Than Dual Meets

Scoring is to be in accordance with the National Alliance Edition of the Track and Field Rules Book for the current year.

## ENTRIES—TRACK

A contestant may compete in a total of three events, not more than two of which may be either running or field events. Preliminary trials and/or final competition constitute participation in one event. Relays are considered as events.

**NOTE:** If a student competes illegally (not in accordance with above limitations) in a track meet, ALL points earned by that athlete, or by a relay team of which he or she may have been a member in that meet are to be declared forfeited.

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## 1977 GIRLS BASKETBALL CHAMPIONS

The 1977 Girls Basketball Finals were held at Jenison Fieldhouse on the campus of Michigan State University on December 17. A larger crowd than ever before cheered on the following eight teams to their respective Championship and Runner-Up titles:

Class A: Farmington-Our Lady of Mercy 63 — Detroit-Mumford 52

Class B: Harper Woods-Bishop Gallagher 50 — Okemos 31  
Class C: DeWitt 51 — Saginaw-Carrollton 36  
Class D: Rock-Mid Peninsula 56 — North Adams 40

Additional information and pictures will appear in the "Book of Champions" at the end of the school year.

# GAMES WANTED

The procedure for listing information in the Games Wanted Section is as follows:

1. Your written request for listing Games Wanted will be acknowledged immediately and prepared for printing in the next possible issue of the BULLETIN.
2. Information must be received by the M.H.S.A.A. office at least 30 days prior to the issue in which it is to be printed.
3. All listings will be printed for two successive issues. After two printings, the listing will be deleted unless a renewal is requested (written or verbal).
4. If the date is filled within the first month period, please notify the M.H.S.A.A. office immediately. That date will be removed at the end of the first month.
5. Listings are limited to Varsity and Junior Varsity Contests only.

## —Information Regarding Listings—

Names of individuals to whom correspondence should be addressed or phone numbers of the respective schools may be obtained from the "DIRECTORY ISSUE" of the M.H.S.A.A. BULLETIN. In most cases letters may be sent directly to the Athletic Director or Principal of the high school. If, in the listings, there is no designation of "home" or "away" the contest could be played at either location.

### ADRIAN

J. V. Football: September 21, 1978.

### ALBION

Football: November 3, 1978, Home.

### ALLENDALE

Varsity Football: September 9, 1978, Home; J. V. Football: September 7, 1978, Away.

### ALPENA

Football: November 3, 1978.

### ANN ARBOR-PIONEER

Varsity Football: September 21, Home, September 28, Away, 1979;  
J. V. Football: September 14, 1978, September 21, Away, September 27, Home, 1979.

### BAY CITY-ALL SAINTS

Basketball: December 9, 1978, January 3, 10, 23, 26, 30, February 6, 27, 1979.

### BAY CITY-T. L. HANDY

Varsity Football: October 26, 1978;  
J. V. Football: October 26, 1979, Away, October 24, 1980, Home.

### BERKLEY

Girls' Basketball: October 3, 31, 1978.

### BESSEMER-A. D. JOHNSTON

Football: October 27, 1978.

### BIG RAPIDS

Football: September 29, 1978, September 14, 21, 28, 1979, September 12, 19, 26, 1980.

### BIRCH RUN

Basketball: December 12, 19, 21, 1978, January 5, 9, 12, 16, 19, 23, 30, February 2, 6, 9, 13, 16, 20, 23, 27, 1979;  
Wrestling: 1978-79—All dates.  
Varsity Football: September 22, 29, October 6, 13, 20, November 3, 1978, October 5, November 2, 1979;  
J. V. Football: September 21, 28, October 5, 12, 19, November 2, 1978, October 4, November 1, 1979.

### BURTON-ATHERTON

Football: September 8, 1978, September 7, 1979.

### BURTON-BENDLE

Football: September 15, 1978.

### CADILLAC

Varsity Football: October 20, 1978, Home, October 19, 1979, Away;  
J. V. Football: October 19, 1978, Away, October 18, 1979, Home.

### CENTER LINE

Football: October 20, 1978, October 19, 1979.

### CLAWSON

Football: September 8, 1978, Home, September 7, Away, September 14, Home, 1979, September 12, 1980, Away.

### COLDWATER

Football: September 7, 1979, Home, September 5, 1980, Away;  
J. V. Football: September 6, 1979, Away, September 4, 1980, Home.

### CONSTANTINE

Varsity Football: October 20, 1978;  
J. V. Football: October 19, 1978.