

Department of Athletics & Physical Education  
Grand Rapids Public Schools  
Grand Rapids, Michigan

Date: May 12, 1980  
TO: Athletic Directors and Track Coaches  
FROM: Russ Posthumus, Meet Manager, M.H.S.A.A. State Class A Track Finals  
SUBJECT: BOYS & GIRLS STATE CLASS A TRACK MEET -- SATURDAY, MAY 31, 1980  
AT GRAND RAPIDS HOUSEMAN FIELD

Time Schedule:

8:15 - 9:00 A.M. \*Scratch Meeting in Press Box  
9:30 - 9:50 A.M. Practice Time (in pits)  
Long Jump, High Jump & Discus  
10:00 A.M. Field Event Finals -- Discus, Pole Vault,  
High Jump, Long Jump

Prelims for Running Events:

100 Yard Dash  
120 Yard High Hurdles  
110 Yard Low Hurdles  
220 Yard Dash

12:30 P.M. \*Scratch Meeting (Finals)  
1:00 P.M. Field Event Finals - Shot Put  
1:15 P.M. Completed Field Event Winners Award Recognition  
1:30 P.M. Finals in Running Events Begin

Admission Charge: State Finals -- \$2.50 for both Students & Adults

Registration: Coaches are to obtain information kits containing numbers, heat sheets, time schedule, pins, etc., on arrival at the field in the Press Box. (Press Box is located at the top of the stadium on the south side of the field.)

Track Contestant Numbers: Numbers will be issued at the field (in kits) and must be fastened top and bottom so that flapping of numbers will not occur.

COACHES--MAKE SURE CONTESTANTS WEAR NUMBERS THAT HAVE BEEN ASSIGNED TO THEM.

\*Scratch Meetings: A preliminary scratch meeting will be held from 8:15 a.m. until 9:00 a.m. in the Press Box. A final scratch meeting previous to the afternoon events will be held at 12:30 p.m. Note: All contestants entered in events for that session of competition in the final meet, who do not plan to participate in all of their events for that session, must be scratched no later than the end of the scratch period for that session. ALL CONTESTANTS WHO REMAIN IN AN EVENT WILL BE DISQUALIFIED FROM FURTHER COMPETITION IF THEY FAIL TO COMPETE IN AN EVENT IN WHICH THEY ARE ENTERED.

Scratch Meetings (Continued):

I.e., A high jumper fails to participate in morning and is not scratched. He cannot run in afternoon events (or any event) after failure to participate in the High Jump.

Dressing Accommodations: It is recommended that Grand Rapids Area Schools dress at their home school and come to the meet in uniforms and sweats. We recommend all contestants arrive at the field in uniform, if possible. Those requiring lockers at the field will receive locker location information when they pick up their information kits (obtained at meet information headquarters in the Press Box). We recommend that contestants bring a lock and towel. Each team is to be responsible for their own valuables.

Information regarding Houseman Field:

1. The track layout is traditional standard English measurement (yards) not metric.
2. A diagram map of the layout of Houseman Field and the facilities will be available in your kits.
3. The running track has eight (8) lanes (each 42" wide) for the complete 440, with a surface of rubberized all-weather material. The runways and approaches for the field events are also of the same material. No spikes longer than one-fourth inch (1/4") will be permitted.
4. No painted materials are to be used for markers on pole vault and long jump runways.
5. We are also very proud of the Astro-turf Football Field of Houseman Field and request that coaches cover the following necessary precautions with their team members to protect our artificial turf.
  - a) Do not bring or chew gum inside the fencing surrounding the track.
  - b) Do not put the shot anywhere but in the shot put pits.
  - c) No food, drink, candy allowed inside the track area (oranges, sandwiches, etc.,)
  - d) Starting blocks not permitted on the Astro-turf football field for practice starts--only on the track.
  - e) First aid medical applications are to be applied off the field (analgesic balm, firm grip, cold packs, etc.).
6. The Discus circles are located on the lower fields.

Starting Blocks:

We will furnish starting blocks--only outside blocks permitted will be those cleared with meet management and will be limited to those with one-fourth inch needle-type spikes. STARTING BLOCKS ARE NOT TO BE PLACED ON THE ASTRO-TURF.

Discus & Shot Put: All Shot Puts and Discus must be weighed in by the management. Please check the weight of your shot and discus before arriving to avoid disqualifying at weighin.

Weighins and scratches for Shot Put will take place between 12:30 p.m. and 1:00 p.m. (Shot Put event will be held in afternoon, starting at 1:00 p.m.).

Track Events: All track events of 440 yards or more will be run from the center of the straight-away in front of the south stands. The 100 Yard Dash, 100 Yard Low Hurdles, and 120 Yard High Hurdles will be run in front of the south stands. The 220 Yard Dash will start on the north side of the track with staggered starts and finish in front of the south stands. The 220 Yard Low Hurdles will start on the north side of the track and finish in front of the south stands. The 330 Yard Low Hurdles starting line is on the north side of the track at the northeast corner, and will finish in front of south stands.

Relay Cards: Relay cards will be included in the handout kits on the day of the meet. These cards must be filled out completely and given to the Clerk of Course at the afternoon scratch meeting in the Press Box.

NOTE: CONTESTANTS IN UNIFORM AND TAGGED MANAGERS ONLY ARE ALLOWED ON THE FIELD. COACHES ARE TO REMAIN IN THE STANDS--NOT ON THE FIELD.

Check-in Area for all Running Events: This area is located in the center of the field. Report to Joe Leonardo, who is in charge of running events.

Running Instructions:

1. Coaches are to check rules regarding limitations for contestants. Rules governing the State Meet are set forth in the 1980 Track and Field Rules Book and the Michigan State Athletic Department Bulletin of March, 1980.
2. NO EVENT WILL BE HELD UP FOR CONTESTANTS NOT AT THE STARTING POST!
3. There will be NO SUBSTITUTIONS FOR ATHLETES qualifying from the Regional Meet Entry Form, except as allowed in the relay events.
4. Instruct runners to stay in lanes on completion of races, run in lanes, and turn their backs to the judges (walking backward toward the finish line) so that contestants numbers may be seen by timers and judges.
5. Please ask your athletes to stay away from officials at the finish line.

High Jump and Pole Vault Starting Heights:

High Jump: Boys - 6' 3" Girls - 5' 2 1/2"  
Pole Vault: 12' 9"

Scoring: Individual Events: 10-8-6-4-2-1 Field Events: 10-8-6-4-2-1

State Track Meet  
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Awards: Winners will be announced on completion of each event. Medals will be picked up by the coaches at the Press Box at the end of the meet.

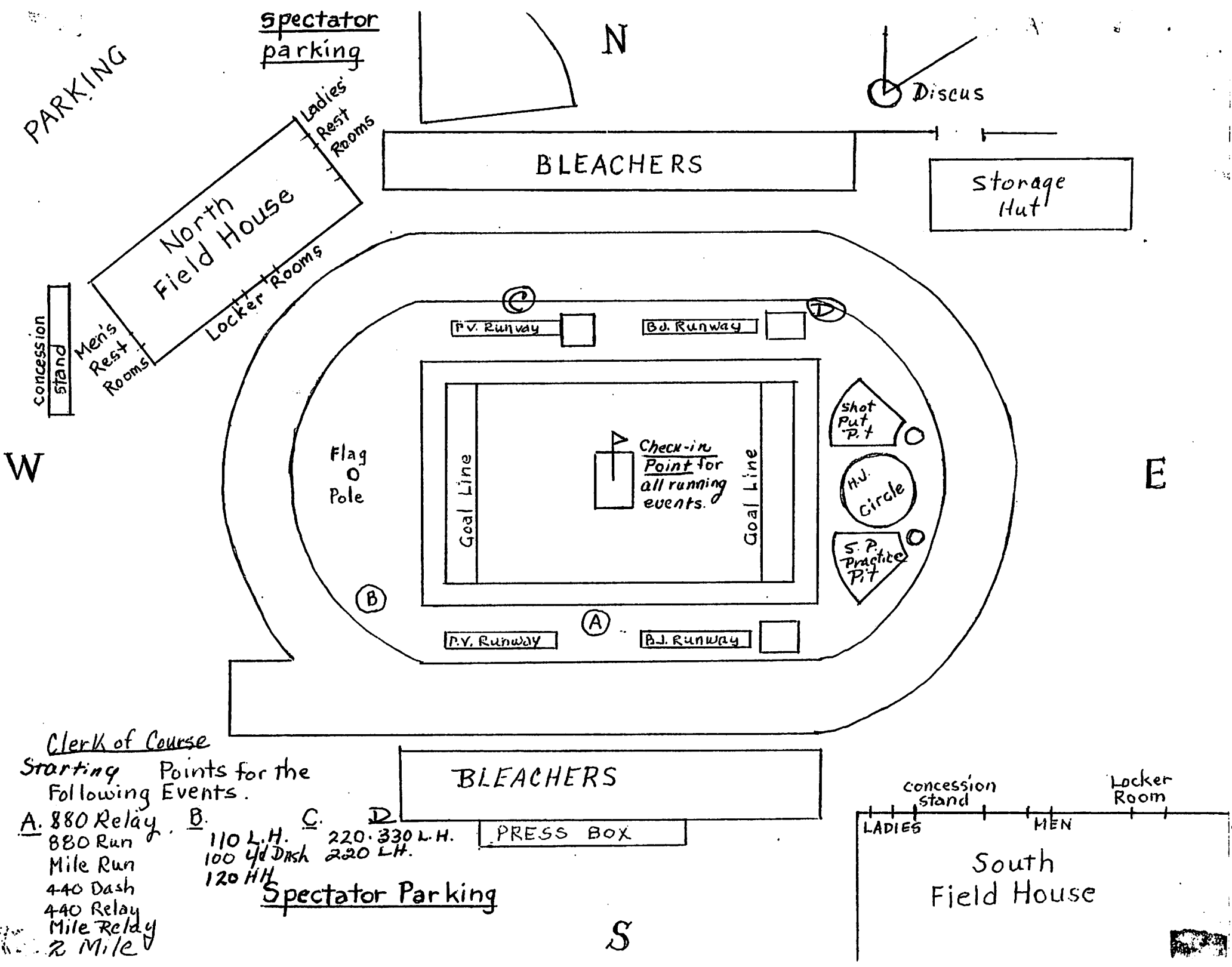
Final Results: Results of the track meet will not be available at the track meet. If you wish a copy sent to you first thing Monday, please hand in a self-addressed envelope at the Press Box upon registering at the meet.

If you have an questions, please contact me.

Russ Posthumus, Manager  
Class A State Track Meet  
Business Phone: 456-4794 (A. C. 616)  
Home Phone: 874-7014 "

RP:ms

Enclosure:  
Map with directions to Houseman Field



Spectator parking

PARKING

BLEACHERS

Storage Hut

North Field House

concession stand

Men's Rest Rooms

Ladies' Rest Rooms  
Locker Rooms

P.V. Runway

B.J. Runway

W

Flag Pole

Check-in Point for all running events.

Goal Line

Goal Line

Shot Put Pit

H.V. Circle

S.P. Practice Pit

E

P.V. Runway

B.J. Runway

Clerk of Course

Starting Points for the Following Events.

- A. 880 Relay
- 880 Run
- Mile Run
- 440 Dash
- 440 Relay
- Mile Relay
- 2 Mile

- B. 110 L.H.
- 100 Yd Dash
- 120 H.H.
- C. 220 L.H.
- 220 L.H.
- D.

BLEACHERS

PRESS BOX

Spectator Parking

concession stand

Locker Room

LADIES

MEN

South Field House

S

Department of Athletics & Physical Education  
Grand Rapids Public Schools  
Grand Rapids, Michigan

M.H.S.A.A. BOYS & GIRLS CLASS A STATE FINALS TIME SHEET

MAY 31, 1980

8:15 - 9:00 A.M. . . . . SCRATCH MEETING IN PRESS BOX

9:30 A.M. . . . . CHECK-IN/OR SCRATCH @ FIELD EVENT PITS  
(Except Shot Put)

10:00 A.M. . . . . FIELD EVENTS -- DISCUS, POLE VAULT,  
LONG JUMP, HIGH JUMP

PRELIMS IN RUNNING EVENTS:

10:00 A.M. . . . . 100 YD. DASH  
Boys - 4 Heats - 4 qualify to semis  
Girls - 4 Heats - 4 qualify to semis

10:25 A.M. . . . . 120 YD. HIGH HURDLES  
Boys Prelims - 4 Heats - 4 qualify to semis

10:37 A.M. . . . . 100 YD. LOW HURDLES  
Girls Prelims - 4 Heats - 4 qualify to semis

10:50 A.M. . . . . 220 YD. DASH  
Boys Prelims - 4 Heats - 4 qualify to  
semis from each heat.

11:05 A.M. . . . . Girls Prelims - 4 Heat - 4 qualify to  
semis from each heat.

SEMI-FINALS IN RUNNING EVENTS:

11:15 A.M. . . . . 100 YD. DASH  
Boys - 2 Heats - 4 qualify to finals  
from each heat.  
Girls - 2 Heats - 4 qualify to finals

11:30 A.M. . . . . 120 YD. HIGH HURDLES  
Boys - 2 Heats - 4 qualify to finals

11:40 A.M. . . . . 110 YD. LOW HURDLES  
Girls - 2 Heats - 4 qualify to finals

11:50 A.M. . . . . 220 YD. DASH  
Boys - 2 Heats - 4 qualify to finals  
Girls - 2 Heats - 4 qualify to finals

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12:30 P.M. . . . . FINAL SCRATCH MEETING (PRESS BOX)  
SCRATCH CHECK-IN TIME @ PITS FOR SHOT PUT  
PRACTICE TIME FOR SHOT PUT (through 1:00 P.M.)  
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1:00 P.M. . . . . SHOT PUT FINALS - BOYS & GIRLS

1:15 P.M. . . . . ANNOUNCEMENT OF FIELD EVENT WINNERS



RUNNING EVENTS FINALS

1:30 P.M.	BOYS 120 YD. HIGH HURDLES	
1:33 P.M.	GIRLS 110 YD. LOW HURDLES	
1:36 P.M.	BOYS 100 YD. DASH	
1:39 P.M.	GIRLS 100 YD. DASH	
1:41 P.M.	BOYS MILE RUN - Race 1	
1:48 P.M.	BOYS MILE RUN - Race 2	
1:55 P.M.	GIRLS MILE RUN - Race 1	
2:03 P.M.	GIRLS MILE RUN - Race 2	
2:09 P.M.	BOYS 880 YD. RELAY - Race 1	
2:13 P.M.	" " " " - Race 2	
2:17 P.M.	" " " " - Race 3	
2:21 P.M.	" " " " - Race 4	
2:29 P.M.	GIRLS 880 YD. RELAY - Race 1	
2:33 P.M.	" " " " - Race 2	
2:37 P.M.	" " " " - Race 3	
2:41 P.M.	" " " " - Race 4	
2:49 P.M.	Boys 440 YD. DASH - Race 1	
2:51 P.M.	" " " " - Race 2	
2:54 P.M.	" " " " - Race 3	
2:57 P.M.	" " " " - Race 4	
3:00 P.M.	GIRLS 440 YD. DASH - Race 1	
3:03 P.M.	" " " " - Race 2	
3:07 P.M.	" " " " - Race 3	
3:10 P.M.	" " " " - Race 4	
3:13 P.M.	BOYS 440 YD. RELAY - Race 1	
3:16 P.M.	" " " " - Race 2	
3:19 P.M.	" " " " - Race 3	
3:22 P.M.	" " " " - Race 4	
3:28 P.M.	GIRLS 440 YD. RELAY - Race 1	
3:31 P.M.	" " " " - Race 2	
3:34 P.M.	" " " " - Race 3	
3:37 P.M.	" " " " - Race 4	
3:43 P.M.	BOYS 330 YD. LOW HUR- Race 1	
3:46 P.M.	" " " " - Race 2	
3:49 P.M.	" " " " - Race 3	
3:51 P.M.	" " " " - Race 4	
3:55 P.M.	GIRLS 220 YD. LOW HUR Race 1	
3:58 P.M.	" " " " Race 2	
4:01 P.M.	" " " " Race 3	
4:04 P.M.	" " " " Race 4	
4:08 P.M.	BOYS 880 YD. RUN Race 1	
4:12 P.M.	" " " " Race 2	
4:16 P.M.	GIRLS 880 YD. RUN Race 1	
4:20 P.M.	" " " " Race 2	
4:25 P.M.	BOYS 220 YD. DASH	
4:28 P.M.	GIRLS 220 YD. DASH	
4:31 P.M.	BOYS TWO MILE RUN	
4:46 P.M.	GIRLS TWO MILE RUN	
5:05 P.M.	BOYS MILE RELAY Race 1	
5:11 P.M.	BOYS MILE RELAY Race 2	
5:17 P.M.	" " " " Race 3	
5:23 P.M.	" " " " Race 4	



State Finals Time Sheet  
May 31, 1980

Running Events Finals (Con.)

5:32 P.M. . . . . GIRLS MILE RELAY - Race 1  
5:37 P.M. . . . . GIRLS MILE RELAY - Race 2  
5:42 P.M. . . . . GIRLS MILE RELAY - Race 3  
5:47 P.M. . . . . GIRLS MILE RELAY - Race 4

. . . . . CLOSING CEREMONY . . . . .

This is a Tentative Time Schedule. If at all possible, the meet will run ahead of these times.

RP:ms

5/29/80