

1982 TRACK COMMITTEE



Seated (L to R) — Jon Peterson, Marquette; Bettye Robinson, Detroit; Judy Recker, Fowlerville; Carol Murphy, Muskegon; Tom Truscott, Potterville; Kathy Hutfilz, St. Louis.

Standing (L to R) — Julie Somalski, Harbor Beach; Lonnie D. Lowery, E. Lansing; Cathy Marklund, Montrose; Joseph Farkas, Posen; Jack Grant, Sturgis; Bill Pinnell, Garden City; Barb Munch, Carleton; Sid Smith, Kent City.

1982 TRACK AND FIELD COMMITTEE MINUTES

East Lansing, January 25, 1982

Members Present:

Joseph Farkas, Posen
Jack Grant, Sturgis
Kathy Hutfilz, St. Louis
Cathy Markland, Montrose-Hill McCloy
Barb Munch, Carleton-Airport
Carole Murphy, Muskegon
Jon Peterson, Marquette
Bill Pinnell, Garden City-West
Judy Recker, Fowlerville
Bettye Robinson,
Detroit-Martin Luther King
Sid Smith, Kent City
Julie Somalski, Harbor Beach
Tom Truscott, Potterville

Member Absent:

Max Lee, Hesperia

Staff Members Present:

Lonnie D. Lowery, East Lansing
(Recorder)

The above Committee reviewed action of the Representative Council on the 1981 Track and Field Committee's recommendations, and the Track and Field rules deviations which the M.H.S.A.A. has been granted permission for experimentation by leagues and member schools. In addition, the following items were discussed:

expansion of the Track season, restrict the number of meets which may be scheduled during a week, additional individual limitations of competition, race walking, qualifying times for Regionals, District Track and Field competition, Regional scratch meetings, Regional entry procedure, separate Regional and Final Boys and Girls competition, 1982 rules changes, sale of T-shirts at M.H.S.A.A. Regional and Final competition, order of events, awards and places at the Finals, false starts for Junior High, false starts for all Track and Field competition, and recommendations from MITCA. Following will be found recommendations, clarifications and administrative changes which resulted from the above discussion.

MEET REGULATIONS:

1. A minimum break of one hour should be scheduled between the last Semi-Final heat and the first event in the Final session at all Lower Peninsula Regional and Final meets.

2. Radios and tape players at Track and Field competition often are played at such a volume that it drowns out, for those in the immediate area, the P.A. system at Track and Field sites. Therefore, the Committee strongly

recommends that Coaches discourage their contestants, the parents of their contestants, and school followers from bringing radios and tape players, etc. to Track and Field competition.

3. A contestant who has passed three consecutive heights after the competition has begun shall be permitted, **upon request**, a warm-up jump without the cross bar in place. (Rule 7, Section 3, Article 9)

4. The first two places in each event at each Regional meet may enter the Lower Peninsula Final meet in that event. In addition, any contestant who in a Regional meet Final equals or betters the average sixth place time, height or distance which was made in an event during the past three years at the Lower Peninsula Final meet, shall qualify to the 1982 Lower Peninsula Final meet in that event, in that class.

5. The assignment of lanes in the 200 and 300 meter low hurdles, 400 meter dash and all relays has been changed to comply with Rule 5, Section 6, Article 5.

6. Times established in the 200 meter dash run on the straight away cannot be used for seeding or qualification purposes for the Regional Track and Field competition.

7. Relay split times cannot be used for Regional meets seeding or qualification.

8. The Committee strongly recommends that a .32 caliber pistol be used to start all sprint and hurdle races which are 400 meters or less. (Rule 5, Section 7, Article 1)

9. Regional entries for whom times were not submitted or for whom **confirmed** false times were submitted, are to be placed in last heat or first section without seeding consideration. Managers are to advise the M.H.S.A.A. in writing of these violations.

10. An alternate may be entered in Regional competition only if the school has an official entry in that event.

11. There can be only one alternate per event.

12. The following sites are recommended for consideration as 1983 Final Track and Field meet hosts: Class A - Jackson High School, Class B - Caro High School, Comstock High School, Dexter High School, Hillsdale High School, Mt. Pleasant High School, Class C - Bangor High School, Class D - Hillsdale High School, Traverse City High School.

13. The Committee selected the 1982 Regional Track and Field meet hosts and authorized the assignment of schools to those sites utilizing the following criteria:

A. Assign approximately the same number of schools to each site.

B. Assign schools to the closest available site.

C. Assign schools so that they do not cross paths in traveling to their respective Regional site.

RECOMMENDATIONS TO THE REPRESENTATIVE COUNCIL:

1. Approve the sale of commemorative T-shirts at M.H.S.A.A. Regional and Final Track and Field competition.

2. Score eight places in individual and relay events at Lower Peninsula Final Track and Field meets. The scoring is to be as follows: 10-8-6-5-4-3-2-1. The change in scoring would give credibility to the team that wins the Final meet championship trophy. For example, under the present scoring system, school A would have to have three fourth place finishers in order to score more than school B who has one first place finisher. Under the proposed change, school A would only have to have two fourth place finishers in order to score as many points as school B with one first place finisher. In addition, the level of competition at our Final meets is such that more of our outstanding athletes are deserving of recognition.

3. Maintain the height of the Girls 100 meter low hurdles at 30 inches.

4. The Girls 200 meter low hurdles is to be replaced by the Girls 300 meter low hurdles in the order of events.

1982 REGIONAL AND FINAL TRACK AND FIELD MEETS FOR BOYS AND GIRLS

(See Report of 1982 Track Committee Meeting)

TRACK AND FIELD RULES — The track and field rules as they appear in the 1982 National Federation Edition of the Track and Field Rule Book 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. on Saturday. Regional Managers will notify competing schools of exact starting times. A minimum break of an hour should be scheduled between the last semi-final heat and the first event in the final session.

STARTING TIME — UPPER PENINSULA FINAL MEET — Preliminaries - 10:00 A.M.; Field Events - 12:00 noon (Eastern Daylight savings time).

STARTING TIME — LOWER PENINSULA FINAL MEET — Preliminaries - 10:00 a.m.; Track Finals - 1:30 p.m. NOTE: Pole Vault in all classes to begin at 10:00 a.m. Each manager will determine whether the discus or the shot put should be conducted first. A minimum of one half hour must be observed between the last throw of the shot (or discus) and the first throw of the discus (or shot).

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. All Regional Entry Blanks and Entry Cards are to be received by Regional Managers NOT LATER THAN MAY 12. 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 session of competition in the Regional or the Final Meet, who do not plan to participate in events for 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 shall form heats 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. 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 1981 sixth 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.

FINAL MEET 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 typewrite first and last 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 are to 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 the 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 the qualifiers to the Final Meet Manager. 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. Inc. 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 six places in

METRIC TRACK CONVERSION

Michigan High Schools and Junior High Schools ARE NOT REQUIRED to convert their existing Track to Metric. It is recommended that each local school district make its decision to convert or not to convert when the normal maintenance schedule requires resurfacing.

each event in both Regional and Final. 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. Inc. 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. Inc. 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 at each Regional Meet will qualify to the Upper Peninsula Final Meet.

SCORING RELAYS AT UPPER PENINSULA REGIONALS AND FINAL MEETS—

- Regionals 5 - 3 - 1
- Finals 6 - 4 - 3 - 2

QUALIFICATION FROM LOWER PENINSULA REGIONAL MEETS TO LOWER PENINSULA FINAL MEETS—The first two places in each event at each Regional Meet may enter the Lower Peninsula Final Meet in that event. In addition, any contestant who in a Regional Meet Final, equals or betters the average sixth place time, height, or distance which was made in an event during the past three years at a Lower Peninsula Final Meet shall qualify to the 1982 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 later in this information.

200 METER LOW HURDLES, 300 METER LOW HURDLES, 400 METER DASH, AND ALL RELAYS AT LOWER PENINSULA REGIONALS AND QUALIFICATION TO THE LOWER PENINSULA FINALS—The number of sections at Regionals in each event is to be determined by the Meet Managers, depending upon the number of entries in each event. One relay team or individual per lane constitutes a full section. In the event there is one individual or relay team only for the first section, the team with the slowest time from the second section will run in the first section. The second section will then have one empty lane. All teams are to be timed in each section and the two fastest times are to qualify from each Lower Peninsula Regional to the Lower Peninsula Final Meets.

800 METER RUN, 1600 METER RUN AND 3200 METER RUN AT ALL REGIONAL AND FINAL MEETS—There will be a maximum of two sections at the Final Meets in each class of the 800 Meter Run. There shall be two sections of the 1600 Meter Run only when the number of entries in this event exceeds twenty-four (24). There is to be only one section at each Regional and Final Meet for the 3200 Meter Run. Until a minimum of 12 runners remains in both the 1600 Meter and 3200 Meter Run all contestants who are lapped by the lead runner must be directed by the referee and/or lap counter to leave the track. All contestants entered in a race or section are to be timed and the six fastest times of the race or of all the sections 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 section at Final Meets working back to the entries with the slowest qualifying times in the first section. All sections must be full with the possible exception of the first two sections.

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 U.P. 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 heights 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—Any student on the Eligibility List may represent his or her school on a relay team in Regional competition, if they are eligible according to meet regulations. Schools qualifying relay teams for the Final Meet may use any eligible contestant in the Final Meet Relays. In other words, Final Meet Relay contestants are not limited to the four individuals who qualified on a Regional Relay but include any contestant whose name is on the Eligibility List and is eligible according to meet regulations.

200 METER DASH AND 200 METER LOW HURDLES ARE TO BE RUN ON CURVE—The 200 Meter Dash and 200 Meter Low Hurdles are 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.

SEMI-FINAL RACES—All Lower Peninsula Final Meets must conduct semi-finals in the following events when there are more than 12 entries (16 for an eight lane track) remaining after the scratch meeting ends: 100 Meter Dash, 200 Meter Dash, 100 Meter Low Hurdles and 110 Meter High Hurdles.

300 METER LOW HURDLES—The 300 Meter 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.

ALLEY STARTS AND ALLEY PLACING OF REGIONAL QUALIFIERS IN THE 800 METER, 1600 METER, AND 3200 METER RUNS AT ALL FINAL MEETS—The staggered alley starting procedure is to be used again at the 1982 Final Meets. (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.

Section assignments are to be made 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.

LIST AND ORDER OF EVENTS (FOR DUAL, REGIONAL, AND FINAL MEETS)—When boys and girls meets are conducted simultaneously, boys track events shall precede girls track 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 EVENTS

For Combined Boy-Girl Meets

- Boys 110 M. (120 yd.) H.H.
- Girls 100 M. (110 yd.) L.H.
- 100 M. (100 yd.) Dash
- 800 M. (880 yd.) Relay
- 1600 M. (1-Mile) Run
- 400 M. (440 yd.) Relay
- 400 M. (440 yd.) Dash
- Boys 300 M. (330 yd.) L.H.
- Girls 200 M. (220 yd.) L.H.
- 800 M. (880 yd.) Run
- 200 M. (220) Dash
- 3200 M. (2-Mile) Run
- 1600 M. (1-Mile) Relay

FIELD EVENTS

- Discus
- Pole Vault
- Boys Shot Put — 12 lbs.
- Girls Shot Put — 8 lbs. 13 oz.
- High Jump
- 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, will be run in the following order: Combined Boy-Girl Meets — 100 Meter Dash, 110 Meter High Hurdles, 100 Meter Low Hurdles, and 200 Meter Dash. Semi-finals, when necessary will follow the same order as preliminaries. There will be no preliminaries at the Upper Peninsula Final Meet.

RUNNING OF RELAYS AT DUAL, REGIONAL, AND FINAL MEETS — In all 1982 Dual, M.H.S.A.A. Regional, and M.H.S.A.A. Final Meets, the 800 Meter Relay is to be run in accordance with the provisions of the 1982 National Federation Track and Field Rules Book, except that the first two 200 Meter 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 1600 Meter 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 400 Meter Relay is to be run from a two turn staggered start and in lanes throughout the entire event.

STARTING BLOCKS — 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. If managers provide starting blocks for contestants, these starting blocks must be used.

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.

MAJOR TRACK & FIELD RULE REVISIONS FOR 1982

Rule Reference*

- 5-1- 4 (1- 1- 4)** Events run entirely on the straightaway may be run in either direction.
- 7-5- 3 (1- 8- 1)** Provides for the optional use of a painted scratch line, in lieu of a takeoff board, in the long jump on hard-surfaced (all-weather) runways.
- 5-3- 8 (1-10- 4)** Adds the 300 m low hurdles as an optional event for girls competition.
- 1-2- 1 (11- 1- 1)** (the spacing to be identical to that in the boys 300 m intermediate hurdles.)
- 4-3- 1 (2- 3- 7)** Recommends when purchasing new jerseys, numbers, at least 5 in. high, be included on the backs.
- 7-4-23 (4- 8- 5)** Authorizes the use of a measuring bar in the pole vault.
- 5-7- 1 (7- 1- 1)** Authorizes, by mutual agreement, the use of a .22 caliber starting gun for outdoor dual and triangular meets, and emphasizes that **no record** or National Honor Roll performance can be considered if the starter's gun is less than a .32 caliber.
- 5-9- 9 (9- 3-10)** Clarifies that when using an acceleration zone, the runner must be positioned entirely within the limits of the zone.
- 7-3- 9 (10- 2- 1)** Authorizes the high jump or pole vault judge to permit a warm-up jump, without the bar in place, and after the competition has begun, to a competitor who has passed three consecutive heights.
- 7-4-10**
- 9-3- 3 (Rule 12)** Revises the starting procedures in cross-country to drop any reference to a specified time interval between the command, "Runners Set," and the firing of the gun. Rule will now state, "When all runners are steady, the gun will be fired."

* The 1982 Rule Book has been completely revised. The first reference listed is the **new 1982 rule**. The reference listed in parentheses is the **1981 rule** that has been revised.

SPORTSMANSHIP IS CONTAGIOUS BUT, DON'T BE AFRAID TO CATCH IT!

LOCATIONS OF 1982 REGIONAL TRACK AND FIELD MEETS

May 21 or 22

Regional Number	Class	Entertaining School	City	Manager
1	A	Jackson High School	Jackson	Gerald Reis
2	A	Brighton High School	Brighton	Duke Williams
3	A	Roosevelt High School	Wyandotte	Curt Boller
4	A	Highland Park High School	Highland Park	Nate Hampton
5	A	Grosse Pointe North High School	Grosse Pointe	Tom Gauerke
6	A	West Bloomfield High School	West Bloomfield	Lee Averill
7	A	Churchill High School	Livonia	Larry Joiner
8	A	Swartz Creek High School	Swartz Creek	David Cary
9	A	Kearsley High School	Flint	Don Marsh
10	A	West Ottawa High School	Holland	Karl VonIns
11	B	Strugis High School	Sturgis	Jack Grant
12	B	Northwest High School	Jackson	Wayne McDonald
13	B	Dexter High School	Dexter	Al Ritt
14	B	Fitzgerald High School	Warren	Richard Snyder
15	B	L'Anse Creuse High School	Mt. Clemens	Howard Lewis
16	B	Linden High School	Linden	Joe Piwowarczyk
17	B	Corunna High School	Corunna	Jim Duffield
18	B	Mt. Pleasant High School	Mt. Pleasant	Greg Merwin
19	B	Coopersville High School	Coopersville	Gary Grundman
20	B	Kenowa Hills High School	Grand Rapids	Richard Doyle
21	C	Bronson High School	Bronson	Carroll Moon
22	C	Quincy High School	Quincy	Martin Chard
23	C	Michigan Center High School	Michigan Center	John Jimenez
24	C	Marlette High School	Marlette	Terry Reid
25	C	Clare High School	Clare	William Newkirk
26	C	DeWitt High School	DeWitt	Ronald Mead
27	C	Thornapple High School	Middleville	Keith Middlebush
28	C	Tri County Area High School	Howard City	Lynn Savage
29	C	Traverse City High School	Traverse City	Dave Dye
30	D	Covert High School	Covert	James Babcock
31	D	Pottsville High School	Pottsville	Tom Truscott
32	D	Hillsdale High School	Hillsdale	Ronald Coon
33	D	Caro High School	Caro	Robert DeBoer
34	D	Posen High School	Posen	Clifford Kelly
35	D	Frankfort High School	Frankfort	Lavern Chilcote
36	D	Rudyard High School	Rudyard	E. Roy Hamilton
37	C	Munising High School	Munising	Thomas Lucky
38	D	Rapid River High School	Rapid River	Fred Stage
39	A-B	Escanaba High School	Rapid River	Jerome S. Cvengros
40	A-B	Gwinn High School	Gwinn	Len Trudeau
41	C	Westwood High School	Ishpeming	Dennis Bobula
42	C	Michigan Technological University	Houghton	James VanWagner
43	D	West Iron County High School	Iron River	Art Allen
44	D	White Pine High School	White Pine	Joe Giuliano

LOCATION OF 1982 FINAL TRACK MEETS UPPER PENINSULA (May 29, 1982)

Classes	Entertaining School	City	Manager
A-B, C and D Boys and Girls	Marquette High School	Marquette	Jerry Pangrazzi

LOWER PENINSULA (June 5, 1982)

Classes	Entertaining School	City	Manager
A—Boys and Girls	Flint Board of Education	Flint	Richard Leach
B—Boys and Girls	Grand Rapids Board of Education	Grand Rapids	Russell Posthumus
C—Boys and Girls	Bangor High School	Bangor	Norm Johnson
D—Boys and Girls	Caro High School	Caro	Robert DeBoer

Michigan Association of Directors of Physical Education and Athletics ANNUAL MID-YEAR WORKSHOP

April 4-6, 1982

MARRIOTT HOTEL - GRAND RAPIDS

Seven General Sessions (Sunday-Tuesday)
One Retirees Session (Monday 10:30 A.M.)
One Luncheon-Banquet (Monday 12:15 P.M.)
One Business Meeting (Monday 5:15 P.M.)

LOTS OF INFORMATION

"Computer and Athletics"
"Taping Demonstration"
"Pros and Cons for Combining Sports Seasons"
"Coaching Competency Through Evaluation and Education"
"Retirement...Financial Planning"
"What is Athletic Discipline?"
"Interscholastic Athletics-Extra or Co-curricular"
"Financing Athletics -What is Legal?"

LOTS OF FELLOWSHIP

— EARLY REGISTRATION —
Contact Jim Czanko, East Kentwood High School

1982 CHART OF QUALIFYING PERFORMANCES FOR ADDITIONAL QUALIFIERS FOR REGIONALS

BOYS

Event	Class A	Class B	Class C	Class D
	Meters-Yards	Meters-Yards	Meters-Yards	Meters-Yards
110 M (120 Yd.) H.H.	15.6(15.6)	16.8(16.8)	16.4(16.4)	17.1(17.1)
100 M (100 Yd.) Dash	11.4(10.5)	11.5(10.6)	11.6(10.7)	12.0(11.1)
1600 M (Mile) Run	4:33.1(4:34.7)	4:36.7(4:38.3)	4:40.1(4:41.7)	4:47.1(4:48.7)
400 M (440 Yd.) Dash	51.6(51.9)	52.5(52.8)	53.4(53.1)	54.4(54.1)
300 M (330 Yd.) L.H.	40.3(40.5)	41.0(41.2)	41.8(42.0)	42.8(43.0)
800 M (880 Yd.) Run	2:01.0(2:01.7)	2:02.9(2:03.6)	2:04.0(2:04.7)	2:08.1(2:08.9)
200 M (220 Yd.) Dash	23.4(23.5)	23.8(23.9)	24.2(24.3)	24.8(24.9)
3200 M (Two Mile) Run	9:59.6(10:03.0)	10:09.2(10:12.6)	10:16.6(10:20.0)	10:42.3(10:45.7)
Pole Vault				
(Regional Starting Heights)	12'1"	12'00"	11'8"	11'0"
Shot Put	46'4"	44'4"	44'11"	42'5"
High Jump				
(Regional Starting Heights)	6'0"	5'11"	5'11"	5'9"
Long Jump	20'3"	19'9"	19'6"	19'7"
Discus	132'8"	127'11"	126'4"	118'6"

GIRLS

Event	Class A	Class B	Class C	Class D
	Meter-Yard	Meter-Yard	Meter-Yard	Meter-Yard
100 M (110 Yd.) L.H.	16.1(16.2)	16.8(16.9)	16.9(17.0)	18.4(18.5)
100 M (100 Yd.) Dash	13.2(12.3)	13.2(12.3)	13.2(12.3)	14.3(13.4)
1600 M (Mile) Run	5:37.0(5:38.6)	5:38.9(5:40.5)	5:46.2(5:47.8)	5:52.4(5:54.0)
400 M (440 Yd.) Dash	1:02.0(1:02.3)	1:03.3(1:03.6)	1:04.0(1:04.3)	1:05.9(1:06.2)
200 M (220 Yd.) L.H.	31.8(32.0)	32.4(32.6)	32.6(32.8)	35.0(35.2)
800 M (880 Yd.) Run	2:27.6(2:28.3)	2:30.6(2:31.3)	2:33.1(2:33.8)	2:37.7(2:38.4)
200 M (220 Yd.) Dash	27.2(27.3)	28.0(28.1)	27.9(28.0)	29.6(29.7)
3200 M (Two Mile) Run	12:17.5(12:20.9)	12:35.3(12:38.7)	12:55.1(12:58.5)	13:22.4(13:25.8)
Shot Put	32'9"	31'11"	31'1"	30'6"
High Jump				
(Regional Starting Heights)	4'11"	4'11"	4'9"	4'8"
Long Jump	15'9"	15'2"	15'6"	15'3"
Discus	95'4"	94'10"	91'7"	88'5"

LOWER PENINSULA REGIONAL MEET STARTING HEIGHTS

Event	Class A	Class B	Class C	Class D
	Boys-Girls	Boys-Girls	Boys-Girls	Boys-Girls
High Jump	6' 4'11"	5'11" 4'10"	5'11" 4' 8"	5' 8" 4' 7"
Pole Vault	12' 1"	11'1"	11'6"	10'5"

**1982 CHART OF QUALIFYING PERFORMANCES FOR
ADDITIONAL QUALIFIERS FROM REGIONALS TO FINALS**

BOYS

(Note: All references to yards will be found in parenthesis)

Event	Class A	Class B	Class C	Class D
110 M (120 Yd.) H.H.	14.8(14.8)	15.2(15.2)	15.2(15.2)	15.7(15.7)
100 M (100 Yd.) Dash	10.9(10.0)	11.2(10.3)	11.3(10.4)	11.2(10.3)
800 M (880 Yd.) Relay	1:29.6(1:30.1)	1:30.8(1:31.3)	1:32.7(1:33.2)	1:35.8(1:36.3)
1600 M (Mile) Run	4:22.4(4:24.0)	4:20.8(4:22.4)	4:25.7(4:27.3)	4:38.3(4:39.9)
400 M (440 Yd.) Relay	43.8(43.6)	43.9(44.1)	45.5(45.7)	45.7(45.9)
400 M (440 Yd.) Dash	49.3(49.6)	50.2(50.5)	51.2(51.5)	52.0(52.3)
300 M (330 Yd.) L.H.	38.2(38.4)	38.8(39.0)	39.7(39.9)	40.5(40.7)
800 M (880 Yd.) Dash	1:56.4(1:57.1)	1:56.0(1:56.7)	1:59.2(1:59.9)	2:02.2(2:02.9)
200 M (220 Yd.) Dash	22.4(22.5)	22.8(22.9)	23.2(23.3)	23.1(23.2)
3200 M (Two Mile) Run	9:30.2(9:33.6)	9:38.6(9:42.0)	9:41.3(9:41.7)	10:10.1(10:13.5)
1600 M (Mile) Relay	3:21.1(3:22.2)	3:24.9(3:26.1)	3:28.4(3:30.0)	3:34.4(3:35.5)
Pole Vault	13'4 ¹ / ₄ "	13'2 ¹ / ₂ "	12'9 ¹ / ₄ "	11'8 ¹ / ₄ "
Shot Put	53'2 ¹ / ₄ "	51'1 ³ / ₄ "	50'10 ¹ / ₄ "	47'5 ¹ / ₄ "
High Jump	6'4"	6'4 ¹ / ₄ "	6'2 ¹ / ₄ "	5'11 ¹ / ₄ "
Long Jump	22'3 ¹ / ₂ "	21'3"	20'8 ¹ / ₂ "	20'8"
Discus	159'5"	147'9"	142'9"	135'8"

GIRLS

Event	Class A	Class B	Class C	Class D
100 M (110 Yd.) L.H.	14.5(14.6)	15.3(15.4)	15.7(15.8)	16.0(16.1)
100 M (100 Yd.) Dash	12.2(11.3)	12.8(11.9)	12.6(11.7)	13.0(12.1)
800 M (880 Yd.) Relay	1:44.2(1:44.7)	1:45.8(1:46.3)	1:47.9(1:48.4)	1:51.6(1:52.1)
1600 M (Mile) Run	5:10.7(5:12.3)	5:14.3(5:15.9)	5:23.2(5:24.8)	5:39.4(5:41.0)
400 M (440 Yd.) Relay	49.5(49.7)	50.7(50.9)	51.4(51.6)	53.0(53.2)
400 M (440 Yd.) Dash	58.1(58.4)	59.1 (59.4)	1:00.0 (1:00.3)	1:02.4(1:02.7)
200 M (220 Yd.) L.H.	29.8(30.0)	30.2(30.4)	30.6(30.8)	31.4(31.6)
800 M (880 Yd.) Run	2:19.8(2:20.5)	2:20.0(2:20.7)	2:26.6(2:27.3)	2:28.5(2:29.2)
200 M (220 Yd.) Dash	25.6(25.7)	26.2(26.3)	26.3(26.4)	26.8(26.9)
3200 M (Two Mile) Run	11:25.3(11:28.1)	11:49.4(11:52.8)	11:48.4(11:51.8)	12:31.4(12:34.8)
1600 M (Mile) Relay	3:58.6(4:02.0)	4:05.6(4:06.7)	4:09.9(4:11.0)	4:17.5(4:18.6)
Shot Put	38'3 ¹ / ₄ "	37'1 ³ / ₄ "	35'9 ¹ / ₄ "	33'10 ¹ / ₄ "
High Jump	5'4"	5'2"	5'1 ¹ / ₂ "	5'
Long Jump	17'8"	16'11 ¹ / ₄ "	16'8 ¹ / ₂ "	16'5 ¹ / ₂ "
Discus	117'2"	113'1"	112'	102'4"

— ENTRY BLANK DUE DATES —

All dates are published in the General Information Bulletin, in the M.H.S.A.A. Bulletin, and on the Athletic Events Calendar. It is the responsibility of each school to comply with those dates.

APPROVED/SANCTIONED MEETS

M.H.S.A.A. and National Federation Sanctioning Procedure

The following situations must be approved by the M.H.S.A.A. before any meet or tournament is held:

1. Those events which are sponsored by other than member schools and held within the State.
2. Those events between member schools of Michigan and bordering states (regardless of the number of schools involved) and hosted by a member school. The bordering state association must also grant approval for such event through the M.H.S.A.A.

National Federation Sanctioning is required for:

1. any interstate contest involving three or more states or four or more schools where one or more of the schools are from the states which do not border Michigan; and
2. any interstate contest sponsored by a nonschool organization;
3. any international contest.

Application for sanctioning of such meets must be made through the M.H.S.A.A. at least 30 days prior to the contest. All sanctioned or approved meets are listed below.

(Includes requests received and approved by January 29, 1982 for events to be held in March, April and May.)

- *Dates preceded by an asterisk are National Federation sanctioned.
- **Dates preceded by two asterisks are border state approved.

MARCH—

- 13—Indoor Track Meet for High School Girls at Western Michigan University, Kalamazoo.
- 13—N.C.A.A. — Michigan High School Mile Relay, Pontiac-Silverdome.
- 19—Track Relays for "B" Girls and Boys at Ferris State College, Big Rapids.
- 26—Track Relays for Class "A & D" Girls and Boys at Ferris State College, Big Rapids.
- 26—Huron Relays, at Eastern Michigan University, Ypsilanti.
- 27—Track Relays for Class "C" Boys and Girls at Ferris State College, Big Rapids.
- ** 30—South Bend Classic at Notre Dame University, (Michigan-Indiana)

APRIL—

- 1—C.M.U. Relays for Boys at Mt. Pleasant.
- 2—Spartan Relays for Class "B & C" Boys at M.S.U., East Lansing.
- 3—Spartan Relays for Class "A" Boys at M.S.U., East Lansing.
- ** 9,10—51st Mansfield-Mehock Relays, Mansfield, Ohio (Michigan-Ohio)
- ** 17—Christian High School Track & Field Invitational for Boys and Girls at Calvin College, Grand Rapids.
- ** 23-24—U.L.S. Tennis Tournament of Champions at Grosse Pointe-University Liggett (Michigan-Illinois)
- 23-24—"Chip" Relays for Boys and Girls at Central Michigan University, Mt. Pleasant.
- * 24—Bellaire Relays, Ohio.

MAY —

- ** 1—Daily Star Track Relays at Niles, (Michigan-Indiana).
- 7,8,14,15—Softball Tournament at Ranney Park, Lansing.
- 15—Rotary Invitational Track Meet at Farwell.
- 21,22—Ann Arbor News Softball Tournament at Ann Arbor-Huron.

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION BULLETIN



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