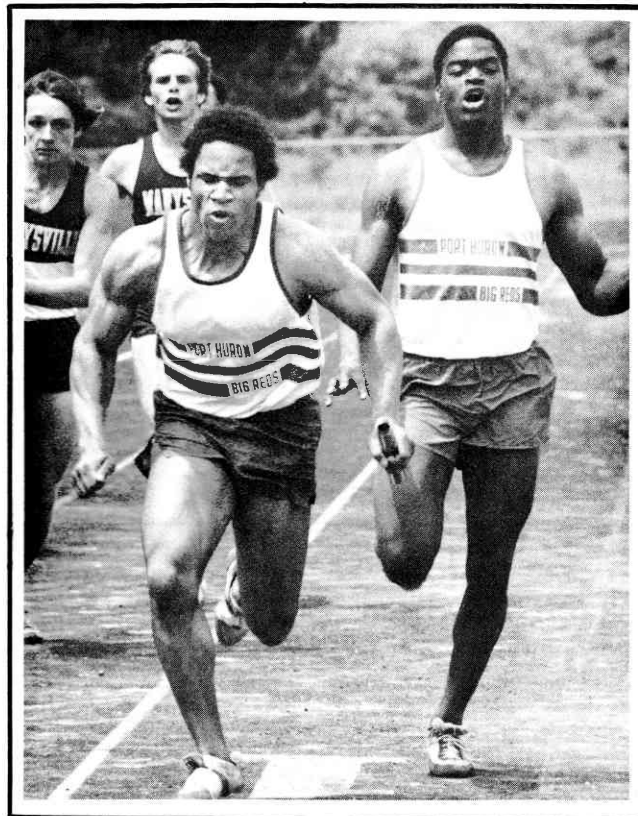


MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION BULLETIN



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1983 TRACK AND FIELD COMMITTEE MINUTES

East Lansing, January 24, 1983

Members Present:

Bernie Abrams, Covert
 Joseph Farkas, Posen
 Sheila Guerra, Battle Creek
 Frank Marchio, Melvindale
 Cathy Markland, Montrose
 Ronald Mead, DeWitt
 Fred Price, Livonia
 Judy Recker, Fowlerville
 Michael Shewach, Detroit
 Fred Stage, Rapid River
 Rich Tompkins, Freemont
 Byron Townsend, Houghton Lake
 Karl VonInns, Holland

Member Absent:

Wayne McDonald, Jackson

Staff Member Present:

Lonnie D. Lowery, East Lansing
 (Recorder)

The above Committee met in the offices of the Michigan High School Athletic Association to review rules and regulations governing the M.H.S.A.A. Track & Field program, and to make recommendations for administrative and policy changes in the Track & Field program.

The Committee's review included the following items: Representative Council action on 1982 Committee recommendations, 1983 rules changes, Approved Rule Deviations for the 1981-82 Track season, correspondence, suggestions from Regional Managers, suggestions from Final Managers, staff recommendations, MITCA recommendations, and Track entry forms and cards. In addition, sites were selected and teams assigned to those sites for the 1983 Track & Field competition.

Following will be found the recommendations, clarifications and administrative changes which resulted from the above review and discussion.

GENERAL REGULATIONS:

1. The 1984 dual meet competition is to be conducted over 33 inch hurdles for the 100 M hurdle race if the host school has a full flight of 33 inch hurdles. Host schools are to advise the opponent, at the time contracts are signed, if they are unable to provide full flights of 100 M 33 inch hurdles.
2. The Track Committee recommends that each league establish minimum standards for Track & Field facilities hosting league Track & Field competition.
3. Each school is encouraged to forward to the Final Meet Manager a photo of their athletes or relay teams which won state championships the preceding year.

RECOMMENDATIONS TO THE JUNIOR HIGH COMMITTEE:

1. Replace the 100 M low hurdle race with the 200 M low hurdle race. The 200 M low hurdle is to be over five hurdles using the same spacing as used in the high school 300 M hurdle race.

MEET REGULATIONS:

1. L.P. Regional Meet Managers will provide schools with entry cards, for additional qualifiers, in response to requests from the schools assigned to their site.
2. ALL TIMES SUBMITTED TO REGIONAL MANAGERS MUST BE FOR METRIC EVENTS.
3. The first three place winners in each L.P. Regional event will qualify to the L.P. Finals in that event. Additional qualifiers from L.P. Regional to L.P. Finals will be based on the average of the last scoring place over the last three years.
4. L.P. Regional starting heights in the pole vault and and high jump are to be adjusted so that one of the raises will fall on the heights which additional qualifiers to the Finals must clear.

POLE VAULT

Raises	1st	2nd	3rd	4th, etc.
Class A	6"	4"	4"	4"
Class B	6"	6"	4"	4"
Class C	6"	6"	6"	4"
Class D	6"	6"	4"	4"

5. Field events at the Final Meets are to be scheduled so that there is a minimum of one hour between the boys and girls competition in the following events: discus, high jump, long jump and shot put.
6. The Committee established the following standards for additional qualifiers in the Girls 300 M low hurdles:

For Regional	Regional to Finals
Class A — 48.6	45.0
Class B — 48.9	45.1
Class C — 50.1	47.2
Class D — 52.2	48.5

7. Two heats of the 800 M run are to be conducted in both the Regional and the Final when the number of contestants entered exceeds 16.

8. The Report of Qualifiers forms are to contain spaces for the names of the qualifying relay team members.

9. The maximum number of lanes available at Final Meet sites are to be used in all individual and relay Track events.

RECOMMENDATIONS TO THE REPRESENTATIVE COUNCIL:

1. Provide a stiffer penalty for late entries. (Examples: (1) Recommend that schools require their coaches to pay all late entry fees, (2)

Publish in the BULLETIN, the names of the schools paying late fees during each sport season, (3) Increase the late fee from \$25.00 to \$50.00, etc.)

2. Add the two mile relay to the order of events.

3. Allow contestants who are entered in more than four events to be reentered in the Regional competition prior to the close of the scratch meeting providing the coach is willing to pay a \$25.00 late fee for this privilege. (This would be an additional late fee if the school has already paid a late fee.)

1983 REGIONAL AND FINAL TRACK AND FIELD MEETS FOR BOYS AND GIRLS

(See Report of 1983 Track Committee Meeting)

TRACK AND FIELD RULES — The track and field rules as they appear in the 1983 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 is 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). In addition there must be a minimum of one hour between the boys and girls competition in the following events: discus, high jump, long jump and shot put.

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 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 session of competition in the Regional or the Final Meet, who do not plan to participate in individual 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 individual 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 individual 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 1982 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 entry card.

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 each event in Lower Peninsula Regionals. Medals for eight places will be awarded for all events in the Lower Peninsula Final Meets. 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.

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. In addition, any contestant who in a Regional Meet Final, equals or betters the average last scoring 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 1983 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.

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 three 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 LOWER PENINSULA REGIONAL AND FINAL MEETS—There will be a maximum of two sections of the 800 Meter Run in each class. The second section is to be scheduled only when the number of entries exceed 16.

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 (eight fastest times for Finals) 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 in effect for conducting the field events:

1. **HIGH JUMP**—The starting height at Lower Peninsula Regionals is to be based on a height six (three inches at Final Meets) inches below the fourth place average, to the nearest lesser inch, 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. This procedure will allow one of the raises to fall on the height for additional qualifier to the Final Meet.

2. **POLE VAULT**—The starting height at Lower Peninsula Regionals is to be based on a height 18 inches (12 inches at Final Meets) below the fourth place average, to the nearest lesser inch, 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 as follows until there is a number of contestants left equal to or less than the number of places to be awarded:

Raises	1st	2nd	3rd	4th, etc.
Class A	6"	4"	4"	4"
Class B	6"	6"	4"	4"
Class C	6"	6"	6"	4"
Class D	6"	6"	4"	4"

When this number is reached the bar then is to be raised four inches for each successive vault. This procedure will allow one of the raises to fall on the height for additional qualifier to the Final Meet.

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 IS TO BE RUN ON THE CURVE—The 200 Meter 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.

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; 18 for a nine 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 1983 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
300 M. (330 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 1983 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 1983 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 1983

Rule Reference	Changes
3- 7-7	Recognizes the importance of fully automatic timing officials and identified responsibilities of the F.A.T. operator and F.A.T. reader.
5- 6-6	Allows the games committee the option to assign the faster runners or relay teams to the preferred lanes or starting positions when qualifying times are available in races or relays not run the entire distance in lanes.
5- 9-1	In relay events, 6 individuals may be listed as entries, any 4 of which may be designated to compete. Being listed as a member of a relay team counts as an event whether or not the competitor actually runs in the event.
5-10-3	Defines breakpoint as the end of a lane stagger and clarifies restrictions for breaking to the pole position.
9- 1-1	Revised cross-country rule to specify that if there is a discrepancy in course markings, directional flag markings take precedence over any other course markings.

POINTS OF SPECIAL EMPHASIS

Guidelines for Rerunning a Race
Consistency in Starting Procedures

REGIONALS — 1983
CHART OF QUALIFYING PERFORMANCES FOR
ADDITIONAL QUALIFIERS

BOYS

Event	Class A Meters-Yards	Class B Meters-Yards	Class C Meters-Yards	Class D Meters-Yards
110 M (120 Yd.) H.H.	15.7(15.7)	16.0(16.0)	16.8(16.8)	17.8(17.8)
100 M (100 Yd.) Dash	11.5(10.6)	11.3(10.4)	11.4(10.5)	11.8(10.9)
1600 M (Mile) Run	4:32.2(4:33.8)	4:38.3(4:39.9)	4:39.9(4:41.5)	4:47.2(4:48.8)
400 M (440 Yd.) Dash	51.8(52.1)	53.0(53.3)	53.7(54.0)	54.4(54.7)
300 M (330 Yd.) L.H.	40.5(40.7)	40.8(41.0)	41.9(42.1)	43.3(43.5)
800 M (880 Yd.) Run	2:01.5(2:02.2)	2:04.1(2:04.8)	2:04.9(2:05.6)	2:10.1(2:10.8)
200 M (220 Yd.) Dash	23.9(24.0)	24.2(24.3)	24.5(24.6)	24.8(24.9)
3200 M (Two Mile) Run	9:59.2(10:02.6)	10:15.5(10:18.9)	10:18.6(10:22.0)	10:37.4(10:40.8)
Pole Vault	11'9"	11'9"	11'5"	11'4"
Shot Put	46'8"	44'0"	44'3"	40'11"
High Jump	5'10"	5'11"	5'11"	5'9"
Long Jump	19'10"	19'2"	19'2"	18'11"
Discus	135'3"	126'11"	122'1"	110'7"

GIRLS

Event	Class A Meter-Yards	Class B Meter-Yards	Class C Meter-Yards	Class D Meter-Yards
100 M (110 Yd.) L.H.	16.3(16.4)	16.5(16.6)	16.7(16.8)	17.5(17.6)
100 M (100 Yd.) Dash	13.1(12.2)	12.9(12.0)	13.0(12.1)	13.6(12.7)
1600 M (Mile) Run	5:37.4(5:39.0)	5:41.7(5:43.3)	5:49.3(5:50.9)	5:59.3(6:01.9)
400 M (440 Yd.) Dash	1:02.3(1:02.6)	1:03.5(1:03.8)	1:04.2(1:04.5)	1:05.5(1:05.8)
300 M (330 Yd.) L.H.	48.6(48.8)	48.9(49.1)	50.1(50.3)	52.2(52.4)
800 M (880 Yd.) Run	2:29.1(2:29.8)	2:33.0(2:33.7)	2:35.4(2:36.1)	2:37.7(2:38.4)
200 M (220 Yd.) Dash	27.7(27.8)	27.8(27.9)	28.6(28.7)	29.2(29.3)
3200 M (Two Mile) Run	12:21.8(12:25.2)	12:33.1(12:36.5)	12:47.8(12:51.2)	13:17.0(13:20.4)
Shot Put	31'1"	30'4"	30'7"	29'6"
High Jump	4'10"	4'10"	4'9"	4'8"
Long Jump	15'6"	15'1"	15'1"	14'8"
Discus	93'3"	94'2"	92'3"	89'4"

LOWER PENINSULA REGIONAL MEET STARTING HEIGHTS

Event	Class A Boys-Girls	Class B Boys-Girls	Class C Boys-Girls	Class D Boys-Girls
High Jump	6' 4'10"	5'11" 4'9"	5'9" 4' 8"	5' 8" 4' 7"
Pole Vault	12' 1"	11'7"	11'5"	10'7"

FINALS — 1983
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.	14.6(14.6)	15.2(15.2)	15.3(15.3)	15.5(15.5)
100 M (100 Yd.) Dash	10.9(10.0)	11.2(10.3)	11.4(10.5)	11.4(10.5)
800 M (880 Yd.) Relay	1:29.8(1:30.3)	1:31.1(1:31.6)	1:33.0(1:33.5)	1:35.6(1:36.1)
1600 M (Mile) Run	4:22.5(4:24.1)	4:20.8(4:22.4)	4:26.5(4:28.1)	4:34.7(4:36.3)
400 M (440 Yd.) Relay	43.3(43.5)	43.8(44.0)	45.3(45.5)	45.8(46.0)
400 M (440 Yd.) Dash	49.3(49.6)	50.0(50.3)	50.9(51.2)	51.8(52.1)
300 M (330 Yd.) L.H.	37.8(38.0)	38.4(38.6)	39.7(39.9)	40.5(40.7)
800 M (880 Yd.) Dash	1:56.4(1:57.1)	1:57.2(1:57.9)	1:58.5(1:59.2)	2:01.7(2:02.4)
200 M (220 Yd.) Dash	22.3(22.4)	22.7(22.8)	23.2(23.3)	23.4(23.5)
3200 M (Two Mile) Run	9:27.2(9:30.6)	9:36.8(9:40.2)	9:45.0(9:48.4)	10:06.4(10:09.8)
1600 M (Mile) Relay	3:20.1(3:21.2)	3:25.3(3:26.4)	3:29.0(3:30.1)	3:33.9(3:35.0)
Pole Vault	13'3"	13'3"	12'11"	11'11"
Shot Put	53'8¾"	51'10¼"	50'11"	47'7¾"
High Jump	6'5"	6'4"	6'2"	6'1"
Long Jump	22'4½"	21'5¼"	20'10"	20'8¼"
Discus	163'9"	150'5"	141'10"	133'6"

GIRLS

Event	Class A	Class B	Class C	Class D
100 M (110 Yd.) L.H.	14.4(14.5)	15.4(15.5)	15.9(16.0)	16.2(16.3)
100 M (100 Yd.) Dash	12.1(11.2)	12.8(11.9)	12.9(12.0)	13.1(12.2)
1600 M (Mile) Run	5:11.5(5:13.1)	5:13.6(5:15.2)	5:21.1(5:22.7)	5:36.5(5:38.1)
400 M (440 Yd.) Relay	49.6(49.8)	50.6(50.8)	51.6(51.8)	53.1(53.3)
400 M (440 Yd.) Dash	58.6(58.9)	58.7 (59.0)	1:00.5 (1:00.8)	1:02.0(1:02.3)
300 M (330 Yd.) L.H.	45.0(45.2)	45.1(45.3)	47.2(47.4)	48.5(48.7)
800 M (880 Yd.) Run	2:19.9(2:20.6)	2:20.1(2:20.8)	2:24.4(2:25.1)	2:27.9(2:28.6)
200 M (220 Yd.) Dash	25.3(25.4)	26.2(26.3)	26.5(26.6)	26.8(26.9)
3200 M (Two Mile) Run	11:25.2(11:28.6)	11:39.0(11:42.4)	11:53.9(11:57.3)	12:20.1(12:23.5)
1600 M (Mile) Relay	4:01.5(4:02.6)	4:05.2(4:06.3)	4:10.7(4:11.8)	4:18.3(4:19.4)
Shot Put	38'3¼"	37'2"	36'1¼"	34'2¼"
High Jump	5'3"	5'2"	4'10"	4'10"
Long Jump	17'5¼"	16'8¾"	16'11"	16'5½"
Discus	117'8"	114'8½"	109'1"	101'5"

LOWER PENINSULA FINAL MEET STARTING HEIGHTS

Event	Class A Boys-Girls	Class B Boys-Girls	Class C Boys-Girls	Class D Boys-Girls
High Jump	6'3" 5'1"	6'2" 5'1"	6'1" 4'11"	5'11" 4'10"
Pole Vault	12' 7"	12'2"	12'0"	11'2"

LOCATIONS OF 1983 REGIONAL TRACK AND FIELD MEETS

May 20 or 21

Regional Number	Class	Entertaining School	City	Manager
1	A	J. W. Sexton High School	Lansing	Paul Poezega
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 South High School	Grosse Pointe	Charles Hollosy
6	A	Port Huron Northern High School	Port Huron	Peter J. Woods
7	A	Romeo High School	Romeo	Ernie Melton
8	A	Athens High School	Troy	Bob McElreath
9	A	West Bloomfield High School	West Bloomfield	Lee Averill
10	A	Grand Rapids Public Schools	Grand Rapids	Russell Posthumus
11	B	Hillsdale High School	Hillsdale	Ron Coon
12	B	Jackson County Western High School	Parma	John Dardziński
13	B	Northwest High School	Jackson	Wayne McDonald
14	B	Fitzgerald High School	Warren	Richard Snyder
15	B	Oxford High School	Oxford	Leaton Noftz
16	B	Linden High School	Linden	Joe Piwowarczyk
17	B	Ovid-Elsie High School	Elsie	John Oberlin
18	B	Caledonia High School	Caledonia	Earl Hunkins
19	B	Fremont High School	Fremont	Chuck Sandro
20	B	Oscoda High School	Oscoda	Steve Hennigar
21	C	Watervliet High School	Watervliet	Gerald Barchett
22	C	Thornapple Kellogg High School	Middleville	Raymond Page
23	C	Quincy High School	Quincy	Martin Chard
24	C	DeWitt High School	DeWitt	Ronald Mead
25	C	Capac High School	Capac	Joe Remenap
26	C	Carrollton High School	Carrollton	Lou Economou
27	C	Clare High School	Clare	Rob Johnson
28	C	Oakridge High School	Muskegon	John Swinburne
29	C	Kalkaska High School	Kalkaska	Phillip K. Reed
30	D	Covert High School	Covert	James Babcock
31	D	Potterville High School	Potterville	Tom Truscott
32	D	Mendon High School	Mendon	Robert Sedam
33	D	Caro High School	Caro	Robert DeBoer
34	D	Posen High School	Posen	Clifford Kelly
35	D	Ferris State College	Big Rapids	Bill Scheible
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)	Escanaba	Jerome S. Cvengros
40	A-B	Gwinn High School	Gwinn	Len Trudeau
41	C	Negaunee High School	Negaunee	Paul Meli
42	D	Baraga Area High School	Baraga	Charles Beck
43	C	Ontonagon Area High School	Ontonagon	Ernest Toivonen
44	D	White Pine High School	White Pine	Joe Giuliano

LOCATION OF 1983 FINAL TRACK MEETS

UPPER PENINSULA

(May 28, 1983)

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

LOWER PENINSULA

(June 4, 1983)

Classes	Entertaining School	City	Manager
A—Boys and Girls	Jackson High School	Jackson	Dennis Kiley
B—Boys and Girls	Caro High School	Caro	Robert DeBoer
C—Boys and Girls	Bangor High School	Bangor	Norm Johnson
D—Boys and Girls	Traverse City High School	Traverse City	David Dye

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. The 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-MADISON

Boys Basketball: February 4, 8, 22, 25, 1983, Home.

ANN ARBOR-HURON

Varsity Football: September 30, November 4, 1983, Home; November 2, 1984, Away;
Boys Basketball: Several 1983-84 open dates.

ALLENDALE

Varsity Football: October 21, 1983, Away;
J.V. Football: October 20, 1983.
Boys Basketball: December 2, 1983, February 3, 1984.

ANN ARBOR-PIONEER

Varsity Football: September 23, 1983, Home, September 21, 1984, Away;
J.V. Football: September 22, 1983, Away, September 20, 1984, Home.

ALPENA

Football: September 9, 16, 23, 30; October 21, 28, November 4, 1983.

BALDWIN

Varsity Football: October 7, 1983;
J.V. Football: October 6, 1983.