

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION, INC.  
 1019 Trowbridge Road  
 East Lansing, Michigan 48823  
 April 20, 1983

TO: ALL COACHES OF TEAMS ENTERING REGIONAL TRACK & FIELD MEETS

FROM: VERN L. NORRIS, Executive Director

REGIONAL MEET ENTRIES: Please read the following before preparing your entry materials.

1. All Regional and Final Managers are to establish a preliminary session scratch meeting and final session scratch meeting. All contestants entered in events for that session of competition in the Regional or the Final Meet who do not plan to participate in all of their 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.
2. Coaches are to discourage contestants, parents of contestants and school followers from bringing radios, tape players, etc. to Track and Field competition because the loud playing of these appliances makes it difficult for contestants to hear meet instructions even when announced over the P.A. system.
3. TIMES, HEIGHTS, AND DISTANCES LISTED ON THE ENTRY BLANK ARE TO BE FOR THE CURRENT SEASON ONLY. Relay "split times" and 200 M dash, run on the straight away cannot be used for Regional Meet seeding or qualification.
4. Regional entries for whom times were not submitted or for whom confirmed false times were submitted, are to be placed in the last heat or first section without seeding consideration. Managers are to advise the M.H.S.A.A., in writing, of these violations.
5. Preparation of entry blank and event cards:
  - ✓ a. Check the March BULLETIN for the chart of times, heights and distances for additional qualifiers for Regionals.
  - b. Fill out your entry blank in pencil so that errors can be erased.
  - c. Alphabetize entries on the entry blank by name only, without regard to events or grade level.
  - d. Do not include the names of athletes who definitely will not participate in the meet. THE SHEETS OF CARDS ARE TO BE SEPARATED INTO FOUR INDIVIDUAL CARDS BEFORE FORWARDING THEM TO THE MANAGER.
  - e. A CONTESTANT MAY COMPETE IN A MAXIMUM OF FOUR EVENTS.
  - f. Fill out entry cards for entries and alternate cards for alternates. Be sure to include times on the cards. (All times must be for METRICS) Indicate in the upper right hand corner of the card, the date, location and opponent (school or individual) when this time was established.
  - g. Cross reference your cards with your entry blank to insure that both are complete and accurate.
  - h. Don't forget to include an eligibility list (signed by your principal) with your entry.
6. Remember, your entry must be in the Meet Manager's hands no later than 4:00 p.m. on Wednesday, May 11, 1983. (CONTESTANT'S NAME MUST APPEAR ON ENTRY BLANK, ENTRY CARD AND ELIGIBILITY LIST IN ORDER TO COMPETE IN REGIONALS.)

7. All contestants ENTERED in more than four events, even though they do not compete in more than four events, SHALL BE DISQUALIFIED from that meet. Alternates are not to be considered as entered in an event prior to the conclusion of the scratch meeting.
8. Semi-Finals shall be conducted when there are more than 12 contestants remaining in the 100M dash, 200M dash, 100M L.H. or 110M H.H. after the scratch meeting has ended and the meets are being conducted on a 6 lane track (more than 14 contestants for a 7 lane track, more than 16 contestants for a 8 lane track and more than 18 contestants for a 9 line track).
9. Only one section of the 3200M Run will be conducted at all Lower Peninsula Regional and Final Meets.
10. When the number of competitors exceeds twenty-four (24), two sections of the 1600M Run shall be conducted.
11. When the number of competitors exceeds sixteen(16), two sections of the 800 M Run shall be conducted.
12. Until a minimum of 12 runners remains in the 1600 M Run and 3200 M Run, all contestants who are lapped by the lead runner must leave the track.
13. COACHES OF QUALIFIERS ARE TO OBTAIN, FROM THE REGIONAL MANAGER, A PACKET OF INFORMATION ABOUT THE FINAL TRACK AND FIELD MEET.

TIME SCHEDULE AT LOWER PENINSULA FINAL MEET

June 4, 1983

All Final Track and Field Meets will be conducted on all-weather tracks; therefore, needle spikes ( $\frac{1}{4}$ " or less) only may be used.

Classes A, B, C & D

Time to be Scheduled by Each  
Final Manager

10:00 a.m.

1:30 p.m.

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Preliminaries

All Track Events

High Jump  
Discus

Long Jump  
Shot Put

100M Dash            110M High Hurdles  
100M Low Hurdles   200M Dash

Pole Vault

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LOCATIONS OF 1983 CLASS A REGIONAL TRACK AND FIELD MEETS

(May 20 or 21)

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 NUMBER	ENTERTAINING SCHOOL AND ADDRESS	MANAGER AND PHONE NUMBER
1 (Metric)	J. W. Sexton High School 102 McPherson Lansing, MI 48915	Paul Poezega 517-374-4800
2	Brighton High School 7878 Brighton Road Brighton, MI 48116	Duke Williams 313-229-5000
3	Roosevelt High School 540 Eureka Wyandotte, MI 48192	Curt W. Boller 313-284-3100
4 (Metric)	Highland Park Community High School 15900 Woodward Highland Park, MI 48203	Nate Hampton 313-252-0474
5 (Metric)	Grosse Pointe South High School 11 Grosse Pointe Blvd. Grosse Pointe, MI 48236	Charles Hollosy 313-343-2181
6 (Metric)	Port Huron Northern High School 1799 Krafft Road Port Huron, MI 48060	Peter J. Woods 313-984-2671
7 (Metric)	Romeo High School 11091 W. 32 Mile Road Romeo, MI 48065	Ernie Melton 313-752-3531
8 (Metric)	Athens High School 4333 John R. Troy, MI 48084	Bob McElreath 313-524-1200
9	West Bloomfield High School 4925 Orchard Lake Road West Bloomfield, MI 48033	Lee Averill 313-851-6100
10 (Metric)	Grand Rapids Public Schools (Houseman Field) 143 Bostwick, NE Grand Rapids, MI 49503	Russell Posthumus 616-456-4794