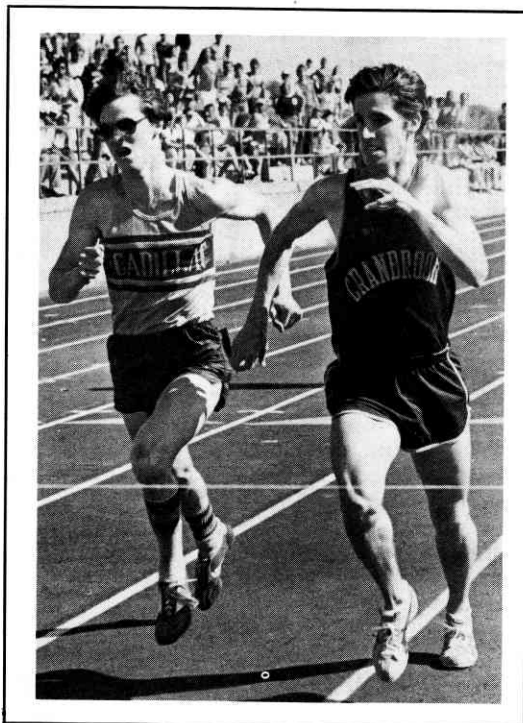


E. Schum



**MICHIGAN
HIGH SCHOOL
ATHLETIC ASSOCIATION
BULLETIN**



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TRACK AND FIELD COMMITTEE MEETING

East Lansing, January 23, 1984

Members Present:

Bernie Abrams, Covert
Curt Boller, Wyandotte
Martin Chard, Quincy
Gordon Chinn, Ishpeming
Rita Glaze, Detroit
Sheila Guerra, Battle Creek
Anthony Magni, Redford
Ronald Mead, DeWitt
Patricia Murphy, Hastings
Dale Sage, Reese
Rich Tompkins, Fremont
Byron Townsend, Houghton Lake
Eddie Watson, Benton Harbor
Sharon Young, Walled Lake

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 1983 committee recommendations, 1984 Track & Field rules changes, rule deviations approved for the 1982-83 school year, correspondence, Regional Managers suggestions, Final Managers suggestions, MITCA recommendations, Track & Field order of events, national recognition for Michigan performances, Regional and Final meet long jump and shot put facilities, host availability forms, Track entry forms and cards, qualifying standards for participating in Regional meets, standards for additional qualifiers for participating in Regional meets, and standards for additional qualifiers from Regional to Final meet. In addition, sites were selected and teams assigned to those sites for the 1984 Track & Field competition. Following will be found the recommendation, clarification and administrative changes which resulted from the above review and discussion.

GENERAL MEET REGULATIONS:

- No formal awards ceremony will be conducted at Regional Track & Field competition. Each manager is to place the school's medals in envelopes and the coach will pick the medals up at the end of the meet. The place winners and their times in each event are to be announced as soon after the conclusion of that event as possible.
- Qualifiers to the Regionals in the Girls 100M 33" hurdles is to be based on performances over the 33" hurdles.

- Lapped runners in the 3200M relay are not to be removed from the track.
- Current season **OUTDOOR** times, heights and distances only are to be used on the Regional meet entry cards.

5. The order of events will list the field events first.

6. The 1984 dual meet competition is to be conducted over 33" hurdles for the 100M hurdle race, if the host school has a full flight of 33" hurdles. Host schools are to advise the opponents, at the time contracts are signed, if they are unable to provide full flights of 100M 33" hurdles.

7. 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.

8. 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.

9. **ONLY METRIC TIMES MAY BE SUBMITTED TO REGIONAL MANAGERS.**

10. L.P. Regional starting heights in the pole vault 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" | 6" | 4" | 4" |
| Class B | 6" | 4" | 4" | 4" |
| Class C | 6" | 6" | 4" | 4" |
| Class D | 6" | 4" | 4" | 4" |

11. 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.

12. Two sections of the 3200M relay are to be conducted in both the Regional and the Final when the number of teams entered exceeds 13. The last section is to be composed of the teams with the 12 best times.

Correction to TR-31 3200 84, which came with the Rule Book:

IF STUDENTS REPRESENT THEIR SCHOOL ON THE BOYS CROSS COUNTRY TEAM (COMPETITION AND/OR EXHIBITION) THEY ARE NOT ELIGIBLE TO

COMPETE ON THE GIRL'S CROSS COUNTRY TEAM DURING THE CURRENT SCHOOL YEAR. LIKEWISE, THOSE WHO PARTICIPATE ON THE GIRL'S TEAM MAY NOT COMPETE ON THE BOYS TEAM. THIS SAME APPLICATION APPLIES TO ALL OTHER SPORTS. (IN ORDER TO BE ELIGIBLE FOR REGIONAL COMPETITION, GIRLS SHOULD NOT RUN OR COMPETE UNLESS THERE IS AN OPPOSING GIRL'S TEAM.)

RECOMMENDATIONS TO THE EXECUTIVE COUNCIL

1. Consider Troy-Athens High School for the 1985 and 1986 Class A Final Track & Field Meet Championships.

RECOMMENDATIONS TO THE REPRESENTATIVE COUNCIL

1. Poll principals of schools to determine if Regional and Final Track & Field meet competition may be scheduled for the first Saturday in June and the second Saturday in June, respectively, when, or if, the new 180 day mandatory school year becomes effective. This

change will provide the Regional competitors two additional weeks of competition and, therefore, should provide for better Regional performances.

2. Change the entry due date to Monday, the week of Regional competition for both the Lower and Upper Peninsula Track & Field competition. This will provide the schools with three additional days of competition and, in addition, reduce the manager's burden by eliminating the necessity of providing each competing school with heat sheets prior to the day of competition.

3. The standard for additional qualifiers should be based on the average third place finish in the Regionals over the last three years. The intent of this change is not to drastically increase the number of qualifiers from Regional to Finals, but to provide a fair standard for determining the additional qualifiers. It is understood that the 1985 committee may wish to change the designation from third place to second place if staff reports indicate that the third place average would drastically increase the number of qualifiers.

1984 REGIONAL AND FINAL TRACK AND FIELD MEETS FOR BOYS AND GIRLS

(See Report of 1984 Track Committee Meeting)

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 10**. 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.

TRACK AND FIELD RULES — The track and field rules as they appear in the 1984 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 one half 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 - 1:00 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.

Only those contestants listed in an individual event on the Regional Entry Blank and for whom an Entry Card (with current season OUTDOOR times, heights and distances) is submitted are to be allowed to compete in that individual event. ONLY METRIC TIMES MAY BE SUBMITTED TO REGIONAL MANAGER. 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 1983 sixth place Regional performance during the current outdoor season, all of these entries may enter and compete in the Regional Meet 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 — Schools finishing in 1st place in each Regional will receive a trophy. Individual medals will be awarded contestants finishing in the first six places in each event in Lower Peninsula Regionals. No formal awards ceremony will be conducted. Each manager is to place the school's medals in envelopes. The coach will pick up the medal at the end of the meet. THERE WILL BE NO

EXTRA MEDALS PROVIDED FOR THE POSITIONS AT REGIONAL MEETS. RECIPIENT IS TO BE DETERMINED BY THE TOSSE OF A COIN.

Trophies will be provided for schools which finish in the first two positions at all Finals Meets. Individual medals will be awarded contestants finishing in the first eight places in each event in Lower Peninsula Final meets.

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 better 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 1984 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 Meets may be found later in this information.

300 METER LOW HURDLES, 400 METER DASH, 400 METER RELAY 800 METER RELAY AND 1600 METER RELAY 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, 3200 METER RELAY 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).

Two sections of the 3200 METER RELAY are to be conducted when the number of teams entered exceeds 13. The last section is to be composed of the teams with the 12 best times.

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'' | 6'' | 4'' | 4'' |
| Class B | 6'' | 4'' | 4'' | 4'' |
| Class C | 6'' | 6'' | 4'' | 4'' |
| Class D | 6'' | 4'' | 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 16 entries (18 for a nine lane track) remaining after the scratch meeting ends: 100 Meter Dash, 200 Meter Dash, 100 Meter 33'' 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.

TRACK EVENTS

ALLEY STARTS AND ALLEY PLACING OF REGIONAL QUALIFIERS IN THE 800 METER, 1600 METER, 3200 METER RELAY AND 3200 METER RUNS AT ALL FINAL MEETS—The staggered alley starting procedure is to be used again at the 1984 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

FIELD EVENTS

Discus
Pole Vault
Boys Shot Put — 12 lbs.
Girls Shot Put — 8 lbs. 13 oz.
High Jump — (NOTE: Twenty inch (20") minimum take-off board is to be used at all Regionals and the Final Meets.)
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.

3200 Meter Relay
Boys 110 M. H.H.
Girls 100 M. 33" H.

100 M. Dash
800 M. Relay
1600 M. Run
400 M. Relay
400 M. Dash
800 M. Run
300 M. L.H.
200 M. Dash
3200 M. Run
1600 M. Relay

Preliminaries, will be run in the following order: Combined Boy-Girl Meets — 100 Meter Dash, 110 Meter High Hurdles, 100 Meter 33", 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 1984 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 1984 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.

A one turn stagger is to be used for the first leg of the 3200 meter relay.

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.

REGIONALS — 1984 CHART OF QUALIFYING PERFORMANCES FOR ADDITIONAL QUALIFIERS

BOYS

| Event | Class A Meters | Class B Meters | Class C Meters | Class D Meters |
|------------|-------------------|-------------------|-------------------|-------------------|
| 110 M H.H. | 15.5 | 16.0 | 17.3 | 17.2 |
| 100 M Dash | 11.4 | 11.6 | 11.6 | 11.8 |
| 1600 M Run | 4:31.3 | 4:36.0 | 4:39.1 | 4:48.4 |
| 400 M Dash | 51.5 | 52.2 | 53.1 | 53.8 |
| 800 M Run | 2:00.6 | 2:04.9 | 2:04.9 | 2:08.4 |
| 300 M L.H. | 40.5 | 40.9 | 41.2 | 42.6 |
| 200 M Dash | 23.2 | 23.8 | 24.1 | 24.5 |
| 3200 M Run | 10:02.0 | 10:09.5 | 10:18.9 | 10:40.6 |
| Pole Vault | 12'2" | 11'10" | 11'6" | 10'11" |
| Shot Put | 46'2" | 44'6 3/4" | 45'2" | 40'9 3/4" |
| High Jump | 6'0" | 5'11" | 5'9" | 5'9" |
| Long Jump | 19'11 1/2" | 19'5" | 19'3 3/4" | 19'2 1/2" |
| Discus | 129'10" | 125'10" | 126'3" | 116'3" |

GIRLS

| Event | Class A Meter | Class B Meter | Class C Meter | Class D Meter |
|--------------|------------------|------------------|------------------|------------------|
| *100 M 33" H | 16.0 | 16.5 | 16.9 | 18.1 |
| 100 M Dash | 12.9 | 13.3 | 13.1 | 13.5 |
| 1600 M Run | 5:30.7 | 5:39.9 | 5:45.3 | 5:56.2 |
| 400 M Dash | 1:01.3 | 1:03.1 | 1:04.0 | 1:05.4 |
| 800 M Run | 2:27.6 | 2:32.0 | 2:32.4 | 2:35.3 |
| 300 M L.H. | 48.6 | 50.2 | 50.9 | 52.7 |
| 200 M Dash | 26.4 | 27.8 | 28.1 | 29.1 |
| 3200 M Run | 12:16.3 | 12:32.2 | 12:47.7 | 13:26.8 |
| Shot Put | 31'11" | 31'5" | 31'0" | 30'5 1/2" |
| High Jump | 4'11" | 4'9" | 4'8" | 4'7" |
| Long Jump | 15'5" | 15'1 1/2" | 14'10 1/4" | 14'11 1/4" |
| Discus | 96'1" | 93'2" | 91'10" | 90'1" |

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 | 5'11" | 4'9" | 4'9" | 5' 8" 4' 5" |
| Pole Vault | 11'10" | 11'6" | 11'6" | 10'8" |

*Additional qualifiers to the Regionals are to be based on performances over 33" hurdles ONLY.

FINALS — 1984 CHART OF QUALIFYING PERFORMANCES FOR ADDITIONAL QUALIFIERS FROM REGIONALS TO FINALS BOYS

| Event | Class A Meters | Class B Meters | Class C Meters | Class D Meters |
|---------------|-------------------|-------------------|-------------------|-------------------|
| *3200 M Relay | | | | 15.6 |
| 110 M H.H. | 14.6 | 15.2 | 15.3 | 11.7 |
| 100 M Dash | 10.9 | 11.2 | 11.4 | 1:34.4 |
| 800 M Relay | 1:30.1 | 1:31.1 | 1:33.0 | 4:32.6 |
| 1600 M Run | 4:23.4 | 4:20.0 | 4:24.8 | 45.6 |
| 400 M Relay | 43.4 | 43.8 | 45.0 | 51.4 |
| 400 M Dash | 49.3 | 50.9 | 50.9 | 2:01.6 |
| 800 M Dash | 1:57.2 | 1:57.7 | 1:59.2 | 40.4 |
| 300 M L.H. | 38.1 | 38.4 | 39.4 | 23.7 |
| 200 M Dash | 22.5 | 23.1 | 23.1 | 10:03.1 |
| 3200 M Run | 9:33.7 | 9:36.5 | 9:44.9 | 3:33.5 |
| 1600 M Relay | 3:21.2 | 3:26.2 | 3:29.2 | 11"10" |
| Pole Vault | 13'1" | 13'0" | 12'10" | 47'7¾" |
| Shot Put | 53'5" | 51'5" | 50'10¾" | 6'1" |
| High Jump | 6'6" | 6'4" | 6'2" | 20'5¼" |
| Long Jump | 21'11½" | 21'5" | 20'11½" | 135'7" |
| Discus | 161'7" | 150'1" | 140'8" | |

GIRLS

| Event | Class A Meters | Class B Meters | Class C Meters | Class D Meters |
|--------------|-------------------|-------------------|-------------------|-------------------|
| *3200 Relay | | | | 16.5 |
| 100 M 33" H | 14.4 | 15.4 | 15.7 | 13.2 |
| 100 M Dash | 12.2 | 12.9 | 13.0 | 1:51.5 |
| 800 M Relay | 1:44.1 | 1:46.2 | 1:48.2 | 5:31.0 |
| 1600 M Run | 5:11.9 | 5:14.1 | 5:19.4 | 52.6 |
| 400 M Relay | 49.6 | 50.8 | 51.6 | 1:01.2 |
| 400 M Dash | 58.2 | 58.9 | 1:00.7 | 2:26.4 |
| 800 M Run | 2:20.7 | 2:20.9 | 2:23.8 | 48.8 |
| 300 M L.H. | 45.9 | 47.1 | 47.3 | 27.2 |
| 200 M Dash | 25.5 | 26.2 | 26.6 | 12:08.5 |
| 3200 M Run | 11:27.4 | 11:36.7 | 11:49.9 | 4:17.2 |
| 1600 M Relay | 4:01.4 | 4:06.6 | 4:10.7 | 34'11" |
| Shot Put | 37'4¼" | 37'1" | 36'5" | 4'10" |
| High Jump | 5'3" | 5'2" | 5'2" | 15'11½" |
| Long Jump | 17'2¼" | 16'10" | 16'8¼" | 103'2" |
| Discus | 116'4" | 114'4" | 108'11" | |

LOWER PENINSULA FINAL MEET STARTING HEIGHTS

| Event | Class A | | Class B | | Class C | | Class D | |
|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| | Boys-Girls | Boys-Girls | Boys-Girls | Boys-Girls | Boys-Girls | Boys-Girls | Boys-Girls | Boys-Girls |
| High Jump | 6'3" | 5'1" | 6'2" | 5'1" | 6'1" | 4'11" | 6'0" | 4'9" |
| Pole Vault | 12' 7" | 12' 5" | 12' 5" | 12' 1" | 12' 1" | 11' 2" | | |

*There will be no additional qualifiers from Regionals to Finals in the 3200M Relay.

MAJOR TRACK & FIELD RULE REVISIONS AND REMINDERS FOR 1984

Rule

- 1-2-1** **Changes:**
Beginning in 1985, national records will be recognized in the hurdle events for the boys 110 meter high hurdles and 300 meter intermediate hurdles, and the girls 100 meter intermediate (33 inch) hurdles and 300 meter low hurdles.
- 3-4** This rule specifies that the referee's authority begins when the referee arrives at the meet site and concludes 30 minutes following the last event, or following the conclusion of items still under appeal.
- 4-1-1** This rule specifies that a contestant becomes an entry at the time the games committee has established as a deadline for accepting entries.
- 4-2-1** Specified that if a contestant is entered in more than the allowable number of events, meet management shall scratch the contestant from the excess event or events. It also gives state associations the authority to modify entry limitations.
- 5-9-3** In relays, it is permissible for the order of running to be changed between heats and succeeding rounds of competition, **including individual legs of the medley relay, where all runners do not run the same distance.**
- 6-4-8** Clarifies the definition of legal putting action in the shot put.
- 9-2-6** Specifies that the score of a forfeited dual meet in Cross Country competition shall be 15-50.

Points of Special Emphasis

- Safety precautions in the pole vault.
Unsportsmanlike conduct by a coach.
1. M.H.S.A.A. Regional and Final 100M Hurdle Competition will be over 33" hurdles, as announced in May 1980.
2. The 3200 Meter Relay is the first track event for both single session and multi-session meets.
3. The 800M Run now precedes the 300M LH in the order of events.

NOTES:

LOCATIONS OF 1984 REGIONAL TRACK AND FIELD MEETS May 18 or 19

| Regional Number | Class | Entertaining School | City | Manager |
|-----------------|-------|---------------------------------|-----------------|----------------|
| 1 | A | J. W. Sexton High School | Lansing | Paul Pozega |
| 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 Gauker |
| 6 | A | Athens High School | Troy | Bob McElreath |
| 7 | A | Port Huron Northern High School | Port Huron | Peter J. Woods |
| 8 | A | Saginaw High School | Saginaw | John Payne |
| 9 | A | West Bloomfield High School | West Bloomfield | Lee Averill |

1984 REGIONAL TRACK AND FIELD MEETS (Concluded)

| Regional Number | Class | Entertaining School | City | Manager |
|-----------------|-------|---|------------------|-------------------|
| 10 | A | Grand Rapids Public Schools | Grand Rapids | Russell Posthumus |
| 11 | B | Sturgis High School | Sturgis | Jack Grant |
| 12 | B | Jackson County Western High School | Parma | John Dardzinski |
| 13 | B | Chelsea High School | Chelsea | Ron Nemeth |
| 14 | B | Fitzgerald High School | Warren | Richard Snyder |
| 15 | B | Linden High School | Linden | Joseph Piowarczyk |
| 16 | B | Corunna High School | Corunna | Jim Duffield |
| 17 | B | Ovid-Elsie High School | Elsie | John Oberlin |
| 18 | B | Fremont High School | Fremont | Chuck Sandro |
| 19 | B | Greenville High School | Greenville | Doug VanSyckle |
| 20 | B | Gaylord High School | Gaylord | Thomas Judge |
| 21 | C | Bangor High School | Bangor | Norm Johnson |
| 22 | C | Godwin Heights High School | Wyoming | Dale Scheerhorn |
| 23 | C | Bronson High School | Bronson | Paul Turner |
| 24 | C | DeWitt High School | DeWitt | Ronald Mead |
| 25 | C | Northern High School | Port Huron | Pete Wood |
| 26 | C | Carrington High School | Carrilton | Harold Campau |
| 27 | C | Tri-County Area High School | Howard City | Lynn Savage |
| 28 | C | Grant High School | Grant | Art Willick |
| 29 | C | Kalkaska High School | Kalkaska | Phillip K. Reed |
| 30 | D | Grand Valley State College | Allendale | Mike Stodola |
| 31 | D | Mendon High School | Mendon | Robert Sedam |
| 32 | D | Pittsford High School (Hillsdale College) | Pittsford | Ralph E. Crume |
| 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 | A-B | Sault Area High School | Sault Ste. Marie | Paul Pontious |
| 38 | C | Munising High School | Munising | Thomas Luckey |
| 39 | D | Rapid River High School | Rapid River | Fred Stage |
| 40 | A-B | Escanaba High School (Rapid River) | Escanaba | Dan Flynn |
| 41 | C | Ishpeming High School | Ishpeming | Gordon Farragh |
| 42 | D | Forest Park High School (Iron River-West Iron County) | Crystal Falls | Ron Johnson |
| 43 | C | Houghton High School | Houghton | Ray Witanen |
| 44 | D | White Pine High School | White Pine | Benjamin Leiker |

DETROIT TIGER CLINIC

The 43rd Annual M.H.S.A.A. sponsored Tiger Baseball-Softball Clinic has been set. The date is May 12, 1984 at 10:00 A.M. More information will be found in the April issue of the M.H.S.A.A. BULLETIN. WATCH FOR IT!

1984 FINAL TRACK AND FIELD MEET LOCATIONS UPPER PENINSULA (May 26, 1984)

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

LOWER PENINSULA (June 2, 1984)

| 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 | Clare High School | Clare | Rob 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:

- Your written request for listing Games Wanted will be acknowledged immediately and prepared for printing in the next possible issue of the BULLETIN.
- 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.
- 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).
- 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.
- 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

Varsity Football: September 7, 1984;
J.V. Football: September 6, 1984,

ANN ARBOR-HURON

Boys Basketball: December 14, 1984, Home.

ANN ARBOR-PIONEER

Varsity Football: September 21, Away, 28, Home, October 26, 1984, Home;
J.V. Football: September 20, Home, 27, Away, October 25, 1984, Away.

AUBURN HEIGHTS-AVONDALE

Varsity Football: October 5, 19, 1984.

AUGRES-SIMS

Varsity Football: October 19, 1984 Home;
November 2, 1984.

BATTLE CREEK-LAKEVIEW

Wrestling: January 20, 1984.

ALMA

Varsity Football: September 7, 1984;
J.V. Football: September 6, 1984.

ALMONT

ALPENA

Varsity Football: October 12, 1984;
J.V. Football: October 11, 1984

ALPENA

Varsity Football: October 5, 1984, Home;
October 4, 1985, Away.