

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION BULLETIN



1985 Track & Field Committee



TRACK AND FIELD ISSUE

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SPORTS ARE GOOD . . . IF THEY'RE HANDLED RIGHT

It isn't easy — keeping school sports educational.

In fact, it's hard—it's a mighty hard thing to do.

But hard or not, it's got to be done.

The responsibility of spelling sports e-d-u-c-a-t-i-o-n belongs primarily to the school administration. It is their job to make sure that sportsmanship — the ingredient which makes athletics educational—prevails at all times.

Part of that job is insisting that coaches teach sportsmanship to players. This is a key—probably THE key—to the situation. Athletes will stay in line, too, because players can't be expected to practice something their coach is preaching unless the coaches are practicing it, too.

Part of that job is making sure spectators — adults and students alike — learn how to appreciate athletics. We have come to depend a lot on spectators, not just for their money but also for the added dimension they give to a contest. There's something important missing in a contest—even a school contest—doesn't have spectators, particularly the student body of the school.

But in terms of education, spectators can be a tricky dimension in a school contest. They can be so good, so beneficial, so important. But they need someone to keep them under control. Too often spectators appreciate only their own team, not the opposition. Too often they turn even on their own team if the score is against them. Too often they become so emotional about the score that the referee becomes the target of abuse.

It is inevitable in athletics—even school sports — that winning and losing are such significant aspects of a game. The mere fact that the idea of a game is to strive to win puts the spotlight at the end of the game on the team with the best score.

There are things which could be done to de-emphasize winning. We could forget about

conference standings. We could eliminate all tournaments, including the ones which determined state championships. We could ignore trophies and medals.

That might even be easy to do. A lot of people who don't think a great deal about sports anyway would be over-joyed if some of these things were done. Students would still get to play the game as they do now. The big difference would be each game would be an end in itself.

It wouldn't be as exciting as it is now. But maybe there's too much excitement in sports the way we're conducting them as part of an educational program. Maybe, like some educators believe, the "sports tail" is wagging the "education dog" in our schools.

We don't think that is the way it is in our schools. True, once in a while it may look that way—particularly at a football playoff game or a basketball tournament contest. But these enthusiasms "highs" are good.

They spice the education process. They offer another challenge level. They get the community involved in education. It can be a great experience, and it doesn't have to be related to winning or losing if it's handled right by school people.

That's the key phrase — "if it's handled right by school people." We don't have to change the nature of interscholastic sports. We just have to work at keeping it a great thing for our boys and girls. That means administrators making sure coaches practice and teach sportsmanship, and that means administrators making sure spectators constantly keep in mind that sports without sportsmanship has no place in our educational process.

It won't be easy. It'll be hard, and it'll take a lot of doing.

But hard or not, it's got to be done.

—Wisconsin Interscholastic
Athletic Association

TRACK AND FIELD COMMITTEE MEETING East Lansing, January 22, 1985

Members Present:

Curt Boller, Wyandotte
Martin Crane, Flint
Sue Gaudet, Dundee
Jim Hirn, Escanaba
Norm Krawczak, Oak Park
James Murray, Niles
Dale Sage, Reese
Dale Scheerhorn, Wyoming
Kathy Talus, Lowell
Robert Sedam, Mendon
Sharon Young, Walled Lake

Members Absent:

Gerri David, Gaylord
Phil Reed, Kalkaska
Eddie Watson, Benton Harbor

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 1984 committee recommendations, 1985 Track & Field rules changes, rule deviations approved for the 1983-84 school year, alternate sites for Class B Finals, quality Final Meet officials, assignment of school to Regionals, two day Final Meets, lapped runner in 3200M relay, staffing Regional Meets, assignment to section in the 3200M relay, reducing manager's paperwork at Regionals, increasing the pay scale for Regional workers, separate Regional sites for boys and girls, junior high order of events, manager's suggestions, MITCA recommendations, Track & Field order of events, 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 1985 Track & Field competition. Following will be found the recommendation, clarification and administrative changes which resulted from the above review and discussion.

GENERAL MEET REGULATIONS:

1. Lapped teams in the 3200M relay must leave the track until there is a minimum of 12 teams remaining.

2. The 3200M relays are to be run with a two turn stagger at Regional and Finals.

3. Only one heat of the 3200M relay is to be conducted at each Regional and the Class D Final Meet.

4. When the number of entries in the 3200M relay exceed 16, two sections will be conducted at the Final Meets for Classes A, B, & C. The 16 teams with the best times is to be placed in the second section.

5. ALTERNATES SHALL NOT BE LISTED OR SUBMITTED TO REGIONALS.

6. In the event of inclement weather Lower Peninsula managers shall begin the pole value 12" below the published starting height.

7. In the event of inclement weather Lower Peninsula managers shall begin the high jump 3" below the published starting height.

8. If heat sheets are to be available prior to the date of the meet, managers are to advise coaches of the date, location and time when they may be PICKED UP.

9. If workers are needed for Regionals, the managers should include a request for workers in the information letter he sends to competing schools.

CLARIFICATIONS:

1. In order to conserve time for dual meets, coaches may mutually agree to run both the boys and girls 3200M relays simultaneously.

2. The Cross Country General Information Bulletin is to contain reference to the Rule 4, Section 5, Article 8(F).

RECOMMENDATIONS TO THE REPRESENTATIVE COUNCIL

1. Increase the pay scale for Regional Meet workers.

2. Increase the Boys 300M hurdle heights to 36" for Regional and Final Meets beginning in 1988.

3. Increase admission prices at Regionals and Finals to the next even dollar (\$1.50 to \$2.00 and \$2.50 to \$3.00).

The meeting was adjourned at 5:23 p.m.

KEEP THE TOTAL ATHLETIC STAFF
— INFORMED —

CIRCULATE THIS BULLETIN TO ALL CONCERNED

— 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.

1985 REGIONAL AND FINAL TRACK AND FIELD MEETS FOR BOYS AND GIRLS

(See Report of 1984 Track Committee Meeting)

TRACK AND FIELD RULES — The track and field rules as they appear in the 1985 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.

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 TWO INDIVIDUALS may be listed by a school for each bona fide team in EACH INDIVIDUAL EVENT at Lower Peninsula Regional Meets. 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 13. 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 the two 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. (Refer to the following paragraph for additional entries.) ONLY METRIC TIMES MAY BE SUBMITTED TO REGIONAL MANAGER. A \$25.00 late fee is required when changes in a team's entries are made after the entry due date and prior to the end of the scratch meeting for that session.

ADDITIONAL ENTRIES — REGIONAL MEETS — If three (3) or more entries by a school team in an event have equalled or bettered the average 1984 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 a Regional Meet Entry Blank and a set of Entry Cards. An 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.) 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 con-

testants 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. EXTRA MEDALS WILL BE PROVIDED FOR TIE POSITIONS AT REGIONAL MEETS.

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.

The first and second place relay teams at each Regional Meet will qualify to the Upper Peninsula Final Meet. In addition, in Classes A-B and C, the best third and fourth times from all Regional sites combined in that class will qualify.

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 1985 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).

There shall be one section of the 3200M Relay in all Regional and the Class D Finals. Two sections of the 3200M Relay shall be conducted at the Final Meets for Classes A, B, and C. The teams with the 16 fastest times shall be placed in the last section.

There is to be only one section at each Regional and Final Meet for the 3200 Meter Run.

Until a minimum of 12 runners remain in the 1600 Meter, 3200M Relay 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. This height is to be adjusted to allow one of the raises to fall on the height for additional qualifiers to the Final Meet. (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 SHALL BEGIN THE HIGH JUMP 3" BELOW THE PUBLISHED

STARTING HEIGHT. The bar then is to be raised 3 inches the first time (in class A Boys, the first two raises are to be 3 inches each) 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 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. The height is to be adjusted to allow one of the raises to fall on the height for additional qualifiers to the Final Meet. 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 SHALL BEGIN THE POLE VAULT 12" BELOW THE PUBLISHED STARTING 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.

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 1985 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.

HIGH SCHOOL 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
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.

TRACK EVENTS

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 1985 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 1985 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 two 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.

MAJOR TRACK & FIELD RULE REVISIONS FOR 1985

Rule Reference

- 1-2-1 The 165 m or 180 yard low hurdles have been deleted from the order of events for boys' competition.
- 4-5-8(f) A competitor may not wear a watch in any race.
- 7-4-5 Beginning in 1987, a front pad attached to the main landing pad or encased in a common cover, will be required in the pole vault.
- 7-4-13 Movement of the pole vault crossbar shall be limited to a position on the same vertical plane as the base of the stopboard up to a maximum of 24 inches in the direction of the landing surface.
- 6-2-9 With the exception of the pole vault, competitors in the field events will have 1½ minutes to initiate a trial. In the pole vault event, the time limit remains at 2 minutes.

Points of Special Emphasis

1. Safety Considerations in the Pole Vault Event.
2. Terms and Conditions for Competition in the State Final Meet Series.

**1985 CHART OF QUALIFYING PERFORMANCES FOR
ADDITIONAL QUALIFIERS FOR REGIONALS**

BOYS

Event	Class A Meters	Class B Meters	Class C Meters	Class D Meters
110M H.H.	15.5	16.5	16.5	17.5
100M Dash	11.5	11.5	11.9	11.9
1600M Run	4:36.6	4:40.0	4:43.1	4:53.8
400M Dash	51.7	52.6	53.4	55.1
300M L.H.	40.2	41.3	41.7	43.1
800M Run	2:02.0	2:04.2	2:06.0	2:09.5
200M Dash	23.4	23.8	24.6	24.5
3200M Run	10:06.0	10:21.9	10:23.3	10:41.2
Pole Vault	12'2"	11'10"	11'8"	11'3"
Shot Put	46'6"	44'9 3/4"	44'1 3/4"	41'4 3/4"
High Jump	6'1"	5'11"	5'10"	5'8"
Long Jump	20' 1/2"	19'6"	19'4"	19'1 1/2"
Discus	130'10"	128'4"	124'10"	117'8"

GIRLS

Event	Class A Meters	Class B Meters	Class C Meters	Class D Meters
100M 33" H	16.8	17.4	17.8	17.7
(Additional qualifiers to the Regionals are to be based on performances over 33" hurdles ONLY.)				
100M Dash	13.2	13.1	13.9	13.9
1600M Run	5:40.0	5:46.2	5:44.5	6:11.7
400M Dash	1:02.1	1:03.8	1:03.6	1:06.4
300M L.H.	49.9	51.0	51.7	53.4
800M Run	2:30.4	2:35.0	2:32.9	2:41.3
200M Dash	27.3	27.8	28.6	29.1
3200M Run	12:25.4	12:32.2	12:51.1	13:42.6
Shot Put	32' 3/4"	31' 6/4"	31'1"	30'5 3/4"
High Jump	4'10"	4'9"	4'9"	4'7"
Long Jump	15'7"	15'1"	14'11 1/4"	14'9 1/2"
Discus	94'10"	94'3"	90'7"	86'7"

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	5'10" 4'10"	5'11" 4'9"	5'8" 4'8"	5'8" 4'5"
Pole Vault	12' 3"	11'10"	11'8"	10'11"

**1985 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
Pole Vault	13'3"	12'10"	12'8"	11'11"
Shot Put	53'6"	51'4"	50'7 1/2"	47'1 1/2"
High Jump	6'6"	6'4"	6'1"	6'1"
Long Jump	21'9 3/4"	21'1 3/4"	20'10"	20'3 3/4"
Discus	155'2"	151'7"	141'5"	135'7"
3200M Relay	8:02.6	8:11.8	8:12.8	8:31.1
110M H.H.	14.7	15.0	15.5	15.9
100M Dash	10.9	11.3	11.5	11.7
800M Relay	1:29.8	1:31.6	1:32.9	1:34.7
1600M Run	4:23.9	4:24.1	4:26.5	4:34.8
400M Relay	43.3	44.1	44.7	45.6
400M Dash	49.3	50.4	50.9	51.5
300M L.H.	38.0	38.6	39.5	40.7
800M Dash	1:57.1	1:58.6	1:59.9	2:03.1
200M Dash	22.3	23.2	23.0	23.7
3200 M Run	9:35.1	9:43.6	9:47.3	10:05.4
1600 M Relay	3:21.4	3:27.3	3:29.8	3:34.5

GIRLS

Event	Class A Meters	Class B Meters	Class C Meters	Class D Meters
Shot Put	36'5 1/4"	36'8"	36'4 3/4"	35'2"
High Jump	5'3"	5'2"	5'1"	4'10"
Long Jump	17' 1/4"	16'5"	16'6 1/2"	15'8 1/4"
Discus	112'9"	115'6"	110'1"	102'6"
3200M Relay	9:51.0	10:04.8	10:10.6	10:27.5
100M 33" H	15.2	15.7	15.9	17.3
100M Dash	12.4	12.6	13.2	13.2
800M Relay	1:44.4	1:47.1	1:48.9	1:51.9
1600M Run	5:13.8	5:17.1	5:20.6	5:34.1
400M Relay	49.7	50.8	51.7	52.7
400M Dash	58.6	58.5	1:00.8	1:02.4
300M L.H.	45.8	47.6	47.7	48.6
800M Run	2:20.7	2:22.4	2:24.3	2:28.4
200M Dash	25.5	26.1	26.8	27.4
3200M Run	11:29.1	11:38.4	11:54.0	12:11.5
1600M Relay	4:01.4	4:09.2	4:11.3	4:19.3

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" 5'0"	6'0" 4'10"	6'0" 4'9"
Pole Vault	12' 8"	12'4"	12'2"	11'4"

LOCATIONS OF 1985 REGIONAL TRACK AND FIELD MEETS

May 17 or 18

Day	Regional Number	Class	Entertaining School	City	Manager
Fri.	1	A	J. W. Sexton High School	Lansing	Paul Pozega
Sat.	2	A	John Glenn High School	Westland	Jerry Szukaitis
Sat.	3	A	Roosevelt High School	Wyandotte	Curt Boller
Sat.	4	A	Highland Park Community High School	Highland Park	Nate Hampton
Sat.	5	A	Grosse Pointe South High School	Grosse Pointe	Charles Hollosy
Fri.	6	A	Hazel Park High School	Hazel Park	Dan Grant
Sat.	7	A	Port Huron Northern High School	Port Huron	Peter J. Woods
Fri.	8	A	Saginaw High School	Saginaw	John Payne
Sat.	9	A	West Bloomfield High School	West Bloomfield	Lee Averill
Sat.	10	A	Grand Rapids Public Schools	Grand Rapids	Mel Atkins
Sat.	11	B	Sturgis High School	Sturgis	Jack Grant
Sat.	12	B	Delton-Delton Kellogg High School	Delton	Randy Knowles
Sat.	13	B	Albion High School	Albion	John McGonigle
Fri.	14	B	Chelsea High School	Chelsea	Ronald Nemeth
Sat.	15	B	Jefferson High School	Monroe	Steve Scharf
Sat.	16	B	Fitzgerald High School	Warren	Richard Snyder
Sat.	17	B	Durand High School	Durand	Lloyd Lamphere
Sat.	18	B	Greenville High School	Greenville	Doug VanSyckle
Sat.	19	B	Coopersville High School	Coopersville	Max Schipper
Sat.	20	B	Chippewa Hills High School	Remus	Donald Foreman
Sat.	21	C	Bangor High School	Bangor	Norm Johnson
Fri.	22	C	Quincy High School	Quincy	Martin Chard
Sat.	23	C	Napoleon High School	Napoleon	Lloyd Clink
Sat.	24	C	Detroit Country Day High School	Birmingham	Chuck Schmitt
Fri.	25	C	Godwin Heights High School	Wyoming	Dale Scheerhorn
Fri.	26	C	Grant High School	Grant	Art Willick
Sat.	27	C	Tri-County Area High School	Howard City	Lynn Savage
Sat.	28	C	Breckenridge High School	Breckenridge	Rudy GoteFroidt
Sat.	29	C	Traverse City High School	Traverse City	David Dye
Sat.	30	D	Bridgman High School	Bridgman	John Wismer
Sat.	31	D	Litchfield High School	Litchfield	Marvin Smith
Sat.	32	D	Pottersville High School	Pottersville	Tom Truscott
Sat.	33	D	Caro High School	Caro	Alan Boydston
Sat.	34	D	Evart High School	Evart	Michael Kruckow
Sat.	35	D	Posen High School	Posen	Clifford Kelly
Fri.	36	D	Rudyard High School	Rudyard	Dennis Zyskowski
Fri.	37	C	Munising High School	Munising	Thomas Luckey
Sat.	38	D	Rapid River High School	Rapid River	Fred Stage
Fri.	39	A-B	Escanaba High School (Rapid River)	Escanaba	Dan Flynn
Fri.	40	A-B	Gwinn High School	Gwinn	Leonard Trudeau
Fri.	41	C	Westwood High School	Ishpeming	Dennis Bobula
Sat.	42	D	Chassell High School (Houghton)	Chassell	John Vaara
Fri.	43	C	Ontonagon High School	Ontonagon	Ernie Toivonen
Fri.	44	D	White Pine High School	White Pine	Benjamin Leiker

1985 FINAL TRACK AND FIELD MEET LOCATIONS & MANAGERS

UPPER PENINSULA
(May 25, 1985)

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

LOWER PENINSULA (June 1, 1985)

Classes	Entertaining School	City	Manager
Class A Boys and Girls	Flint Board of Education (Northwestern High School)	Flint	Richard Leach
Class B Boys and Girls	Northwest High School	Jackson	Wayne McDonald
Class C Boys and Girls	Clare High School	Clare	Rob Johnson
Class D Boys and Girls	Pittsford High School (Hillsdale College)	Pittsford	Ralph Crume

INTERSCHOLASTIC SPORTS SPONSORED BY MICHIGAN HIGH SCHOOLS

As Reported On Senior High School Classification Cards
(1983-84 and 1984-85 School Years)

	Boys Sports		Girls Sports	
	Number of Schools (83-84)	Number of Schools (84-85)	Number of Schools (83-84)	Number of Schools (84-85)
1. Basketball	702	701	697	695
2. Track	652	649	642	642
3. Baseball	635	636	617	621
4. Football	634	630	607	614
5. Cross Country	489	510	396	446
6. Golf	440	443	295	305
7. Wrestling	432	429	214	210
8. Tennis	348	350	149	142
9. Swimming	227	226	108	100
10. Soccer	134	161	68	77
11. Ice Hockey	94	93	73	82
12. Skiing	73	77	18	18
13. Equestrian	—	13	—	12
13. Gymnastics	15	13	—	11
15. Other Sports (Ten or Less Sponsors)	6	5	6	6

NUMBER OF CLASSIFIED HIGH SCHOOLS 717 713

JUNIOR HIGH/MIDDLE SCHOOL TRACK AND FIELD ORDER OF EVENTS

Taken from page 94 of the Handbook of M.H.S.A.A. for Junior High/
Middle Schools and Senior High Schools

It is imperative that any competition between the 7th and 8th grades or 7th, 8th, and 9th grades use the following orders of events and limitations.

NOTE 1: When boys and girls meets are conducted simultaneously, the events listed below are to be used. The boys events shall precede the girls events. If meets are not run simultaneously, the events listed for those not participating are to be eliminated. Schools must mutually agree to run the order of events in yards or meters prior to the meet. If schools cannot mutually agree, the host school will decide. Distances may be shortened or events may be eliminated by mutual consent of competing schools before the meet begins.

JUNIOR HIGH/MIDDLE SCHOOL ORDER OF EVENTS FOR BOYS AND GIRLS YARDS AND (METRIC)

1. Two Mile Run (3200 meters)
2. 60 Yard High Hurdles for Boys (55 meters) (5 hurdles)
60 Yard Low Hurdles for Girls (55 meters) (5 hurdles)
3. 880 Yard Relay (800 meter Relay)
4. 880 Yard Run (800 meters)
5. Mile Run (1600 meters)
6. 100 Yard Dash (100 meters)
7. 440 Yard Dash (400 meters)
8. 100 Yard Low Hurdles (100 meters) (4 hurdles - 20 yard intervals)
9. 75 Yard Dash (70 meters)
10. 220 Yard Dash (200 meters)
11. Mile Relay (1600 meter Relay)
12. 440 Yard Relay (400 meter Relay)

FIELD EVENTS

1. Pole Vault (Boys Event)
2. Shot Put (8 lb. 13 oz. or 4 Kg. for all)
3. Running High Jump
4. Running Long Jump

NOTE 2: The 2 Mile Run must be conducted during the field events.

NOTE 3: Both the Boys and Girls 60 yard Hurdles will be over five hurdles spaced as follows: 42'8" to the first hurdle 27'10" between the hurdles and 26' from the last hurdle to the finish.

NOTE 4: One false start shall be permitted in Junior High/Middle School competition (When the above order of events are used).

NOTE 5: Refer to Regulation IV B-3(d) for limitation of competition.

TRACK—SCORING

Dual Meets

Individual events are to be scored 5-3-1. Relays are to be scored 5-0.

Other Than Dual Meets

Scoring is to be in accordance with the National Federation Edition of the Track and Field Rules Book and the current year.

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 non-school 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 31, 1985 for events to be held in March, and April.)

*Dates preceded by an asterisk are National Federation sanctioned.

**Dates preceded by two asterisks are border state approved.

MARCH—

- **16—Boys Illinois Prep Relays, Sterling, Illinois (Michigan, Illinois)
- **16—Shamrock Invitational Track and Field Meet, Siena Heights College, Adrian (Michigan, Ohio).
- 20—Boys High School Invitational Track Meet, G.R. Ford Fieldhouse, Grand Rapids.
- 21—Girls High School Invitational Track Meet, G.R. Ford Fieldhouse, Grand Rapids.
- **23—Girls Illinois Prep Relays, Sterling, Illinois (Michigan, Illinois).
- **25-26—South Bend Classic Indoor Track & Field Meet, Niles-Brandywine.
- 29—Spartan Relays for Girls, Class B, M.S.U.
- **29-30—Huron Relays for A & B Schools, E.M.U. (Michigan, Ohio).
- 30—Spartan Relays for Class A Girls, M.S.U.
- **30—Shamrock Invitational Track & Field Meet, Siena Heights College, Adrian (Michigan, Ohio).

APRIL—

- **3—Niles Classic Baseball Tournament, (Michigan, Ohio).
 - 3—Class A Indoor Track Meet, C.M.U.
 - 5—Spartan Relays for Boys Class B & C, M.S.U.
 - 6—Spartan Relays for Boys Class A, M.S.U.
 - *12, 13—Wantagh LaCrosse Tournament, Wantagh, N.Y. (300 mile limit).
 - *19—Mansfield - Mehock Relays, Mansfield, Ohio.
 - **19, 20—Girls Fast Pitch Softball Tournament, Perrysburg, Ohio, (Michigan, Ohio).
 - **20—Christian High School Track and Field Invitational, Calvin College, Grand Rapids (Michigan, Illinois).
 - **20—Monument City Invitational Track Meet Angola, Indiana, (Michigan, Ohio, Illinois).
 - **20—McAuley High School All-Girls Track Invitational, Toledo, Ohio.
 - *26, 27—C.M.U. Relays for Boys and Girls, Mt. Pleasant.
 - 26, 27—High School Girls Soccer Invitational, Schoolcraft College, Livonia.
 - **27—Roosevelt Track Invitational Gary, Indiana (Michigan, Indiana, Illinois).
 - **28—Daily Star Relays, Niles (Michigan, Indiana).
 - 27, 28—High School Baseball Tournament for the Down River Area, Wyandotte.
- May 4, 5, 11