

## TRACK AND FIELD COMMITTEE



SEATED L to R: Loretta Sage, Dale Scheehorn, Gerri David, Phyllis Peletier, Joe De Fusco  
STANDING L to R: Bob Stallcup, Pat Bolda, Lonnie D. Lowery, Rudy Godetfroidt, Pete Woods, Bill Swanwick, Kim Spalsburg, Roy Hamilton, Mike Unger.  
ABSENT FROM PICTURE: Steve Scharf.

### TRACK & FIELD COMMITTEE MEETING East Lansing, January 28, 1986

#### Members Present:

Pat Bolda, Ubly  
Gerri David, Gaylord  
Joe DeFusco, Center Line  
Rudy Godetfroidt, Breckenridge  
Roy Hamilton, Ruyard  
Phyllis Peletier, Richland  
Loretta Sage, Auburn Hills  
Steve Scharf, Monroe  
Dale Scheehorn, Wyoming  
Kim Spalsburg, Fowler  
Bob Stallcup, Grand Blanc  
Bill Swanwick, Centreville  
Mike Unger, Detroit  
Pete Woods, Port Huron

#### 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. The Committee's review included the following items: Representative Council action on the 1985 Committee recommendations; the 1986 Track & Field rules changes; rules deviations approved

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

#### GENERAL MEET REGULATIONS:

1. Regional meet managers are encouraged to type results and report of qualifiers which are to be forwarded to Final Meet managers.
2. The grade of the athlete is to be indicated on the track entry cards.
3. Extra track entry cards are to be sent to each school for use in entering additional qualifiers in the Regional Meet.
4. Field events are to be scheduled to start 30 minutes before the first track preliminary at all Regional Meets.
5. The long jump preliminaries at all Regional Meets are to be conducted using an "Open Pit". Managers are to publish a starting and ending time for the Open Pit and, in addition, a starting time for the final jumps. Only one entrance to the long jump runway is to be available to contestants.
6. There must be a minimum of one hour between the last jump of the girls (or boys) long jump competition and in the start of the boys (or girls) long jump competition at all regionals.
7. There must be a minimum of one hour between the end of the boys (or girls) high jump competition and the start of the girls (or boys) high jump competition.
8. Beginning in 1987, the standard for additional qualifiers to regionals is to be based on the average of the last scoring place at each regional over a four year period. This

average will then remain unchanged for four consecutive years.

#### RECOMMENDATIONS TO THE STAFF:

1. Reemphasize to coaches and managers that the deadline for entering contestants must be followed. No alternates or substitutes are to be allowed after the deadline date and prior to the end of the scratch meeting without paying a \$25.00 late fee.
2. Reemphasize to Lower Peninsula Regional Managers that a head and an assistant clerk of course are to be employed at all Lower Peninsula Regional Meets.
3. The M.H.S.A.A. is to consider sending regional and final meet regulations at the same time that they send the Track & Field Rule Books to member schools.
4. Reemphasize, for coaches, that times must be rounded off to the next tenth of a second unless a fully automatic timer is used.
5. The Committee recommends the following schools be considered as hosts for the 1987 and 1988 Final Track & Field Meets: Class A — Jackson High School, Class B — Sturgis High School, Class D — Traverse City High School.

#### RECOMMENDATIONS TO MITCA TRACK COMMITTEE:

Develop a minimal standard for Regional Meet participation for all events. The recommendations for the minimum standards are to be placed on the agenda for the 1987 M.H.S.A.A. Track & Field Committee.  
The meeting was adjourned at 6:02 p.m.

#### — 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. Entries not received by the deadline date and time, will not be accepted until a \$25 Late Fee has been paid.

**KEEP THE TOTAL ATHLETIC STAFF  
— INFORMED —  
CIRCULATE THIS BULLETIN TO ALL CONCERNED**

# 1986 REGIONAL AND FINAL TRACK AND FIELD MEETS FOR BOYS AND GIRLS

— \*(NOTE: PLEASE PHOTOCOPY AND DISTRIBUTE TO COACHES)\* —

**TRACK AND FIELD RULES**— The track and field rules as they appear in the 1986 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**— Field events preliminaries are to start 30 minutes before the first track event preliminaries. **MANAGERS CONDUCTING REGIONAL MEETS ON FRIDAY ARE TO SCHEDULE STARTING TIMES TO MINIMIZE LOSS OF SCHOOL TIME.**

Field Event Preliminaries are to start not earlier than 9:30 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 semifinal 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—10:00a.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 12. Coaches are urged NOT TO ENTER individuals in events IN WHICH THEY DO NOT HAVE COMPETITIVE PERFORMANCES.

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 1985 sixth place (last scoring 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 TYPE FIRST AND LAST NAMES AND GRADE ON ENTRY CARDS.) 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. Extra medals will be provided for the positions at regional meets.

Trophies will be provided for schools which finish in the first two positions at all Final 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 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 better than 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 1986 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 has been adjusted to allow one of the raises to fall on the height for additional qualifiers to the Final Meet.

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

**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 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 is to be raised one inch only for each successive jump.

The starting height at Upper Peninsula Regionals, and the Final Meet, is to be determined by the meet manager without reference to the above.

**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 starting height has been adjusted to allow one of the raises to fall on the height for additional qualifiers to the Final Meet.

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

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 is to be raised 6 inches the first time and 4 inches each time thereafter.

**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 1986 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 — 8 lbs., 13 oz.  
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

## 1986 MAJOR TRACK & FIELD RULE REVISIONS

Rule: 5-9-2

In relay events, up to six individuals may be listed on the relay entry card, but only those who actually participate will be considered official entries. Any substitutions must come from those names on the relay entry card.

Rules: 6-2-1  
7-5-8

In meets with limited entries, the games committee may allow competitors in the throwing events and the long and triple jumps, just four trials in lieu of three trials in the prelims and three trials in the finals.

Rules: 7-3-17(d);  
7-4-25(d)

Specifies that in a jump-off to break a first place tie, all tied competitors must make one more attempt at the height they failed.

### OTHER RULE CHANGES

Rule: 7-4-12

Prohibited the wearing of gloves in the pole vault.

Rules: 7-4-12;  
7-3-11

When only one competitor remains in the high jump or pole vault competition, that competitor may determine the succeeding heights of the crossbar.

Rule: 7-5-4

Specifies the landing pit in the long and triple jump shall be filled with sand or other soft material to a depth that will provide a safe landing.

Rule: 7-5-13

Specifies that a competitor in the long or triple jump who, in the course of landing or leaving the pit, touches the ground outside the landing area closer to the scratch line than the nearest break in the landing pit made by the jump, shall be credited with a failed trial.

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 1986 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 1986 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 M.H.S.A.A. office.

## 1986 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.	15.9	16.6	16.2	17.5
100M Dash	11.5	11.5	11.4	12.3
1600M Run	4:38.6	4:47.7	4:47.7	4:58.5
400M Dash	52.0	53.7	53.8	55.9
300M L.H.	40.6	41.5	42.0	43.5
800M Run	2:03.4	2:06.2	2:07.4	2:12.7
200M Dash	23.6	24.5	23.9	24.6
3200M Run	10:06.4	10:25.2	10:26.1	11:00.4
Pole Vault	12.2"	11.9"	11.8"	10.9"
Shot Put	46.9 1/4"	44.6 3/4"	43.1 1/4"	39.10 3/4"
High Jump	5.10"	5.11"	5.9"	5.10"
Long Jump	20 1/2"	19.3"	19.3"	18.8 3/4"
Discus	138.2"	131.2"	121.6"	115.7"

### GIRLS

Event	Class A Meters	Class B Meters	Class C Meters	Class D Meters
100M 33" H.	17.3	17.5	17.8	18.6
Qualifiers to the Regionals are to be based on performances over 33" hurdles ONLY.)				
100M Dash	13.3	13.9	13.1	13.9
1600M Run	5:42.0	5:51.8	5:51.8	6:08.4
400M Dash	1:03.3	1:04.5	1:05.3	1:06.2
300M L.H.	49.6	51.3	51.5	53.6
800M Run	2:32.3	2:34.7	2:37.0	2:44.8
200M Dash	27.7	28.4	28.5	29.2
3200M Run	12:24.3	12:50.3	12:56.4	14:13.3
Shot Put	32.2 3/4"	31 1 1/2"	31 1 1/4"	29.5"
High Jump	4.10"	4.9"	4.8"	4.6"
Long Jump	15.4 3/4"	14.9"	14.10 3/4"	14.6"
Discus	96.11"	94.0"	93.4"	88.2"

## 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' 0"	5'11"	5' 9"	5' 8"
Pole Vault	12' 3"	11'11"	11'10"	10'10"

## 1986 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	13.7"	12.11"	13.2"	12.4"
Shot Put	53.3"	50.2"	50.5 1/2"	47.3 1/4"
High Jump	6.6"	6.5"	6.3"	6.0"
Long Jump	22. 3/4"	21.5 1/4"	20.8 3/4"	20.5 1/2"
Discus	151.2"	151.6"	143.5"	133.0"
3200M Relay	8:02.6	8:10.9	8:12.8	8:26.4
110M H.H.	14.8	15.1	15.8	16.2
100M Dash	10.9	11.4	11.4	11.7
800M Relay	1:29.6	1:31.8	1:32.5	1:35.0
1600M Run	4:24.4	4:28.0	4:28.4	4:40.0
400M Dash	43.0	44.4	44.4	45.6
400M Relay	49.2	50.6	50.5	51.8
300M L.H.	38.0	39.1	39.4	40.8
800M Dash	1:57.1	1:58.8	1:57.7	2:05.6
200M Dash	22.3	23.0	23.0	23.6
3200 M Run	9:39.1	9:45.1	9:51.5	10:15.7
1600 M Relay	3:21.9	3:27.1	3:28.8	3:35.0

### GIRLS

Event	Class A Meters	Class B Meters	Class C Meters	Class D Meters
Shot Put	37.5 1/4"	36.6"	36.4 1/4"	35.2"
High Jump	5.4"	5.1"	5.1"	4.10"
Long Jump	16.11"	16.6"	16.5 3/4"	15.8 1/4"
Discus	116.2"	117.5"	113.11"	102.6"
3200M Relay	9:51.0	10:00.0	10:04.0	10:27.5
100M 33" H.	15.2	15.7	15.9	17.2
100M Dash	12.6	12.4	13.2	13.6
800M Relay	1:44.0	1:48.2	1:48.7	1:52.5
1600M Run	5:10.6	5:20.0	5:23.4	5:34.7
400M Relay	49.7	50.9	51.8	53.1
400M Dash	58.8	59.8	60.0	62.1
300M L.H.	45.7	47.4	48.0	48.4
800M Run	2:18.7	2:24.5	2:23.3	2:31.0
200M Dash	25.7	26.3	27.3	27.9
3200M Run	11:29.0	11:33.2	12:01.6	12:16.9
1600M Relay	3:59.5	4:09.5	4:12.0	4:19.1

## 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"	6.0"
Pole Vault	12.9"	12.4"	12.4"	11.5"

# LOCATIONS OF 1986 REGIONAL TRACK AND FIELD MEETS

May 16 or 17

Day	Regional Number	Class	Entertaining School	City	Manager
Fri.	1	A	J. W. Sexton High School	Lansing	Paul Porzega
Sat.	2	A	Ypsilanti High School	Ypsilanti	John Nordlinger
Sat.	3	A	Roosevelt High School	Windsor	Curt Boller
Sat.	4	A	Highland Park Community High School	Highland Park	Nate Hampton
Sat.	5	A	Grosse Pointe South High School	Grosse Pointe	Steve Zaraneck
Fri.	6	A	Rochester High School	Rochester	Hal Commerson
Fri.	7	A	Southfield High School	Southfield	Fred Goldberg
Sat.	8	A	Lakeland High School	Milford	George Heitch
Sat.	9	A	Port Huron Northern High School	Port Huron	Peter J. Woods
Fri.	10	A	West Ottawa High School	Holland	Karl Vanhus
Sat.	11	B	Sturgis High School	Sturgis	Bob McClary
Sat.	12	B	Jackson County Western High School	Parma	John Dardzinski
Fri.	13	B	Chelsea High School	Chelsea	Larry Reed
Sat.	14	B	Jefferson High School	Monroe	Steve Scharf
Sat.	15	B	Fitzgerald High School	Warren	Richard Snyder
Sat.	16	B	Caro High School	Caro	Alan Michalak
Sat.	17	B	Eisenhower High School	Saginaw	Hugh Matson
Sat.	18	B	Greenville High School	Greenville	Chuck Sandro
Sat.	19	B	East Grand Rapids High School (Houseman Field)	Grand Rapids	Lew Clingman
Sat.	20	B	Gaylord High School	Gaylord	Thomas Judge
Fri.	21	C	Bronson High School	Bronson	Dave Binder
Fri.	22	C	Quincy High School	Quincy	Martin Charad
Sat.	23	C	Napoleon High School	Napoleon	Lloyd Clink
Sat.	24	C	Michigan Center High School	Michigan Center	John Jimenez
Sat.	25	C	Breckentidge High School	Breckentidge	Rudy Godtfrodit
Sat.	26	C	Saint Louis High School	Saint Louis	Kathy Huffiz
Sat.	27	C	Godwin Heights High School	Wyoming	Dale Scheehorn
Sat.	28	C	Ewart High School	Ewart	Ronald W. Milks
Sat.	29	C	Kalkaska High School	Kalkaska	Karen Fisher
Sat.	30	D	Covert High School	Covert	James Babcock
Sat.	31	D	Athens High School	Athens	Steve Brower
Sat.	32	D	Fulton High School	Middleton	Thomas Webb
Fri.	33	D	Caro High School	Caro	Alan Boydston
Sat.	34	D	Traverse City High School	Traverse City	David Dye
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	Terry Sayen
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	Mike Taake
Fri.	41	C	Negaunee High School	Negaunee	George Collins
Fri.	42	D	Michigan Tech. University	Houghton	Randy Anrey
Fri.	43	C	Houghton High School	Houghton	Don Sawaski
Fri.	44	D	White Pine High School	White Pine	Benjamin Leiker

# 1986 FINAL TRACK AND FIELD MEET LOCATIONS & MANAGERS

UPPER PENINSULA  
(May 24, 1986)

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

## LOWER PENINSULA (May 31, 1986)

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	Bangor High School	Bangor	Norm Johnson
Class D Boys and Girls	Prisford High School (Hillsdale College)	Prisford	Ralph Crane

## 1986-87 CARE AND PREVENTION OF INJURY CLINIC PLANS UNDERWAY

The Michigan High School Athletic Association's Care and Prevention of Injury Clinics held to date have been successful, thanks to the coordinators and hosting schools. The efforts of these dedicated people have provided valuable and practical knowledge for many. Because of continued interest, the M.H.S.A.A. is already putting together next year's schedule.

(cut here)

If your school is interested in hosting such a Clinic, please complete the form below, and return it to the M.H.S.A.A. office, 1019 Trowbridge Road, East Lansing, Michigan 48823, by March 28, 1986, for publication in the May BULLETIN and in the Athletic Events Calendar. The M.H.S.A.A. will underwrite all Clinics if requests are received by March 28th.

### CARE AND PREVENTION OF INJURY CLINIC — 1986-87

Name of Host School — \_\_\_\_\_ (City and School)

Date of Clinic — \_\_\_\_\_ (Day/Date) 19 \_\_\_\_\_ Time — \_\_\_\_\_ (From) — \_\_\_\_\_ (To)

Coordinator — \_\_\_\_\_ Signed \_\_\_\_\_ Position — \_\_\_\_\_ (Superintendent or Principal)



# 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 30" Hurdles for Boys (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 30" 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 boys; 6 lbs. for girls)
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 tourna-  
ment 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 February 3, 1986 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—

- 19—High School Track for Boys, Grand Rapids J.C.
- 20—High School Track for Girls, Grand Rapids J.C.
- 22—Eastern Michigan University Relays for Girls, Ypsilanti.
- 28-29—Spartan Relays for Girls, East Lansing.
- 28—High School Tennis Invitational, Ramblewood Club, Granville.
- \*\*28-29—Huron Relays for Boys, E.M.U., Ypsilanti.

\*\*31-

April 1—South Bend Classic Track for Boys at Notre Dame University (Michigan-Indiana).

### APRIL—

- 4-5—Spartan Relays for Boys at M.S.U. East Lansing.
- \*\*5—Simpson Invitational Track Meet, Superior, Wisconsin (Michigan, Wisconsin,  
Minnesota)
- 11-12—High School Girls Soccer Invitational, Schoolcraft College, Livonia.
- \*18-19—Mansfield Mehoock Relays, Mansfield, Ohio.
- \*\*19—Monument City Invitational Track Meet, Angola, Indiana (Indiana, Michigan & Ohio).
- \*\*19—Christian High School Track & Field Invitational, Calvin College, Grand Rapids  
(Michigan & Illinois).
- 25-26—Girls LaCrosse Tournament, Worthington, Ohio.
- \*\*26—Daily Star Relays for Track and Field Niles (Michigan & Indiana).
- 26, 27,  
May 3,  
4, 10—High School Baseball Tournney, Wyandotte.
- \*\*30—Fremont Invitational Track Meet for Junior High, Fremont, Ohio.

# SPORT — BE ONE!