

Tom Csek



MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION BULLETIN



TRACK AND FIELD ISSUE

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TRACK AND FIELD COMMITTEE



FRONT ROW L to R: Sue Hendershot, Roy Hamilton, Len Callard, Phyllis Peletier, Steve Zaranek. MIDDLE ROW L to R: Kathy Kiefer, Rudy Godefoidt, Pat Bolda, Jack Bridges, Roy Allen. BACK ROW L to R: Bill Bupp, Bernie Abrams, Joe Long, Pete Woods, Jerry Hopkins.

TRACK AND FIELD COMMITTEE East Lansing, January 13, 1987

Members Present:

Bernard Abrams, Convert
Roy Allen, Detroit
Pat Bolda, Ubly
Jack Bridges, Dearborn
Len Collard, Bridgport
Rudy Godefroidt, Breckenridge
Roy Hamilton, Rudyard
Sara Hendershot, Bear Lake
Jerry Hopkins, Comstock Park
Kathy Kiefer, Adrian
Joe Long, Bloomingdale
Phyllis Peletier, Richland
Pete Woods, Port Huron
Steve Zaranek, Grosse Pointe

Members Absent:

Norm Johnson, Bangor
Alan Michalak, Caro

Staff Members Present:

Bill Bupp, East Lansing, (Recorder)

The meeting was called to order at 1:00 p.m. Following introductory remarks, the Committee submitted a series of recommendations and took action as noted herein.

1. The pole vault shall continue to be an event at all M.H.S.A.A. sponsored meets. Recom-

mended for Representative Council Approval.

Additional comment encouraged specific and continued education for coaches so they may train pole vaulters appropriately. Further suggestion by the Committee that the Michigan Interscholastic Track Coaches Association provide the training as a service.

2. The starting height for the pole vault at each Regional shall be 24 inches less than the qualifying height. The raises shall be six inches each time until seven competitors remain.

Recommended to be published in the 1987 General Information Bulletin. Approved, unanimous voice vote.

3. Care should be taken when selecting M.H.S.A.A. Regional and Final Sites to select hosts and managers capable and willing to follow M.H.S.A.A. procedures. Approved unanimous voice vote.
4. Beginning with the 1988 Regional and Final Track Meets, the M.H.S.A.A., through the appropriate procedures, shall assign personnel to fill the positions of Starters (two

registered officials), Clerks (2 experienced persons), Head Field Judge (one registered official), Head Judge/Timer (one experienced person), and Referee (one registered official).

Further, these officials will be paid a fee, mileage at \$.15 per round trip mile from the home city to the event city and a meal allowance. Shells and other expendable supplies will be furnished by the meet manager.

The resource for officials shall result from leagues recommending up to three persons and noting their area of competence. Recommended for Representative Council approval by unanimous voice vote.

5. The pole vault standards may be placed up to 36 inches from the stopboard as determined by each vaulter.

Recommended for Representative Council approval by unanimous voice vote.

6. The 800 meter relay (4 x 200 meters), utilizing the two turn stagger, was reviewed. Discussion only.

7. Qualifiers to the Final Track Meet shall be two in each event. Additional competitors may qualify by exceeding the three year average of second place Regional finishes. Recommended for Representative Council and Executive Board approval for 1987 implementation.

8. Beginning with the 1987 Regional and final Track Meets, Boys and Girls events will alternate order. Girls events will be run first in odd years and Boys events will be run in even years. In 1987 the Girls events will be run first.

Recommended to be published in the 1987 General Information Bulletin. Approved, unanimous voice vote.

9. The M.H.S.A.A. staff shall study and make the necessary plans to implement a two day Final Track Meet. Recommended for Representative Council approval by unanimous voice vote.

10. The Committee reviewed the hurdle height of 36 inches required for the 300 meter hurdle race for boys, required in 1988.

11. The 4 x 800 meter relay shall be the first final event run prior to the Semi-Final heats of the sprint and hurdle events, in the morning ses-

sion. The 4 x 800 meter relay shall not be run prior to 11:00 a.m. and shall consist of one heat.

Recommended to be published in the 1987 General Information Bulletin for immediate implementation.

12. The Committee received the Junior High Recommendations from Rudyard and forwarded them to the Junior High Committee for review and study. The committee supports the Rudyard proposals.

13. At the Regional and Final Track Meets the afternoon schedule shall begin one hour after the last Semi-final event concludes, but not earlier than 1:30 p.m.

Recommended to be published in the 1987 General Information Bulletin for immediate implementation. Unanimous voice vote.

14. The 800 meter run shall be run with a two turn stagger.

Recommended to be published in the 1987 General Information Bulletin for immediate implementation. Unanimous voice vote.

15. The Committee requested the Representative Council to study the \$25.00 late fee and consider that it apply to track "up to 48 hours following the entry date and hour."

16. The Committee requested these administration actions:

A. Information Bulletin, scratches sheets for Boys and Girls Track will replace the scratch meeting.

B. Meet managers are to be sent extra entry cards.

C. Send recommendation for painting tracks to each coach and all league directors.

D. One copy of the **Appeal Form** is to be furnished to meet managers to be copied for their optional use.

17. Track coaches may work with the entire track team beginning the first Monday of January.

Recommended for Representative Council approval by unanimous voice vote.

The Committee was divided by class to select Regional Meet host sites and assign teams to the Regional Meets.

The 1986 National Federation Track and Field Survey results were distributed to the Committee.

1987 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 1987 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 earlier than 9:30 a.m. on Saturday. Regional Managers will notify competing schools of exact starting times. At the Regional and Final Track Meets the afternoon schedule shall begin one hour after the last semi-final event concludes, but no earlier than 1:30 p.m.

STARTING TIME — UPPER PENINSULA FINAL MEET — Preliminaries — 10:00 a.m.; Field Events — 12:00 noon (Eastern Daylight savings time).

STARTING TIME — LOWER PENINSULA FINAL MEET — Preliminaries — 10:00 a.m.; Track Finals — 1:30 p.m. **NOTE:** Pole Vault in all classes is to begin at 10:00 a.m. Each manager will determine whether the discus or the shot put should be conducted first. A minimum of one half hour must be observed between the last throw of the shot (or discus) and the first throw of the discus (or shot). In addition there must be a minimum of one hour between the boys and girls competition in the following events: discus, high jump, long jump and shot put.

ENTRIES — REGIONAL MEETS — Each school may enter a Boys' team and a Girls' team in the Regional Meet only if they have bona fide teams (See Regulation II, Section I(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 11. Coaches are urged NOT TO ENTER individuals in events IN WHICH THEY DO NOT HAVE COMPETITIVE PERFORMANCES.

Each Regional and Final Manager is to accept scratch sheets up to 30 minutes before the preliminary session is scheduled to begin and up to 30 minutes before the time the final ses-

sion is scheduled to begin. 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 TIME SCRATCH SHEETS ARE DUE.**

ADDITIONAL ENTRIES — REGIONAL MEETS — If three (3) or more entries by a school team in an event have equalled or bettered the average sixth place (last scoring place) Regional performances, compiled from the results of the most recent three years, 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 First 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 which the coach will pick up 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 — 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 two 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 three year average of second place Regional finishes shall qualify to the 1987 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 in this information BULLETIN.

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 3200 Meter Relay in all Regional and the Class D Finals. Two sections of the 3200 Meter 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, 3200 Meter 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 24 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 shall be increased by six inches each time until seven competitors remain thereafter the bar shall be raised four inches.

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 sheets are submitted: 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 1987 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.

Beginning with the 1987 Regional And Final Track Meets, Boys and Girls events will alternate order. Girls events will be run first in odd years and Boys events will be run in even years. In 1987 the Girls events will be run first.

The 4 x 800 Meter Relay shall be the first final event run prior to the Semi-final heats of the sprint and hurdle events, in the Regional and Final meet morning session. The 4 x 800 meter relay shall not be run prior to 11:00 a.m. and shall consist of one heat.

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 (MICHIGAN 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 1987 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 1987 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 800 Meter Relay and 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 the Regional Managers, Final Managers or to the M.H.S.A.A. office.

LOCATIONS OF 1987 REGIONAL TRACK AND FIELD MEETS

May 16 or 17, 1987

Regional Number	Class	Entertaining School	City	Manager
1	A	Port Huron Northern High School	Port Huron	Peter Woods
2	A	J. W. Sexton High School	Lansing	Paul Pozega
3	A	Monroe High School	Monroe	Don Brouse
4	A	Ypsilanti High School	Ypsilanti	Jack Arnold
5	A	Southfield High School	Southfield	Fred Goldberg
6	A	Highland Park Community High School	Highland Park	Nate Hampton
7	A	Grosse Pointe High School	Grosse Pointe	Steve Zaranek
8	A	Rochester High School	Rochester	Hal Commerson
9	A	Lakeland High School	Milford	George Heitsch
10	A	Grand Rapids Public Schools	Grand Rapids	Lewis Clingman
11	B	Zeeland High School	Zeeland	Ron Fales
12	B	Grand Rapids Christian High School	Grand Rapids	Ken Bokhoven
13	B	Chippewa Hills High School	Remus	Don Foreman
14	B	Caro High School	Caro	Al Michalak
15	B	Jefferson High School	Monroe	Steve Scharf
16	B	Durand High School	Durand	Lloyd Lamphere
17	B	Harper Creek High School	Battle Creek	Ralph Kenyon
18	B	Delton Kellogg High School	Delton	Randy Knowles
19	B	Linden High School	Linden	Joe Piwowarczyk
20	B	Mt. Clemens High School	Mt. Clemens	Gary Sear
21	C	Kalkaska High School	Kalkaska	Stafford Wood
22	C	Godwin Heights High School	Wyoming	Dale Scheerhorn
23	C	Bad Axe High School	Bad Axe	David Percival
24	C	Quincy High School	Quincy	Martin Chard
25	C	Lake Fenton High School	Fenton	Jerry Kramer
26	C			
27	C	Breckenridge High School	Breckenridge	Rudy Godefroidt
28	C	Grant High School	Grant	Pat Bootz
29	C	Lake Michigan Catholic High School	St. Joseph	Fred Smith
30	D	Traverse City High School	Traverse City	David Dye
31	D	Mendon High School	Mendon	Tom Wenzel
32	D	Pittsford High School	Pittsford	Ralph E. Crume
33	D	Litchfield High School	Litchfield	Marvin Smith
34	D	Posen High School	Posen	Clifford Kelly
35	D	Fulton High School	Middleton	Roger Thelen
36	D	Rudyard High School	Rudyard	Dennis Zyskowski
37	C	Munising High School	Munising	Thomas Luckey
38	D	Rapid River High School	Rapid River	Fred Stage
39	A-B	Escanaba High School (Rapid River)	Escanaba	Dan Flynn
40	A-B	Gwinn High School	Gwinn	Leonard Trudeau
41	C	Westwood High School	Ishpeming	Dennis Bobula
42	D	Baraga High School	Baraga	Charles Beck
43	C	Ontonagon High School	Ontonagon	Ernie Toivonen
44	D	White Pine High School	White Pine	Benjamin Leiker

MAJOR TRACK AND FIELD REVISIONS FOR 1987

Rule 3-4-4: Stipulates any disqualified competitor must be notified of the disqualification.

Rule 4-5-6: Expands disqualification for interference to field events.

Rule 5-9-6: Prohibits the use of gloves in relay events.

Rule 7-4-4: Requires the pole vault landing surface include a common cover or pad extending over all sections of the pit.

OTHER RULE CHANGES

Rule 4-3-1: Removed the note recommending jersey numbers.

Rule 3-5-2: Authorized flag signals (in lieu of whistle) between the head finish judge and the starter.

POINTS OF SPECIAL EMPHASIS

- New Procedure for the Two-Command Start
- Relay Substitution Rule
- Landing Areas in the Pole Vault and High Jump
- Team Uniforms

1986 FINAL TRACK AND FIELD MEET LOCATIONS & MANAGERS

UPPER PENINSULA (May 23, 1987)

Entertaining School	City	Manager
Marquette High School	Marquette	Jerry Pangrazzi

LOWER PENINSULA (May 30, 1987)

Class	Entertaining School	City	Manager
A	Alma College	Alma	Phil Brooks
B	Sturgis High School	Sturgis	Jack Grant
C	Bangor High School	Bangor	Norm Johnson
D	Traverse City High School	Traverse City	David Dye

—ADDITIONAL QUALIFYING STANDARDS— 1987 BOYS AND GIRLS REGIONAL TRACK MEET TO REGIONALS

	CLASS A		CLASS B		CLASS C		CLASS D	
	B	G	B	G	B	G	B	G
Pole Vault	12'2"	*	11'10"	*	11'18"	*	10'10"	*
Shot Put	46'4½"	32'½"	44'11½"	31'4¼"	43'11¼"	31'2½"	40'9"	30'1½"
High Jump	6'0"	4'10"	5'11"	4'9"	5'10"	4'9"	5'8"	4'6"
Long Jump	19'1¾"	15'9"	19'5½"	15'4"	19'¾"	15'½"	18'10¾"	14'7¼"
Discus	132'10"	96'4"	129'2"	94'2"	123'3"	88'5"	116'7"	88'6"
110 M. 39'H.H.	:15.7	*	:16.4	*	16.4	*	:18.0	*
100 M.33'H.	*	:17.0	*	:17.5	*	:18.0	*	:18.5
100 M. Dash	:11.4	:13.1	:11.5	:13.2	:11.7	:13.5	:12.2	:13.9
1600 M. Run	4:38.0	5:41.8	4:42.4	5:49.0	4:45.7	5:49.8	4:56.6	6:03.9
400 M. Dash	:51.9	:62.3	:53.2	:63.6	:53.8	:64.7	:55.0	:66.2
300 M. B-G 30'' L.H.	:40.4	:48.7	:41.3	:51.0	:41.9	:51.6	:43.1	:53.4
800 M. Run	2:07.8	2:30.2	2:05.3	2:34.8	2:06.6	2:35.3	2:10.7	2:41.8
200 M. Dash	:23.4	:27.5	:24.0	:28.1	:24.4	:28.6	:24.7	:29.2
3200 M. Run	10:07.4	12:20.9	10:23.3	12:50.7	10:26.7	12:56.6	10:48.7	13:35.2

LOWER PENINSULA REGIONAL 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	6'0"	4'10"	5'11"	4'7"	5'9"	4'6"	5'9"	4'5"
Pole Vault	12'3"		11'10"		11'10"		10'10"	

—ADDITIONAL QUALIFYING STANDARDS*— 1987 BOYS AND GIRLS FINAL TRACK MEET REGIONALS TO FINALS

	CLASS A		CLASS B		CLASS C		CLASS D	
	B	G	B	G	B	G	B	G
Pole Vault	12'9"	*	12'7"	*	12'6"	*	11'6"	*
Shot Put	50'6½"	36'3¾"	49'1"	34'11¼"	48'4¼"	34'7¼"	45'8½"	33'6"
High Jump	6'3"	5'2"	6'3"	5'1"	6'2"	5'1"	6'1"	4'11"
Long Jump	21'2½"	16'4¾"	20'6¾"	15'11½"	20'7½"	16'1¼"	20'2¼"	15'6¼"
Discus	145'1"	108'2"	142'2"	105'11"	137'6"	104'3"	134'0"	103'2"
3200 M. Relay	8:06.3	9:57.8	8:15.4	10:10.8	8:26.7	10:18.3	8:37.9	10:40.8
110 M. 39'H.H.	:14.9	*	:15.3	*	15.5	*	16.1	*
100 M.33'H.	*	:15.8	*	:16.2	*	:16.5	*	:17.0
100 M. Dash	:11.1	:12.6	:10.9	:12.7	:11.4	:13.0	:11.6	:13.4
800 M. Relay	1:31.1	1:46.7	1:33.0	1:49.7	1:34.2	1:50.9	1:36.1	1:53.2
1600 M. Run	4:26.6	5:22.6	4:31.1	5:29.0	4:33.5	5:32.9	4:40.4	5:42.2
400 M. Relay	:44.1	:51.3	:45.1	:52.4	:45.6	:53.1	:47.0	:53.9
400 M. Dash	:50.2	:59.7	:51.4	1:01.2	:51.7	1:02.3	:52.6	1:02.9
300 M. B-G 30'' L.H.	:39.0	:47.0	:39.9	:48.8	:40.2	:49.2	:41.3	:50.5
800 M. Run	1:59.0	2:23.0	2:01.2	2:27.7	2:02.4	2:27.0	2:05.5	2:32.2
200 M. Dash	:22.6	:26.1	:23.1	:26.9	:23.4	:27.3	:23.6	:27.7
3200 M. Run	9:44.9	11:41.4	9:57.1	12:06.1	10:04.0	12:20.3	10:22.6	12:44.5
1600 M. Relay	3:25.4	4:07.7	3:30.6	4:15.2	3:32.8	4:18.1	3:38.0	4:25.3

* Second place averages from 1984, 1985, 1986 Regionals.
Note: Boys 300 meter low hurdle height will be 36" in 1988 (M.H.S.A.A. Sept. 1985, BULLETIN)

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	6'2"	5'1"	6'2"	4'11"	5'11"	4'10"	5'10"	4'7"
Pole Vault	12'9"		12'3"		12'3"		11'5"	

JUNIOR HIGH/MIDDLE SCHOOL TRACK AND FIELD ORDER OF EVENTS

Taken from page 79 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 meets. 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)
60 Yard 30'' 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 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.