

1988 - March Bulletin

TRACK & FIELD COMMITTEE MINUTES

East Lansing, January 21, 1988

Members Present:

Ronald Beegle, Leslie
Robert Bridges, Dearborn
Terry Gizzi, Edwardsburg
Don Gray, Owosso
Jerry Hopkins, Comstock Park
Kathleen Hutfilz, St. Louis
Kathy Kiefer, Adrian
Joe Long, Bloomingdale
Dan Milheisler, Muskegon
Dave Peters, Alma
Duane Raffin, Holly
Tom Regan, Crosswell
Gary Seehafer, Escanaba
Dorothy Suhuba-Baruti, Baldwin
Jerry Sykes, Jackson
Steve Zaranek, Grosse Pointe
Nate Hampton, Saginaw

Staff Members Present:

John E. Roberts, East Lansing
Bill Bupp, East Lansing (Recorder)

The meeting was called to order at 1:00 p.m. Following introductory remarks, John E. Roberts, Executive Director, addressed the committee regarding the Sports Season Study which has been underway for the past 3 months. A 30 minute discussion afforded an opportunity for committee members to review the proposals under study and to offer remarks summarizing their positions.

A review of 1988 rule changes, the National Federation Interpretation Meeting, and the 1987 committee recommendations provided an update for the most recent Track and Field action.

The 1987 BULLETIN (pages 281-288) was reviewed, updated, and corrected by the committee in preparation for the 1988 March printing. Eleven items of correspondence were reviewed by the committee with limited discussion and no action.

The committee supported a motion to establish a uniform for Track & Field officials (starters, assistant starters, referees and clerks) which will be optional in 1989 and required for the 1990 season. The uniform will consist of a red jacket, sweater or shirt with a left sleeve which is yellow from the shoulder to the cuff and a right sleeve

which is yellow from the cuff to a point three-fourths of the distance to the shoulder. The official will wear either red or black pants and black shoes. The official may wear a red baseball-type cap. The current MHSAA patch will be worn on the left chest pocket area. Recommended to the Representative Council for adoption. Unanimous voice vote; approved.

The committee recommended to the Representative Council that the pole vault be included in the order of events for every conference. Unanimous voice vote, duly recognized and reported.

In the absence of data from which to derive qualifying standards for additional qualifiers in the 36" intermediate hurdles for boys, 3 qualifiers shall advance to the U.P. and L.P. final meet for 1988 only. Thereafter, standards for additional qualifiers will be determined as is done for all other events. Recommended to be included in the 1988 March Bulletin.

Beginning with the 1990 MHSAA sponsored Track and Field meets the waterfall start utilizing the step up approach will be used in the 1600 meter and 3200 meter run. Approved and recommended for inclusion in the Bulletin and Track and Field Rules Interpretation Meetings. Unanimous approval, voice vote.

The 1987 Regional and Final Manager's reports were reviewed and the following recommendation was accepted.

- A. A 1:00 p.m. start for Session II of the Regional and Final Meets will be permitted as long as a one hour break occurs between the last Semi-Final and Session II.
- B. The Final Sites for 1988 include:
 - Class A — Eastern Michigan University (Metric)
 - Class B — Sturgis High School (Metric)
 - Class C — Alma College (Metric)
 - Class D — Traverse City High School (Metric)

The committee was assigned to sub sections to assign tournament sites and competing schools.

USE ONLY REGISTERED OFFICIALS

1988 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 1988 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. 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 1:00 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 — Session I — 10:00 a.m.; Session II — 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 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 in the hands of the Regional Managers **NOT LATER THAN MAY 13**. Coaches are urged **NOT TO ENTER** individuals in events **IN WHICH THEY DO NOT HAVE COMPETITIVE PERFORMANCES**. **LATE ENTRIES,**

accompanied by the **\$25.00 FEE WILL BE ACCEPTED UNTIL 4:00 PM TUESDAY, MAY 17, 1988**. The late fee may not be used to change an entry time, height or distance. The only changes which are permitted after 4:00 p.m. Tuesday, May 17, 1988 will be scratches.

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 session 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 4:00 PM TUESDAY, MAY 17, 1988.**

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 MHSAA 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 MHSAA 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 MHSAA 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 equals or betters the three year average of second place Regional finishes shall qualify to the 1988 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 two fastest times are to qualify from each Lower Peninsula Regional to the Lower Peninsula Final Meets.

800 METER RUN — 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.

1600 METER RUN, 3200 METER RELAY AND 3200 METER RUN AT ALL LOWER PENINSULA REGIONAL AND FINAL MEETS — 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	
	B	G	B	G	B	G	B	G
Class A	3"	3"	3"	2"	2"	2"	2"	2"
Class B	3"	2"	3"	1"	2"	1"	2"	1"
Class C	3"	2"	2"	2"	2"	1"	2"	1"
Class D	3"	2"	2"	1"	1"	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) less than the qualifying height, 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 1988 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

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.H.
100 M. Dash
800 M. Relay
1600 M. Run
400 M. Relay
400 M. Dash
800 M. Run
Boys 300 M. 36'' I.H./Girls 300 M. 30'' 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

DUAL MEETS — When boys and girls meets are conducted simultaneously, boys track events may 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 1988 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 1988 the Boys 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.

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 1988 Dual, MHSAA Regional, and MHSAA Final Meets, the 800 Meter Relay is to be run in accordance with the provisions of the 1988 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. The cut will occur at the start of the second straight away.

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 MHSAA office.

LOCATIONS OF 1988 REGIONAL TRACK AND FIELD MEETS

May 20 or 21, 1988

Regional Number	Class	Host	City	Manager
1	A	West Bloomfield	West Bloomfield	Lee Averill
2	A	Saginaw	Saginaw	Earl Jaramillo
3	A	Hazel Park	Hazel Park	David Eldred
4	A	Lahser	Bloomfield Hills	Norman Quinn
5	A	Northern	Port Huron	Peter Woods
6	A	Grosse Pte. South	Grosse Point	Steve Zaranek
7	A	Monroe	Monroe	Don Brouse
8	A	Milford	Milford	George Heitsch
9	A	Grand Haven	Grand Haven	John Shears
10	A	Greenville	Greenville	Chuck Sandro
11	B	Harper Creek	Battle Creek	Ralph Kenyon
12	B	Marysville	Marysville	Jim Venia
13	B	Caledonia	Caledonia	Ralph Shefferly
14	B	Grand Valley State Univ.	Allendale	Mike Stodola
15	B	Chippewa Hills	Remus	Don Forman
16	B	Northwest	Jackson	Wayne McDonald
17	B	Lincoln	Ypsilanti	Cid Wright
18	B	Frankenmuth	Frankenmuth	Gary Burns
19	B	Madison	Madison Heights	Doug McKnight
20	B	Jefferson	Monroe	Richard Michalak
21	C	Grant	Grant	Patrick Bootz
22	C	Lake Fenton	Fenton	Jerry Kramer
23	C	Detroit Country Day	Birmingham	Kurt Keener
24	C	Bangor	Bangor	Norm Johnson
25	C	Godwin Heights	Wyoming	Dale Scheerhorn
26	C	Evert	Evert	Doug Degner
27	C	Breckenridge	Breckenridge	Rudy Godefroidt
28	C	Mayville	Mayville	Terry TerBush
29	C	Bronson	Bronson	David Binder
30	D	Athens	Athens	Tim Flynn
31	D	Covert	Covert	Bernie Abrams
32	D	Posen	Posen	Clifford Kelly
33	D	Mesick	Mesick	Paul Williams
34	D	Pittsford	Pittsford	Ralph E. Crume
35	D	Akron-Fairgrove @Caro	Fairgrove	Jim Volk
36	A-B	Escanaba	Rapid River	Dan Flynn
37	A-B	Gwinn	Gwinn	Mike Taake
38	C	Munising	Munising	Terry Sayen
39	C	Houghton	Houghton	Don Sawaski
40	C	Negaunee	Negaunee	Dick Koski
41	D	Rudyard	Rudyard	Dennis Zyskowski
42	D	Rapid River	Rapid River	Fred Stage
43	D	White Pine	White Pine	Dave Koski
44	D	North Dickenson	Iron Mountain	Carl Lemin

1988 FINAL TRACK AND FIELD MEET LOCATIONS & MANAGERS

UPPER PENINSULA (May 28, 1988)

Entertaining School	City	Manager
Marquette High School	Marquette	Jerry Pangrazzi

LOWER PENINSULA (June 4, 1988)

Class	Entertaining School	City	Manager
A	Eastern Michigan University	Ypsilanti	Jack Arnold
B	Sturgis High School	Sturgis	Jack Grant
C	Alma College	Alma	Phil Brooks
D	Traverse City High School	Traverse City	Roger Wood

—ADDITIONAL QUALIFYING STANDARDS— 1988 BOYS AND GIRLS REGIONAL TRACK MEET TO REGIONALS

(Average recent 3-year regional 6th place)

Event	CLASS A		CLASS B		CLASS C		CLASS D	
	B	G	B	G	B	G	B	G
Pole Vault	11'11"	*	11'8¾"	*	11'8¾"	*	10'5"	*
Shot Put	46'0¼"	31'9¾"	44'9¾"	31'3¼"	43'11"	31'2"	40'5¾"	29'9¼"
High Jump	5'11"	4'10"	5'11"	4'9"	5'10½"	4'9¼"	5'8¾"	4'5½"
Long Jump	19'7¾"	15'2¾"	19'6¼"	15'0"	19'5"	15'1"	18'9¼"	14'5¾"
Discus	132'4¼"	96'2¼"	129'0"	94'0"	123'3"	92'5¼"	116'3"	87'11¾"
110 M. 39" H.H.	:15.8	*	:16.3	*	16.4	*	:17.1	*
100 M.33" H.	*	:17.1	*	:17.4	*	:17.9	*	:18.8
100 M. Dash	:11.2	:13.1	:11.5	:13.3	:11.7	:13.5	:12.3	:13.8
1600 M. Run	4:37.7	5:42.0	4:44.3	5:50.3	4:45.1	5:44.5	5:02.5	6:09.3
400 M. Dash	:52.1	:62.8	:53.3	1:06.2	:53.6	1:03.8	:54.8	1:16.8
300M-36" I.H.	not in '88	*	not in '88	*	not in '88	*	not in '88	*
300M-30" L.H.	*	:49.2	*	:50.8	*	:51.6	*	:53.4
800 M. Run	2:06.1	2:31.1	2:05.3	2:33.9	2:06.5	2:35.3	2:10.6	2:41.5
200 M. Dash	:23.4	:27.7	:24.0	:28.1	:24.3	:28.7	:24.9	:29.3
3200 M. Run	10:08.9	12:30.6	10:23.3	12:52.4	10:26.1	13:06.5	10:90.8	13:89.7

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	6'0"	4'9"	6'0"	4'8"	5'10"	4'7"	5'9"	4'6"
Pole Vault	10'9"		10'7"		9'10"		8'10"	

—ADDITIONAL QUALIFYING STANDARDS— 1988 BOYS AND GIRLS FINAL TRACK MEET

REGIONALS TO FINALS

(Average recent 3-year regional 2nd place)

Event	CLASS A		CLASS B		CLASS C		CLASS D	
	B	G	B	G	B	G	B	G
Pole Vault	12'7¼"	*	12'9"	*	12'6¼"	*	11'6"	*
Shot Put	50'8"	36'7"	49'3½"	35'5¾"	46'8"	34'10¼"	45'1½"	33'1½"
High Jump	6'2¾"	5'1¼"	6'2½"	5'1¼"	6'1¾"	5'0½"	5'7¼"	4'10¼"
Long Jump	21'1¼"	16'8¾"	21'2"	16'2¼"	20'4½"	15'11¼"	19'11¼"	15'6¼"
Discus	149'3"	114'7¾"	142'7"	109'8¼"	137'7"	105'4¾"	136'7¼"	102'3¾"
3200 M. Relay	8:27.1	10:16.4	8:15.1	10:04.1	8:23.6	10:22.0	8:50.0	10:55.1
100 M. 39" H.H.	:14.9	*	:15.2	*	:15.4	*	:16.2	*
100 M. 33" H.	*	:15.6	*	:16.0	*	:16.4	*	:17.2
100 M. Dash	:11.0	:12.5	:11.1	:12.7	:11.2	:12.8	:11.5	:13.2
800 M. Relay	1:31.3	1:46.8	1:32.7	1:48.9	1:34.8	1:51.1	1:35.7	1:51.0
1600 M. Run	4:27.0	5:23.6	4:30.2	5:26.7	4:33.8	5:32.3	4:42.4	6:00.9
400 M. Relay	:44.2	:51.3	:44.9	:51.9	:45.8	:53.1	:46.5	:54.0
400 M. Dash	:50.3	:59.5	:51.0	1:01.5	:51.8	1:03.4	:52.4	1:03.9
300 M.-36" I.H.	not in '88	*	not in '88	*	not in '88	*	not in '88	*
300 M.-30" L.H.	*	:47.5	*	:48.1	*	:49.1	*	:50.4
800 M. Run	2:00.2	2:24.1	2:03.4	2:26.4	2:03.9	2:28.6	2:04.2	2:33.3
200 M. Dash	:24.0	:26.3	:22.9	:26.6	:23.3	:27.1	:23.7	:27.7
3200 M. Run	9:49.3	12:00.6	10:24.6	12:13.1	10:15.0	12:31.0	10:31.5	12:54.8
1600 M. Relay	3:25.6	4:08.0	3:28.6	4:12.8	3:33.7	4:18.6	3:38.2	4:24.8

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"	5'0"	6'3"	4'11"	6'1"	4'10"	6'0"	4'9"
Pole Vault	11'9"		11'3"		11'3"		10'5"	

MAJOR TRACK AND FIELD REVISIONS FOR 1988

Rule Reference

- 2-3-2 Errors in team scoring may be corrected only if discovered within 48 hours after the conclusion of the meet.
- 7-3-3 When the high jump landing pad is made up of two or more sections, they must be attached, or include a common cover or pad extending over all sections.
- 3-10-3 Inspectors shall be equipped with both a red and white flag, and shall signal, with a red flag, when an infraction or irregularity is detected, and with a white flag when no infraction is observed.

OTHER COMMITTEE ACTION

- 7-3-7 Authorized the games committee to restrict the number and the location of individual check marks used on all-weather high jump aprons.
- 7-4-5 Clarifies that the front pad attached to the main landing pad in the pole vault shall include a cut-out surrounding the vaulting box that is no wider than 36 inches and has a depth (length of cut-out) of at least 36 inches.
- 4-3-2 and 7-2-8 Restricts the length of the track spike to no more than ½-inch.
- 3-2-4(g) Stipulates that a lapped runner shall run a normal course if permitted to continue in the race.
- 6-3-5 Added: "Note: Specifications for a discus cage are contained in the Track and Field Officials Manual."

POINTS OF SPECIAL EMPHASIS

Finish Line Procedures
Appeal Process

JUST IN CASE YOU MISSED IT!

Physical Examination Cards will not be mailed to member schools automatically. If your school desires a quantity, the form on page 295 must be completed and returned to the MHSAA.

If you need Physical Examination cards and you missed the request form in the December-January BULLETIN — we are providing a second opportunity to get your request in. (See blank on page 295.)

JUNIOR HIGH/MIDDLE SCHOOL TRACK AND FIELD ORDER OF EVENTS

Taken from page 76 of the Handbook of MHSAA 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.