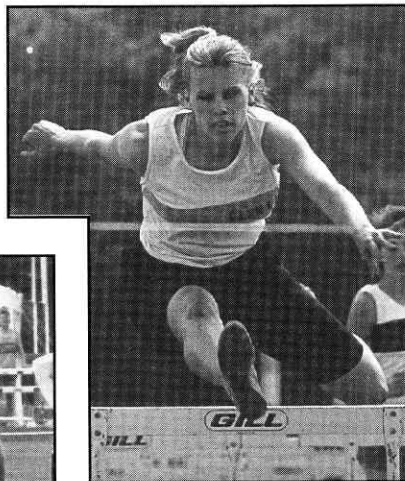


24675 Lahser  
Southfield, MI 48034



michigan high school athletic association

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**BULLETIN**

March 1992  
Volume LXVIII  
Number 7

# TRACK & FIELD COMMITTEE

East Lansing, January 30, 1992

## Members Present:

Bernie Abrams, Cassopolis  
Jane Allen, Lansing  
David Bailey, Wyoming  
Ken Bokhovan, Grand Rapids  
Jim Doyle, Bay City  
Lafayette Evans, Detroit  
Blake Hagman, Kalamazoo  
Howard Hyde, Ewart  
Sam Lightfoot, Pickford  
Tom Matchett, Greenville (MASSP)  
Hugh Matson, Saginaw (MIAAA)

Wayne McDonald, Jackson (ATOM)  
Mary Miller, Muskegon  
Tom Pinkowski, Tawas City  
Kim Spalsbury, Fowler (MITCA)  
Joe Reddinger, Iron Mountain  
Larry Robinson, Cass City  
Marvin Smith, Litchfield  
Anna Unkovich, Midland  
Robert Washington, River Rouge  
Rose Wilkins, Burton  
Joyce Wilson-Elder, Ann Arbor

Guests: Gary Mehan, Brighton (MITCA); Bill Mick, Midland; Jack Grant, Strugis

Staff Member Present: Nate Hampton (Recorder)

The meeting was called to order at 9:30 a.m. followed by the welcome and introductions. The committee reviewed the Representative Council action taken in 1991. Lengthy discussions of National Federation Rules, editorial changes and the agenda items were considered. The following items were presented and discussed.

## I. Review National Federation Rule Revisions

### A. Rule Reference

- 3-4-7 The referee shall approve the official scorer's final results.
- 3-6-2 Clerk to provide list of lane changes in writing to the head finish line judge.
- 3-12-1 Scorer shall deliver team scores, point winners and meet records to the meet director.
- 4-1-1 & 4-1-2 The definitions regarding the use of contestant and competitor were reviewed.
- 4-3-2 Requires the track shoe to be securely fastened to the foot.
- 4-5-1 Removal of a non-competitor for unsportsmanlike conduct.
- 5-10 Change section title from Lane Infractions to "Races Run in Lanes".
- 5-11 New Section - "Races Not Run In Lanes". Renummer remaining sections.
- 6-3-5 & 6-4-5 State Associations may approve the use of 40 degree throwing sections.
- 7-3-14 & 7-4-22 Measurement following a record is no longer required.
- 7-3-15 & 7-4-23
- 7-5-18 Permit the use of a calibrated measuring device for record purposes.

### B. Points of Special Emphasis

- 1. Safety in the Field Events
- 2. Team Uniforms

### C. Recent Changes: Case Book

- 1. 3-4-3 Guidelines for rerunning a race.
- 2. 4-3-1C New situation concerning the use of a football jersey as a track jersey for a very heavy shot putter.
- 3. 4-3-2C Situation regarding unsportsmanlike conduct by a noncompetitor.
- 4. 4-5-9H New situation regarding the use of an atomizer during competition.
- 5. 7-2-8C Situation regarding the use of a heel device strapped on the heel of the traditional track shoe by a high jumper.

## II. Review of 1991 Cross Country Recommendations

## III. Review of 1991 March **Bulletin** and Revisions for 1992

- A. Scratch Sheets - Each regional and final manager will accept scratch sheets up to one hour before the preliminary session is scheduled to begin and one hour before the time the final session is scheduled to begin.
- B. Alley starts and alley placing of regional qualifiers in the 800 meter and 3200 meter Relays at all Final Meets.
- C. Girls shot put - 4 Kg.
- D. Junior high school order of events - reverse yards and meters.

## IV. Michigan Interscholastic Track Coaches Associations Recommendations to the Representative Council

### A. Junior High/Middle School

- 1. Raise the height of the boys 55 meter hurdles to 33 inches from the present 30 inches. Passed 18-0 MITCA 82% in favor
- 2. Adopt the National Federation rules regarding participation limitations: students may compete in a maximum of three events.  
Comments: Keep two events between the 3200 meter Run and other races. Passed Unanimously MITCA 80% in favor

### B. High School

- 1. Establish a more restrictive ruling for controlling field event implements in regional and final competitions. Once shot or discus has been weighed and approved as being legal, the shot put or discus is to remain in the respective areas and no others are allowed for use. Passed Unanimous MITCA 84% in favor
- 2. Allow all times that meet qualifying standards for state competition in the 100, 200 and high hurdles if the times are run at the Regional Meet during the semi-final races. Those that qualify to the Final Championships and not in Regional Final head to head competition will be entered in the Final Meet as having no time for seeding. These qualifiers will be listed as "AQ" added qualifiers. Passed 22-0. MITCA 62% in favor

## V. Atom Recommendations:

- A. Tan pants must be worn by Track and Field officials. Passed Unanimous
- B. Continue to clarify Track and Field team uniform information at Rules Meetings.
- C. Inform officials prior to start of the meet of any special needs or concerns.

## VI. Regional Managers Suggestions

- A. Entry cards should be typed.
- B. Reduce wait between boys and girls field events.
- C. Extra day to compile results.
- D. Run boys and girls together in open order for long jump.
- E. Run two mats in high jump.
- F. Set entry deadline Tuesday, 4:00 p.m. prior to meet - No late entries.
- G. Require preliminary scratches one hour before preliminaries.

## VII. 1992 Final Sites

Class A Grand Rapids-Houseman Field  
Class B Wyoming Park  
Class C Byron Center  
Class D Grand Rapids-Forest Hills Northern

## VIII. The Selected Sites and Assigned Schools for the 1992 Regional Meets ■

## AND WE QUOTE:

*"Win without beating. Lose without excuse."*

*Albert Payson Terhune*

# 1992 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 1992 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 one (1) hour 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 shall begin one hour after the last semi-final event concludes, but no earlier than 1:00 p.m. NOTE: Pole Vault in all classes is to begin at 10:00 a.m. 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, Entry Cards and Master Eligibility List (Form I) are to be in the hands of the Regional Managers NOT LATER THAN MAY 8. There are to be no changes in the Master Eligibility List after this date.

Coaches are urged NOT TO ENTER individuals in events IN WHICH THEY DO NOT HAVE COMPETITIVE PERFORMANCES.

**LATE ENTRIES**, accompanied by the \$50.00 FEE WILL BE ACCEPTED UNTIL 4:00 PM TUESDAY, MAY 2, 1992. 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 12, 1992 will be scratches.

All efforts submitted at the Regional Meet shall have been earned prior to the entry due date and time. Late entries may not include efforts which occur after May 8, 1992 at 4:00 p.m.

Each Regional and Final Manager is to accept scratch sheets up to 1 hour before the preliminary session is scheduled to begin and up to 1 hour 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 if necessary.

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 \$50.00 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 12, 1992. (Entry times, heights or distances may not be changed with a late entry fee.)

**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 Additional Qualifier 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, a set of Entry Cards and Master Eligibility List (Form I) 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** — 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. 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.

**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 Meet. Individual medals will be awarded contestants finishing in the first eight places in each event in Lower Peninsula Final Meets. Requests for duplicate medals or trophies are the responsibility of the Regional or Final Manager.

**FINAL MEET EXPENSES** — The cost of conducting Final Meets will be met by the

MHSAA Inc. Any gate receipts realized will be used by the MHSAA Inc. to aid in meeting administrative costs of the meets. LODGING WILL NOT BE PROVIDED BY HOST INSTITUTIONS. The cost of lodging, transportation, and meals will be met by competing schools.

**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 team 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 qualify to 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 finishers shall qualify to the 1992 Lower Peninsula Final Meet in that event in that class. Efforts in the preliminary trials of the long jump, shot put, and discus may qualify a contestant to the appropriate Final Meet.

A chart of times, distances and heights for additional qualifications from Regional to Final Meets may be found in this information BULLETIN.

**300 METER 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 description 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 Meters Run in each class. The second section is to be scheduled only when the number of entries

exceed 20. If two sections are needed the last section will have 16 participants.

**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 Regionals 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 shall 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 **three** inches less than the additional qualifying standard for Regional and Final Meets. (Rounded to the nearest lesser inch). This height has been adjusted to allow one of the raises to fall on the additional qualifying standard to the final meet.

**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 Lower Peninsula standards.

2. **POLE VAULT** — The starting height at Lower Peninsula Regionals is to be based on a height 12 inches less than the additional qualifying standards for Regional and Final Meets. (Rounded to the nearest lesser inch). 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 Lower Peninsula standards.

**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.

The standard raises are included in a chart in this BULLETIN.

**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 Meets may use any eligible contestant in the Final Meet Relay. Final Meet Relay contestants are not limited to the four individuals who qualified on a Regional Relay.

**200 METER DASH IS TO BE RUN ON THE CURVE** — The 200 Meter Dash is to be started with staggered starts on the straight-away 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, 3200 METER RELAYS AT ALL FINAL MEETS** — The staggered alley starting procedure is to be used at the

1992 Final Meets, and 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:

Reg. Qual. Time	Pos.	Alley
1st	pole	1
2nd	pole	2
3rd	pole	3
4th	pole	4
5th	position	1
6th	position	2
7th	position	3
8th	position	4
9th	2nd	1
10th-16th	in sequence	
17th	3rd	1
18th-27th	in sequence	

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.

**1600 Meter and 3200 Meter Run will use the waterfall start at all Regionals and Final Meets in 1992** — Tracks where the waterfall

start time is on the curve, athletes will be seeded for their placement from the middle lanes out. The two fastest times in lane 4: the next two fastest times in lane 5, the next two in lane 3, and so on until all lanes are filled. (There should be NO MORE than two athletes per lane sixteen total placed on the front line).

**LIST AND ORDER OF EVENTS FOR 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.

**In the 1992 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 first in even years. In 1992 the Boys events will be run first.

**The 3200 Meter Relay** shall be the first final event run prior to the Semi-final heats of the sprint and hurdle events, the Regional and Final meet morning session. The 3200 meter relay shall not be run prior to 11:00 a.m.

**STARTING BLOCKS** — If Regional or Final Managers provide starting blocks for contestants, these starting blocks must be used. Schools may furnish their own starting blocks for Regional and Final competition only if managers do not. Starting blocks provided by schools must be approved by the Regional and/or Final manager.

**INQUIRIES** — Questions not covered by the above information should be addressed to Regional Managers, Final Managers or to the MHSAA office. ■

## YOU ARE INVITED TO "OUR HOUSE"

*The attendance of a basketball tournament away from home might be considered in the same light as an invitation to "our house". We know that the hosts will exert all efforts to have the dressing and shower rooms immaculately clean and the corridors and gymnasium spic and span. Any guest would be disappointed if upon arrival they found just the opposite to exist. By the same token, upon arrival at our host's tidied-up house, we, as guests, must take extra precautions in preserving such clean and neat orderliness. Before departing from the dressing rooms, soiled tape and towels and other rubbish should be gathered and properly disposed of, and all equipment and furnishings in general should be left as originally found. All other guest students and spectators may look forward to a return invitation to "our house" by being extremely careful in not littering the corridors and gymnasium with food wrappers, torn paper of a confetti nature, and other debris. What a gratifying pleasure it becomes for a tournament manager to experience such respect of their visitors! And what an opportunity for an administrator to share in this gratification when their students and patrons are those "visitors" who made living worthwhile for the tournament manager!*

# HIGH SCHOOL — BOYS & GIRLS TRACK AND FIELD ORDER OF EVENTS

## For Combined Boy-Girl Meets

### FIELD EVENTS

Discus  
Pole Vault  
Boys Shot Put — 12 lbs.  
Girls Shot Put — 4 kg.  
High Jump  
Long Jump — (NOTE: The take-off boards used at Regional and Final Meets must be at least eighteen (18) inches up to a maximum of twenty-four (24) inches.)

### ORDER OF FIELD EVENTS

The field events schedule at MHSAA Regional and Final Meets will alternate the order of competition for boys and girls each year, (excluding the pole vault). EXAMPLE:

Even Years: Girls high jump and shot put first. (Followed by Boys high jump and shot put)

Boys discus and long jump first. (Followed by Girls discus and long jump)

Odd Years: Boys high jump and shot put first. (Followed by Girls high jump and shot put)

Girls discus and long jump first. (Followed by Boys discus and long jump)

### TRACK EVENTS

The 1992 MHSAA Track and Field Committee established that the order of events to be run at all Regional and Final Meets shall

be that prescribed in the 1992 National Federation *Track and Field and Cross Country Rules Book*. The 1992 order of events listed below. In 1992 Boys events shall be run first.

3200 Meter Relay  
Boys 100 M. H.H./Girls 100 M. 33" H.H.  
100 M. Dash  
800 M. Relay  
1600 M. Run  
400 M. Relay  
400 M. Dash  
Boys 300 M. 36" I.H./Girls 300 M. 30" L.H.  
800 M. Run  
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 1992 the 800 Meter Relay shall be run in lanes entirely at each Regional and Final Meet.

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 straightaway. ■

— SPORTSMANSHIP —  
YOU MAKE THE DIFFERENCE!

# JUNIOR HIGH/MIDDLE SCHOOLS — TRACK AND FIELD ORDER OF EVENTS

**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. 3200 meter Run (Two Mile)
2. 55 meter 30" Hurdles for Boys (60 Yards) (5 hurdles)  
55 meter 30" Hurdles for Girls (60 Yards) (5 hurdles)
3. 800 meter Relay (880 Yards) Relay
4. 800 meter Run (880 Yards) Run
5. 1600 meter Run (Mile)
6. 100 meter Dash (100 Yards) Dash
7. 400 meter Dash (440 Yards) Dash
8. 100 meter 30" Hurdles (100 Yards) (4 hurdles — 20 yard intervals)
9. 70 meter Dash (75 Yards)
10. 200 meter Dash (220 Yards)
11. 1600 meter Relay (Mile)
12. 400 meter Relay (440 Yards)

### 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.

### CROSS COUNTRY

#### Rules

Rules for junior/high middle school cross country are those printed in the National Federation Track and Field Rule Book with MHSAA modifications included in Regulation IV, Section 8 of the MHSAA HANDBOOK.

Cross Country distances may be shortened by mutual consent of the competing schools prior to the date of the meet. ■

## LOCATIONS OF 1992 REGIONAL TRACK AND FIELD MEETS

May 15 or 16, 1992

No.	Class	Host	City	Manager
1	A	Christian	Grand Rapids	Ken Bokhoven
2	A	Central	Battle Creek	Larry Wegener
3	A	Bay City Western	Auburn	Marty Gottesman
4	A	West Bloomfield	West Bloomfield	Lee Averill
5	A	Novi	Novi	John Fundukian
6	A	Monroe	Monroe	Don Brouse
7	A	Hazel Park	Hazel Park	David Eldred
8	A	Belleville	Belleville	David Medley
9	B	Port Huron Northern	Port Huron	Lowell Spiess
10	B	Grosse Pointe South	Grosse Pointe	Steve Zavanek
11	B	Lakeshore	Stevensville	Jim Sanford
12	B	Jackson Co. Western	Parma	Russ Southwell
13	B	Lincoln	Ypsilanti	Roger Cox
14	B	Forest Hills Northern	Grand Rapids	Tom Walters
15	B	Godwin Heights	Wyoming	Dale Sheerhorn
16	B	Ogemaw Heights	West Branch	Jamie Richards
17	B	Algonac	Algonac	Barry Hobrla
18	B	Caro	Caro	Al Michalak
19	B	Chippewa Hills	Remus	James Novar
20	B	Gaylord	Gaylord	Doug Becker
21	C	Constantine	Constantine	Tim Baker
22	C	Quincy	Quincy	Martin Chard
23	C	Bangor	Bangor	Norm Johnson
24	C	Bendle	Burton	John Krish
25	C	Bad Axe	Bad Axe	Wayne Brady
26	C	Evart	Evart	Howard Hyde
27	C	Breckenridge	Breckenridge	Rudy Godefroidt
28	C	Charlevoix	Charlevoix	Dick Swenor
29	C	Onsted	Onsted	John Springer
30	D	Bath	Bath	Sherm Greider
31	D	Litchfield	Litchfield	Marvin Smith
32	D	Lenawee Christian	Adrian	Wade Perry
33	D	Port Hope	Cass City	Larry Johnson
34	D	McBain	McBain	Scott Soodsma
35	D	Central Lake	Central Lake	Chet Budzynski
36	A-B	Kingsford	Kingsford	Don Edens
37	A-B	Westwood	Ishpeming	James Derocher
38	C	Munising	Munising	Thomas Luckey
39	C	Houghton	Houghton	Don Sawaski
40	C	Iron Mountain	Iron Mountain	Dennis Chartier
41	D	Pickford	Pickford	Peter Hayes
42	D	Rapid River	Rapid River	Fred Stage
43	D	White Pine	White Pine	David Koski
44	D	North Dickinson	Iron Mountain	Edward Davidson

## 1992 FINAL TRACK AND FIELD MEET LOCATIONS & MANAGERS

Upper Peninsula

May 23, 1992

Entertaining School	City	Manager
Marquette High School	Marquette	Boris Martyz

Lower Peninsula

May 30, 1992

Class	Entertaining School	City	Manager
A	Grand Rapids Public	Grand Rapids	Brian Macomber
B	Wyoming Park	Wyoming	Dick Locke
C	Byron Center	Byron Center	Dale Scheerhorn
D	Forest Hills Northern	Grand Rapids	Tom Walters

## — ADDITIONAL QUALIFYING STANDARDS — 1992 BOYS AND GIRLS REGIONAL TRACK MEET

	CLASS A		CLASS B		CLASS C		CLASS D	
	B	G	B	G	B	G	B	G
<b>Pole Vault</b>								
<b>Shot Put</b>	45'1"	31'3/4"	44'1/4"	30'8/4"	42'6/2"	29'8/4"	40'9/4"	28'8"
<b>High Jump</b>								
<b>Long Jump</b>	19'7/4"	14'10/4"	19'5/4"	14'10/4"	18'10/4"	14'5/4"	18'4/4"	13'10/2"
<b>Discus</b>	130'10"	94'11"	129'4"	94'7"	121'9"	89'3"	117'8"	84'1"
<b>110 M.</b>								
<b>39" H.H.</b>	:15.9	*	:16.2	*	:16.8	*	:18.0	*
<b>100 M. 33" H.</b>	*	:17.2	*	:17.5	*	:18.0	*	:19.2
<b>100 M. Dash</b>	:11.6	:13.3	:11.8	:13.6	:11.9	:13.7	:12.1	:13.9
<b>1600 M. Run</b>	4:40.8	5:43.1	4:44.0	5:47.3	4:47.8	5:56.9	4:54.8	6:12.8
<b>400 M. Dash</b>	:51.4	1:03.9	:53.1	1:04.2	:54.6	1:05.3	:55.3	1:07.8
<b>300 M. I. H.</b>	:42.1	*	:42.5	*	:44.0	*	:44.9	*
<b>300 M. L. H.</b>	*	:50.7	*	:51.3	*	:52.7	*	:54.5
<b>800 M. Run</b>	2:04.1	2:33.2	2:05.2	2:34.0	2:08.1	2:37.5	2:10.9	2:44.6
<b>200 M. Dash</b>	:23.8	:28.0	:24.0	:28.4	:24.5	:28.9	:25.3	:30.4
<b>3200 M. Run</b>	10:09.6	12:27.7	10:20.7	12:49.5	10:36.6	13:10.1	10:57.1	13:59.6

\*Sixth place averages from 1989, 1990, and 1991 Regionals

**— ADDITIONAL QUALIFYING STANDARDS —  
1992 BOYS AND GIRLS REGIONAL TRACK MEET**

	CLASS A		CLASS B		CLASS C		CLASS D	
	B	G	B	G	B	G	B	G
Pole Vault								
Shot Put	49'8"	34'11¼"	49'2¼"	34'1½"	47'5¼"	33'6¼"	43'10¼"	32'4¼"
High Jump								
Long Jump	20'10½"	15'11½"	20'8½"	16'½"	20'2¼"	15'7¼"	19'5¼"	15'½"
Discus	145'1"	160'10"	143'11"	106'10"	137'1"	102'10"	129'2"	97'7"
3200 M. Relay	8:11.8	9:59.2	8:15.0	10:09.0	8:26.0	10:19.3	8:38.0	10:47.6
110 M. 39" H.H.	:15.0	*	:15.3	*	:15.6	*	:16.2	*
100 M. 33" H.	*	:16.0	*	:16.6	*	:16.9	*	:17.3
100 M. Dash	:11.1	:12.8	:11.3	:13.0	:11.6	:13.2	:11.7	:13.3
800 M. Relay	1:31.1	1:47.8	1:32.6	1:49.8	1:34.6	1:51.7	1:36.3	1:53.9
1600 M. Run	4:28.6	5:28.6	4:33.2	5:26.9	4:36.2	5:35.3	4:42.1	5:48.5
400 M. Relay	:44.1	:51.3	:44.8	:52.2	:45.5	:52.8	:46.4	:54.0
400 M. Dash	:49.4	1:00.4	:51.1	1:01.4	:51.9	1:02.8	:52.6	1:04.2
300 M. I. H.	:40.2	*	:40.9	*	:41.6	*	:42.5	*
300 M. L. H.	*	:48.5	*	:48.8	*	:50.1	*	:51.0
800 M. Run	1:59.6	2:26.4	2:00.6	2:26.4	2:03.3	2:29.4	2:06.3	2:32.8
200 M. Dash	:22.8	:26.7	:23.0	:27.0	:23.6	:27.5	:24.0	:28.2
3200 M. Run	9:49.5	12:01.2	9:59.5	12:00.6	10:12.9	12:25.9	10:28.6	13:03.4
1600 M. Relay	3:26.9	4:12.2	3:30.4	4:14.9	3:34.6	4:20.7	3:37.0	4:28.0

\*Second place averages from 1989, 1990 and 1991 Regionals

*Handwritten: 7/2/92*

**— ENTRY BLANK DUE DATES —**

All dates are published in the General Information Bulletin, in the MHSAA Bulletin, and on the Athletic Events Calendar. A "tickler" card is sent to school A.D.'s to remind them entry materials are on their way. It is the responsibility of each school to comply with the published dates. Entries not received by the deadline date and time, will not be accepted until a \$50.00 Late Fee has been paid. The late fee may be paid for entry purposes only if the draw or lane placement has not been made.

**1992 STANDARD RAISES FOR  
HIGH JUMP & POLE VAULT  
Lower Peninsula**

	Regional Qualifier	Regional Start	1st Raise	2nd Raise	3rd Raise	Final Qualifier	Final Start
A — Boys-HJ	5'11"	5'8"	2"	2"	2"	6'2"	5'11"
A — Girls-HJ	4'9"	4'6"	2"	2"	2"	5'0"	4'9"
B — Boys-HJ	5'11"	5'8"	2"	2"	2"	6'2"	5'11"
B — Girls-HJ	4'8"	4'5"	3"	2"	2"	5'0"	4'9"
C — Boys-HJ	5'9"	5'6"	3"	2"	2"	6'1"	5'10"
C — Girls-HJ	4'7"	4'4"	3"	2"	2"	4'11"	4'8"
D — Boys-HJ	5'8"	5'5"	2"	2"	2"	5'11"	5'8"
D — Girls-HJ	4'6"	4'3"	3"	2"	2"	4'10"	4'7"

	Regional Qualifier	Regional Start	1st Raise	2nd Raise	3rd Raise	4th Raise	Final Qualifier	Final Start
A Boys-PV	11'6"	10'6"	8"	6"	6"	6"	12'8"	11'8"
B Boys-PV	12'1"	11'1"	6"	6"	6"	6"	12'7"	11'7"
C Boys-PV	10'10"	9'10"	5"	6"	6"	6"	11'9"	10'9"
D Boys-PV	10'4"	9'8"	6"	6"	6"	6"	11'8"	10'8"

Bold numbers indicate raises which fall on qualifying mark.

Regional/Final Start Height

- When the number of competitors reaches one more than the places to be awarded the Regional management shall determine the raises. Final Manager will determine and publish all raises.
- Note: all measurements must be rounded to the nearest lower inch.
- Raises are adjusted to fall on additional qualifying standard.

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