

Policy 5260 BOYS AND GIRLS TRACK

ALL DIVISIONS - Approved on 2/8/12, Approved 5/9/12

I. Scheduling

- A. All teams will play a single round-robin schedule and a divisional meet at the end of the season.
- B. Home site for regular season meets will rotate each year.
- C. Division schedule will rotate every two years with the last game being moved to the first and other games moved back accordingly.
- D. Boys and girls will compete at the same site in the order presented per NFHS rules:
 - 1. Boys first in even years.
 - 2. Girls first in odd years.

II. Division Championship Determination

- A. The regular season will count one-half toward the overall championship.
- B. The divisional meet will count one-half toward the overall championship.
- C. A win is worth two points in the standings, a tie is worth one point, and a loss is worth zero points.
- D. Regular season champion will get the same number of points as there are teams in the division. Points will be awarded to other teams in descending order of finish.
- E. Divisional meet champion will get the same number of points as there are teams in the division. Points will be awarded to other teams in descending order of finish.
- F. Regular season points will be added to meet points and the team with the highest point total will be declared the champion.
- G. Ties in the standings after the regular season will not be broken.

III. Starting Times

- A. Field events will start at 4:30 PM
 - a. Blue 4:00 PM
 - b. Red 4:30 PM
 - c. Gold 4:30 PM
 - d. White 4:30 PM
- B. Running events will start at 5:00 p.m.
 - a. Blue 4:45 PM
 - b. Red 5:00 PM
 - c. Gold 5:00 PM
 - d. White 5:00 PM
- C. Times may be adjusted with prior consent of all participating schools
- D. Meet electronic entries (from participating schools as well as the host school) are due to the host school by 7 p.m. the day prior to the meet.

IV. Rules of the Game

- A. MHSAA and National Federation rules will be followed.

V. Host School Responsibilities

- A. Provide a MHSAA registered starter.
- B. Equipment necessary to run the meet.
- C. Entry sheets or electronic entries.
- D. Water and ice will be provided for both teams.
- E. Rest room facilities for the visiting team.
- F. Certified athletic trainer or doctor (if possible).
- G. Visiting teams are expected to provide its own athletic training tape.

VI. Reporting Scores

- A. The host school will report scores to:
Jackson Citizen Patriot (877-270-9533)
Email rmcgowan@mlive.com or ehammis@mlive.com
Lansing State Journal (800-365-1068)
Email sports@lsj.com

VII. Pre-game and Warm-Up

- A. The track is to be available **thirty-minutes prior** to the start of the meet.

VIII. Make-Up Dates

- A. Postponed meets will be made up the next available day.

IX. Regular Season Meet Format

- A. Meets will follow the order of events as listed in the *NFHS Handbook*.
- C. Field events and running events, will be scored:
 - a. Three places (5-3-1)
 - a. Red Division
 - b. Gold Division
 - c. White Division
 - b. Four places (5-3-2-1)
 - a. Blue Division
- D. Relays will be scored:
 - a. 5-0.
 - i. Red Division
 - ii. Gold Division
 - iii. White Division
 - b. 6-0
 - i. Blue Division

- E. In lane races, scoring will come from heats one and two only (100 and 200 meter dash, 110/100 Hurdles, 300 Hurdles, 400 M Run) when using hand timing. When using FAT timing, scoring may come from any heat, but it is the coach's responsibility to make sure fastest runners are in 1st heat.
- F. In dual meets, the 3200 M Relay and 3200 M Run may start boys and girls together.
- G. Pole Vault will be a scoring event:
 - 1. The opening height must be cleared for points to be awarded if the host school has pole vault pits. If the host school does not have pole vault pits, they will forfeit the points for that event. The visiting school must verify before the meet begins as to the number of vaulters they have. If points are awarded in this case, pole vault will count as one event for each individual entered in the event.
- H. Contestants must be signed in prior to the start of the meet; except in relays. Only scratches after the meet has begun. Scratches may be re-entered into relays. Unlimited entries in dual meets.
- I. In dual meets, the shot-put, discus, and long jump provide for four trials (no finals).
- J. Long jump will be run as an open pit for boys and girls together.
(Blue runs separate pits for Varsity, together for JV)
- K. Opening heights in the high jump are as follows:
 - 1. Boys: 5'0" with 2" raises
 - 2. Girls: 4'0" with 2" raises
- L. Opening heights in the pole vault are as follows:
 - 1. Boys: 8'0" with 1' raises until 9' then 6" raises thereafter
 - 2. Girls: 6'0" with 6" raises thereafter
- M. If a host school utilizes electronic timing (FAT), then the visiting team(s) and host school will submit their entries no later than 7 p.m. the day prior to the meet. Changes may be made prior to the start of the meet.

X. Division Meet

- A. The division meet will be held on the Wednesday after Regionals.
- B. The host school will be rotated each year by alphabetical order.
- C. Host school responsibilities:
 - 1. Collect entries and times from each school and seed the meet.
 - 2. In a timely fashion, set and send out all meet information.

3. Entries are due on Monday at 10:00 a.m. the week of the meet. Print or e-mail copy will be returned to schools by 12:00 p.m. on Tuesday.
4. Time schedule:
 - a. 3:00 p.m.: Scratch meeting for running events. Scratches for field events are done on-site.
 - b. 3:30 p.m.: Field events start. Long jump is open pit for one-hour for boys and one-hour for girls. Three jumps each with the top seven individuals qualifying for three more jumps in the finals. Starting height for the high jump will be two inches less than height of the sixth place seed. Starting height for the pole vault will be six inches less than height of the sixth place seed. Discus and shot-put: Two and one attempts with top seven advancing to finals for two and one additional attempts.
 - c. 4:00 p.m.: Preliminaries start. If two heats of an event, top four in each heat to finals. If seventeen or more entrants, there will be four heats with top two in each heat to finals.

X. Division Meet (continued)

- i. 100 M Dash
 - ii. 110/100 Hurdles
 - iii. 200 M Dash
 - d. 5:00 p.m.: 3200 Relay
 - e. 6:00 p.m.: Finals in running events.
4. One starter for the boys.
 5. One starter for the girls.
 6. One referee for field events and one referee for running events.
 7. Each school will be allowed four entries/per event and scratch one at the meet. If fourth is not scratched, that will count as one event for that athlete. Each school is also allowed to enter additional qualifiers in any event who have met the lowest MHSAA Division standard represented in each school's respective CAAC division meet. The schools are not limited to the number of additional qualifiers they may have in an entry.
 8. Scoring will be: 10-8-6-4-2-1
 9. Games Committee will be the host school plus the next two schools in alphabetical order. If any of those schools is involved in an appeal, the next school in order will serve.
 10. Medals to be awarded to top three finishers in all events.
 11. Host school must have a FAT timing system.
- D. Host may request that each school provide one timer and one picker.
 - E. Host may request that each school provide two people to work field events.