

2010 Michigan Lutheran Regional Track Meets

To: Track Coaches/ Athletic Directors

From: Michigan Lutheran State Track Meet Committee

The Michigan Lutheran Track committee would like to invite you and your students to participate in one of three regional; track meets. The qualifiers from the regional meets will be invited to participate in the State meet, which is to be held on:

Saturday, June 5, 2010, at Monroe High School

901 Herr Rd

Monroe, MI 48161

Meet Directors: John Hilken, John Boldt

Your school may attend any regional meet that is convenient by distance. In order to insure your school's participation please note the following:

- 1) **Tentative Application:** Respond with your intent to participate at the regional meet by April 16. This response should be in an e-mail sent to your regional director. **All future information will be available electronically at the Michigan District Web-Site. All entries will be made electronically for both Regional and State meets.**
- 2) Upon receiving your application, the regional director will e-mail you a Web-site containing the following:
 - a) **ENTRY FORM (INCLUDING VOLUNTEER SHEET)**
 - b) **MEET REGULATIONS**
 - c) **INFORMATION ON ELECTRONIC ENTRY OF PARTICIPANTS** (We will require only electronic entry this year. (Sydex Information))
 - d) **QUALIFYING STANDARDS**
 - e) No map will be included since many Internet map tools are available.

3) ENTRY FEES per student:	REGIONAL MEET	STATE MEET
Michigan District School	\$3.00 per student	No Fee
Other Lutheran School	\$4.00 per student	No Fee
Late Electronic Registration	\$10.00 per student	No Fee

CHECKS PAYABLE TO THE MICHIGAN DISTRICT, mailed to your Regional Director.

There will be a \$2.00 per adult admission price charged at the State Meet.

Programs will also be \$3.00 T-shirts \$10. (There may also be a parking fee when the State Meet is held in Monroe.)

4) REGIONAL PARTICIPATION:

- a) Participation in either the regional or state meet is done under the direction of the participating schools. Although every safety precaution will be taken, **injuries do occur in athletic events.** Each competitor should train adequately prior to competition. First Aid attention will be available. Any injuries that occur will be the responsibility of the parents and participants. We recommend that all participating schools have proof of **parental permission and insurance** for their students.
- b) Classification of athletes will be by grade level.

	<u>GIRLS</u>	<u>BOYS</u>
<u>CLASS A =</u>	7/8 th	7-8 th (May not be 15 prior to Sept. 1, 2009)
<u>CLASS B =</u>	4-6 th	4-6 th (May not be 13 prior to Sept. 1, 2009)
		(3 rd Graders and below are not allowed to participate.)

- c) Regional and state participants will **not** receive participant ribbons. (Starting in 2010)
The top six regional finishers in each event will receive ribbons.
The top eight state finishers will receive medals.
- d) Individuals may be entered as follows:
 - i) **Each student may compete in up to 3 events.** (Running, field, relay or combination) If a student competes in more than 3 events, all events participated in will be disqualified.
 - ii) Each school may enter **3 competitors in an event.** More individuals may be entered if a coach certifies to the Regional Director that they have all reached the qualifying standards at a prior meet by attaching the meet results to their paper regional entry.
 - iii) Each school may enter 1 relay team in each class. Relay **substitutes** are allowed if there is an injury or extenuating circumstances. More relay teams may be entered if a coach verifies to the Regional Director that both teams have reached the qualifying standards at a prior meet by attaching the results sheet.
- **NOTE : The substitute must adhere to the three-event rule.**
 - iv) A school may enter a **Class B** participant to compete in a **CLASS A** relay, but that participant may not compete in a **CLASS A** individual event. A **CLASS B** participant **may not** compete in the same relay in both classes.
 - The “TRACK COMMITTEE” **strongly recommends** that athletes not be placed in back –to- back events.
- **REMEMBER: Participants may wear shoes with ¼” or less spikes.**
- 5) **STATE QUALIFICATIONS** The following will be invited to compete:
 - a) **First, Second, Third and Fourth** place finishers at the Regional in the 800, 1600, High Jump and All Relays qualify. **First through fifth place** finishers at regional qualify for State in the Long Jump, Shot Put, 100, 200 and 400.
 - b) Those competitors reaching the qualifying standard at the Regional Meet in the **finals** of an event.
 - c) If there are other circumstances that do not allow a student to compete at the regional meet, please bring it to the attention of the regional director.
- 6) **ORDER OF EVENTS:** in 2010..... Boys run first (Odd Years Girls First – Boys First in Even Years). Grades 4-6 always run before Grades 7-8.

Order of Running Events

Field events will be	100 prelims (lanes the whole race)
Completed first:	4 x 200 (lanes; 4 turn stagger)
High jump	1600 (Boxed, 2 turn stagger)
Long jump	100 Finals (lanes the whole race)
Shot Put	400 (lanes; 2 turn stagger)
Girls = 6 lb. shot	200 (lanes; 1 turn stagger)
Boys = 8 lb. shot	800 (boxed, 2 turn stagger)
	4 x 100 (lanes; 2 turn stagger)
	4 x 400 (first runner in lanes, 2 turn stagger or if marked, 3 turn stagger)

2010 Michigan LUTHERAN SCHOOL REGIONAL TRACK MEET

TENTATIVE APPLICATION FORM

Please fill out completely and mail/email to the regional director of the meet you wish to have your students compete in. **Please note the deadline of April 16, 2010.**

HEAD COACH: _____

SCHOOL NAME: _____ **3 DIGIT SCHOOL CODE** _____
(from attached sheet)

ADDRESS: _____

CITY: _____ **STATE:** _____ **Zip + 4** _____

E MAIL ADDRESS _____

SCHOOL PHONE _____ **SCHOOL FAX:** _____

HOME PHONE OF COACH: _____

MAIL/E-MAIL THIS FORM TO ONE OF THE REGIONAL DIRECTORS LISTED BELOW.

REGION #1 at Valley Lutheran High School Saturday, May 22

Mr. Kurt Hofmeister
Valley Lutheran High School
3560 McCarty Road
Saginaw, MI. 48603-2239
Phone: 989.790.1676
Fax: 989.790.1680
khofmeister@vlhs.com

REGION #2 At Monroe High School May 22

Mr. Larry Nocella
Holy Ghost Lutheran School
3563 Heiss Rd.
Monroe, MI 48162-9432
Phone: 734.242.0509
Fax: 734.242.2701
lnocella@chartermi.net

REGION #3 At Lutheran North High School May 22

Mr. Tim Siekmann
Trinity Lutheran School
45160 Van Dyke Ave.
Utica, MI 48317-5578
Phone: 586.731.4490
Fax: 586.731.1071
tim@trinityutica.com

REPLY by APRIL 16 to receive more information electronically!

Coaches please note: Neither the Michigan District-LCMS nor the District Track Committee can assume responsibility for any injuries occurring at the Regional or State Track Meet. Please make sure you take steps to train and teach your athletes to the best of your ability. Know their limitations! Please communicate this fact with your parents and students.