

GENERAL MEET REGULATIONS - MLSPEA REGION 1 (Valley Lutheran H.S.)

1. A school may enter a team or partial team in any of the four classes.
2. A participant may compete in a maximum of **three events**.
3. A school may enter a maximum of **three participants** in each event. More individuals or relays may be entered if they have all reached the 2010 qualifying standards at a prior meet. All times qualifying for the state meet must be run in the **finals not a preliminary race** at the Regional level.
4. For the 2010 State Meet, four participants will qualify from the Regional Meet to the State Meet in specified events 800, 1600, all Relays and the High Jump. The following events: 100, 200, 400, Long Jump and Shot Put will qualify five athletes.
5. All participants must wear gym or track shoes. Molded cleats or bare feet will not be permitted for any event. ¼” spikes or less will be allowed. **No jewelry** is permitted, including plastic or metal in the hair. Bandages over newly pierced ears are not permitted. Shorts must be worn above the hip. **Athletes should not roll up their shorts or they may risk disqualification. Team uniforms must be worn when athletes compete. A uniform is in school colors and has the school name or logo on it. A P.E. uniform would be acceptable. Relay teams must wear matching uniforms. (Anything visible must be worn by all runners.**
6. No starting blocks of any kind, including human, will be permitted. One “false start” is allowed.
7. It is the responsibility of the participant to be ready for each event. The public address system will be used to keep participants informed. The order of events is also published and available to coaches and athletes. Ultimately, coaches are responsible to make sure their athletes are at the right place at the proper time. Traffic construction, or a lack of familiarity with roads is not an acceptable excuse for being late for an event. Athletes arriving after third call for a running event or after their class has competed from a field event, will be unable to compete in that event at both the Regional or State competition. Warm-up activities for athletes late to a field event are at the discretion of the event judge.
8. All running events will be contested in this sequence in 2010: B Boys First, then B Girls, then A Boys, finally A Girls.
9. The order of events are listed below. During the field events, spectators and coaches may view the competition near the pits. **Once running events begin, only participants and meet officials will be allowed on the track.**

FIELD EVENTS BEGIN AT 9 a.m.

SHOT PUT There are two shot put rings outside the fences to the northwest of the track. CLASS A BOYS and GIRLS go first followed by Class B boys and girls.

HIGH JUMP There are two high jump pits at the south end of the track. Class A uses the pit to the west (near the starting line and bleachers) All Boys JUMP First with girls following.

LONG JUMP There is only one Long Jump Pit, located at the north end of the track. The long jump schedule is:

8:15-8:45	All Practice	8:45-9:00	Girls Practice
9:00 -9:30	“B” Girls	9:30-10:00	“A” Girls
10:00 -10:15	All Boys Practice		
10:15-10:45	“B” Boys	10:45-11:15	“A” Boys

10. **Running events** will start as soon as the field events are completed.
 - a. 100 meter prelims (in lanes entire race)
 - b. 4 x 200 Meter Relay (4 Turn Stagger, lanes the entire race)
 - c. 1600 Meter Run (Boxed, 2 turn stagger, cut in after cones)
 - d. 100 Meter Finals (in lanes entire race)
 - e. 400 Meter Run (2 turn stagger, stay in lanes the entire race)
 - f. 200 Meter Dash (1 turn stagger, stay in lanes the entire race)
 - g. 800 Meter Run (Boxed, 2 turn stagger, cut in after cones)
 - h. 4 x 100 Meter Relay (2 turn stagger, stay in lanes the entire race)
 - i. 4 x 400 Meter Relay (3 turn stagger, second runner cuts in at curve)
11. Three will be three official attempts in the shot put and long jump.
12. Shot put will allow 3 puts. Boys will use an 8 lb. shot and girls will use a 6 lb. shot. **IT IS A FOUL IF THE COMPETITOR: (We will use high school vectors)**
 - a. Puts with two hands.
 - b. After stepping in the circle, fails to pause before starting.
 - c. Allows the shot to drop behind or below the shoulder during the attempt.
 - d. Touches the top or end of the stopboard before the throw is marked.
 - e. Leaves the circle before the judge calls “Mark”.
 - f. Fails to exit the back half of the circle.
 - g. High School vectors will be used at all regional’s starting in 2009.
13. Long jump will allow three attempts. **IT IS A FOUL IF THE COMPETITOR:**
 - a. Has a shoe extend over the scratch line or take off board while attempting a jump.
 - b. Crosses the scratch line or scratch line extended without jumping.
 - c. In the process of leaving the pit, touches the ground outside the landing pit nearer to the scratch line.
14. There will be preliminaries in all 100 Meter dashes where there are more than eight contestants. Eight will qualify for the finals.
15. Batons must be furnished by competing teams. **Official, weighed** shots will be furnished.
16. Ribbons will be awarded to the top six finishers in all individual and teams in all relay events. The state meet will award medals to the top eight finishers.

17. Please e-mail your complete entry to Kurt Hofmeister at khofmeister@vlhs.com at Valley Lutheran High School by **3 p.m. on Monday, May 17, 2010**. There will be a significant late fee for teams not registered by this deadline.
18. All changes must be emailed, called in or faxed in to Valley Lutheran High School **by noon on May 20, 2010**. Phone number is 989.790.1676. Fax Number is 989.790.1680. Meet Directors may send an electronic list to help verify your received list of entrants.
19. There will be a rules committee appointed by the director at all regional meets. The Director of the State Meet will be responsible for this at the state meet. The committee will include the starter, meet director and two other coaches. All results are final at the conclusion of the meet.
20. Only Scratches are accepted on Saturday, May 22, 2010.
21. The starting heights for high jump will be as follows:

	<u>REGIONALS</u>		<u>STATE</u>
Girls	A: 3'11" B: 3'6"		A: 4'1" B: 3'8"
Boys	A: 4'5" B: 3'7"		A: 4'7" B: 3'9"

 - 1) The contestants are out after three consecutive misses.
 - 2) Contestants must take off from one foot.
 - 3) It is a foul if the competitor: a) displaces the bar (b) touches the ground or landing area beyond the plane of the crossbar (c) after clearing the bar, contacts the upright and displaces, or steadies the bar (d) fails to complete an attempt in the allotted time.
 - 4) A jump must be initiated within 90 seconds of the name being called. When only three competitors are left, each jumper will be allowed three minutes. When one jumper remains, they will be allowed 5 minutes between jumps.

POINTS OF EMPHASIS

- 1) The bar will not be lowered after the competition starts.
- 2) Breaking ties:
 - a. The competitor with the fewest misses at the tied height is the winner.
 - b. If the tie remains, the competitor with the fewest total misses throughout the competition is the winner.
 - c. No misses are charged for passing a height.
 - d. If a tie remains after (a) and (b) are applied the competitors take one more attempt at the failed height. If no decision is reached, the bar will be lowered (if both miss) or raised (if both are successful) by intervals of 1 inch and each competitor will try once at each height until a winner is determined.
- 3) The first 2 heights will be raised by 2 inches, and 1 inch thereafter.

- **EMAIL YOUR ENTRY TO khofmeister@vlhs.com**
- **MAIL YOUR CHECK (POSTMARKED NO LATER THAN MAY 17) to:**

MLSPEA REGION I (Valley Lutheran) Track Meet
Kurt Hofmeister
Valley Lutheran High School
3560 McCarty Road
Saginaw, MI 48603