



**MPSSAA INDOOR TRACK BULLETIN**  
 State Championships - February 18-19, 2008  
 Prince George's Sports & Learning Complex - Landover

**I. GENERAL INFORMATION**

- A. The Maryland Public Secondary Schools Athletic Association is the official governing body for the Indoor Track championships. Plans for the championships were formulated by the State Indoor Track Committee and approved by the Board of Control.
- B. Schools choosing to enter the tournament have the responsibility for reading and adhering to the rules and regulations stated in the front section of this publication as well as those appearing within this Indoor Track Bulletin and the current rule book.
- C. Eligibility rules for all participants are defined in MPSSAA Bylaw .02, found in the current MPSSAA Handbook.
- D. General regulations for all state tournaments are contained in MPSSAA Bylaw .07, found in both the current Handbook and in the front section of this publication.

**II. REGION AND STATE MEETS**

- A. Meet Organization
  - 1. The team or individual contestants must be accompanied to the meet by the coach or a designated representative.
  - 2. Teams competing in the Sportsplex will be admitted through the ground level team entrance.
  - 3. The meet director will provide all starting blocks.
  - 4. **Starting blocks WILL BE PERMITTED in the 55m and 55m high hurdle trials.**
  - 5. Girls will precede boys in finals of all running events.
  - 6. Slower sections will precede the fast section.
  - 7. **Time limits for the 1600m races shall be: Girls - 7:00; Boys - 6:00. Time limits in the 3200m shall be: Girls - 14:45; Boys - 12:45. Competitors who do not conclude their event within the allotted time will not be allowed to continue and score.**

Indoor Track

2007-2008 INDOOR TRACK TIME LINE		
Dec 5 .....First play date	<b>REGION TOURNAMENT</b>	<b>STATE TOURNAMENT</b>
<b>10 days prior to region meet</b>	Feb 1, 4, 9 .....1A Meets (3)	Feb 18.....1A & 2A Meets
.....deadline for entry into tournament.	Feb 5, 8, 9 .....2A Meets (3)	
<b>Four (4) days prior to region meet</b>	Feb 12, 13, 14.....3A Meets (3)	Feb 19.....3A & 4A Meets
.....Scratches & substitution deadline	Feb 5, 6, 7 .....4A Meets (3)	
	Feb 16 .....Seeding of state tournament	Apr 15 .....Reimbursement request due

8. Order of field events: Pole Vault (Boys, followed by Girls); High Jump (Girls, followed by Boys); Shot Put (Girls, followed by Boys).
9. Only shots approved by the appropriate official shall be used in competition.
10. Participants in the shot put will receive three attempts in single rotation. All will be measured. The top seven will receive three additional attempts.

#### B. Playing Rules

1. All rules not modified here shall be in accordance with current National Federation rules.
  - a. Any team member listed on the entry form may participate on any of that school's relay team providing the maximum participation rule is not violated.
  - b. Any competitor who exceeds the maximum participation rule forfeits further participation in any and all events in the 2008 State Indoor Track Meet.
  - c. Should the competitor exceed the maximum participation rule while competing on a relay team, the *entire relay team* is excluded from the 2008 State Indoor Meet.
2. Shoes with spikes are prohibited in all facilities in Maryland except the Prince George's Sportsplex. Any infraction will result in the disqualification of the competitor from the meet.
3. Only shoes with 1/4" spikes or less are permitted in the Prince George's Sportsplex. *Shoes with hard plastic spike plates may not be worn without spikes inserted.*
4. The spraying of shoe soles is prohibited. Any infraction will result in the disqualification of the competitor from the meet.
5. No tape will be permitted on the floor for any running event.
6. Videotape or other electronic recording of appeals will not be accepted.

#### C. General Policies

All electronic listening devices are barred from the area of competition.

### III. REGION MEET

#### A. Meet Organization

1. Any team that makes formal application by the established deadline will be entered into the meet. The Entry Deadline and Penalty Deadline for each region meet will be found on the **Tentative Meet Schedule**. The burden of proof is on the school.
2. Each school is allowed two (2) entries per individual event and one (1) team in each relay event.
3. An athlete may participate in a maximum of four events. A scratch made after deadline counts as one of the four events an athlete may enter.
4. The following online method for entry must be used.
  - a. Directions for entry
    - (1) Log on to <www.coacho.com>, the site hosting the online entry process.

- (2) Select the word Calendar on the left side of the Home Page.
  - (3) Select the date and name of the region meet for your classification.
  - (4) Set up your team form to obtain a pin #. Only one pin # (generated by *Coach O* host site) will be assigned per school. Once you have received a pin # by return e-mail, you will be allowed access to the next phase (**entering your entire team roster (both boys and girls)**).
  - (5) After selecting event(s) for each athlete and completing the required information, press Enter when finished to send the entry to the *Coach O* host site.
    - b. A return e-mail will be sent from the *Coach O* host site to confirm the entry was received. **The coach must bring a copy of this e-mail to the region meet.**
    - c. Each school has been assigned a unique pin # which is required in order to access the information entered. *Changes cannot be made without the pin #.*
5. You may change your entries until the *Entry Deadline* established for your meet. After the *Entry Deadline*, no athlete may be added. Only scratches and substitutions are allowed until the *Penalty Deadline*.
  6. The *Coach O* host site will also send an e-mail to the Region Meet Director verifying the receipt of your entry. The Region Meet Director is the *only other individual* who also will have access to team information (in order to seed the meet on the basis of entries received).
  7. *After the Entry Deadline and until the Penalty Deadline*, only scratches or substitutions in the individual events may be made. **ADDITIONS are not permitted in any event.**
  8. The Region Meet Director is responsible for contacting those schools whose entry applications were not received by the *Entry Deadline*.
    - a. An application received after the region meet's *Entry Deadline* incurs a late fee.
    - b. In no case will a team be entered into a region meet if the Region Meet Director does not have the completed **online entry** and \$100 late fee (if applicable) by the date of the *Penalty Deadline* (**4 days prior to the start of the meet**).
    - c. *Entries received after the Entry Deadline, but by the Penalty Deadline (four days prior to the start of the meet)*, will be seeded last.

### TENTATIVE MEET SCHEDULE

REGION MEET	DATE OF MEET	ENTRY DEADLINE	PENALTY DEADLINE	COACHES MEETING	MEET SITE	ADVANCE TO STATE	MEET DIRECTOR
4A West	Feb. 6	Jan. 28	Feb. 2	3:30 PM	Baltimore Armory	4/event	Matt Wheeler, Richard Montgomery
4A Central	Feb. 7	Jan. 29	Feb. 3	3:30 PM	Baltimore Armory	4/event	Ed Harte, North County
4A East	Feb. 5	Jan. 27	Feb. 1	3:30 PM	Baltimore Armory	4/event	Rich Andrulonis, Bowie
3A West	Feb. 13	Feb. 3	Feb. 9	3:30 PM	PG Sportsplex	4/event	Kevin Monroe, Kennedy
3A Central	Feb. 14	Feb. 4	Feb. 10	3:30 PM	PG Sportsplex	4/event	William Vaughan, Mergenthaler
3A East	Feb. 12	Feb. 2	Feb. 8	3:30 PM	PG Sportsplex	4/event	Beth Shook, Westlake
2A West	Feb. 8	Jan. 30	Feb. 4	3:30 PM	Hagerstown CC	4/event	Don Boyer, Middletown
2A Central	Feb. 9	Jan. 31	Feb. 5	12:30 PM	Hagerstown CC	4/event	Chris McGuinness, Patapsco
2A East	Feb. 5	Jan. 27	Feb. 1	3:30 PM	PG Sportsplex	4/event	A.K. Johnson, North Point
1A West	Feb. 1	Jan. 23	Jan. 28	3:30 PM	Hagerstown CC	4/event	Ray Shriver, Smithsburg
1A Central	Feb. 9	Jan. 31	Feb. 5	12:30 PM	Hagerstown CC	4/event	Chris McGuinness, Patapsco
1A East	Feb. 4	Jan. 26	Jan. 31	3:30 PM	Baltimore Armory	4/event	William Vaughan, Mergenthaler

9. Eligible individuals may participate in a region meet provided they have a minimum of three weeks of supervised training and have participated in at least two MPSSAA-sanctioned meets.
10. Meets run outdoors or in school hallways will not be counted as sanctioned meets.
11. Meets shall be organized and structured in a uniform way—entry on the basis of best performance, seeding, placement in lanes, etc.
12. **Starting blocks WILL BE PERMITTED in the 55m and 55m high hurdle trials.**
13. **For meets in the Baltimore Armory, the following organization procedures shall be followed:**
  - a. Teams are not permitted in the Armory before 3 p.m. Athletes are restricted to the main floor only. The balconies and basement are off-limits at all times.
  - b. All running events will begin at 4:00 p.m.
  - c. Where space is limited, the high jump and shot put events will be suspended during the dash and hurdle events.
  - d. Dressing facilities are not available. Athletes should come dressed to participate.
  - e. Tentative recommended number of participants per section in distance events: 800 (9); 1600 (12); 3200 (18), 3200 Relay (9). *Games Committee has authority to change these numbers.*
  - f. There will be no concessions. Vending machines are available.
  - g. Meet directors shall meet with all teams and coaches prior to the start of competition to emphasize the importance of following the policies and restrictions of the National Guard administration as well as those of meet management.
  - h. No one should remove equipment or materials or deface property in the meet facility.
  - i. Coaches shall see their team areas are clean prior to departure from the meet site.
  - j. The only markings on the Armory floor shall be with tape provided by meet management.
  - k. No spikes are permitted.
  - l. All pole vault competitors will weigh in immediately on entering the Armory (3-3:45 PM). Boys will be weighed in first, followed by girls. Boys competition will begin at 3:45 PM.
  - m. **ALL ADULTS entering the Armory must have a government-issued identification.**

#### B. Playing Rules

1. The team or individual contestants must be accompanied to the meet by the coach or a designated representative.
2. The first four scorers in each event will automatically advance to the state meet. If a tie occurs for fourth place, all tied competitors shall advance. Coaches should notify the region meet director at the region meet, but no later than the start of the state seeding meeting on February 16, of their intent to scratch any individual qualifier.
3. In addition to the automatic qualifiers, individual competitors or relay teams who, in their region meet finals, meet the qualifying standard on the following page may also compete.

- a. Only the field events and those running events contested as a final on time shall be included. Excluded from this rule are the events with preliminary round(s): 55 m HH and 55 m dash.
- b. Separate Advancement Standards shall be used for region finals held at the Prince George's Sportsplex or Hagerstown Community College and the Baltimore National Guard Armory. Those standards appear on the following page.

4. Order of track events - girls will precede boys in all final running events, except where noted:

- |                              |                             |                 |                              |
|------------------------------|-----------------------------|-----------------|------------------------------|
| 1) 55m HH trials (if needed) | 5) 1600m                    | 9) 55m HH final | 13) 800 m                    |
| 2) 55m trials (if needed)    | 6) 55m HH semis <b>B, G</b> | 10) 55m final   | 14) <b>BREAK FOR CLEANUP</b> |
| 3) 3200m relay               | 7) 55m semis <b>B, G</b>    | 11) 3200m       | 15) 1600 m relay             |
| 4) 300m                      | 8) 500m                     | 12) 800m relay  |                              |

5. The following MINIMUM opening heights shall be used in field events: HJ-G: 4-4; PV-G: 7-0; HJ-B: 5-6; PV-B: 9-0. **The Games Committee may only move the minimum height UP.**

<b>ADVANCEMENT STANDARDS FOR PERFORMANCE IN THE 2008 REGION FINALS</b>										
PG Sportsplex or HCC					GIRLS	Baltimore National Guard Armory				
	4A	3A	2A	1A			4A	3A	2A	1A
300m	41.61	42.06	42.95	43.38	300m	43.86	43.65	43.95	44.47	
500m	1:20.36	1:20.47	1:21.78	1:22.98	500m	1:22.78	1:22.30	1:23.32	1:24.81	
800m	2:25.44	2:27.59	2:30.28	2:30.81	800m	2:28.35	2:30.01	2:31.86	2:32.06	
1600m	5:23.93	5:26.55	5:36.28	5:43.39	1600m	5:34.01	5:35.72	5:41.32	5:45.22	
3200m	11:45.94	11:59.72	12:26.81	12:40.11	3200m	12:07.36	12:16.47	12:36.89	12:48.19	
4x200	1:49.32	1:50.13	1:51.20	1:51.47	4x200	1:51.57	1:51.67	1:54.28	1:56.80	
4x400	4:11.41	4:14.59	4:18.55	4:19.33	4x400	4:22.49	4:22.21	4:26.21	4:30.49	
4x800	9:57.61	10:10.06	10:25.94	10:29.37	4x800	10:10.86	10:20.44	10:39.11	10:48.20	
HJ	4-11	4-10	4-09	4-09	HJ	4-10	4-08	4-09	4-09	
SP	33-06	32-09	31-10	31-7.5	SP	33-07	33-04	32-0.5	31-0	
PV	7-08	7-08	7-08	7-05	PV	7-10	8-01	8-02	8-01	
					BOYS					
	4A	3A	2A	1A			4A	3A	2A	1A
300m	36.53	36.67	37.19	37.60	300m	37.78	37.83	38.32	38.77	
500m	1:07.82	1:08.94	1:10.37	1:10.68	500m	1:09.66	1:10.24	1:11.50	1:12.18	
800m	2:03.29	2:04.73	2:06.25	2:06.33	800m	2:05.62	2:05.31	2:07.62	2:10.25	
1600m	4:35.64	4:38.27	4:43.65	4:46.41	1600m	4:39.56	4:41.35	4:47.40	4:51.66	
3200m	10:03.98	10:12.94	10:30.92	10:39.95	3200m	10:14.23	10:16.23	10:29.09	10:39.95	
4x200	1:34.56	1:35.32	1:36.76	1:37.44	4x200	1:37.65	1:38.40	1:39.88	1:40.61	
4x400	3:34.34	3:35.83	3:39.34	3:41.36	4x400	3:40.42	3:41.33	3:45.67	3:49.11	
4x800	8:25.47	8:34.33	8:46.59	8:49.99	4x800	8:32.97	8:38.87	8:51.38	8:57.99	
HJ	6-01	5-11	5-09	5-7.5	HJ	5-11	5-10	5-09	5-8	
SP	45-03	45-11.5	45-06	44-04	SP	46-06	45-03	43-06	43-01	
PV	10-04	10-06	10-04	9-11	PV	10-09	10-06	10-08	11-0	

Indoor Track

### C. General Policies

1. Individuals 7 years of age and older will be charged an admission of \$5.
2. The head coach of each team will provide a list of **contracted coaches** and student managers to its respective region meet director who will submit the list to the state director at the state seeding committee meeting.
3. A plaque will be awarded to the first place team. Ribbons will be awarded to the top six finishers in each event.
4. **The track and the infield are restricted areas and open only to meet officials and competitors in uniform.**
  - a. **Penalty for coaches in violation: disqualification of their athlete(s) from the contested event.**
  - b. **Violators will be asked to leave the facility.**

## IV. STATE MEET

### A. Meet Organization

1. Region meet directors must bring each school's list of **contracted coaches** and student managers, region results and disks, and a printed copy with any appeals (stapled to the event sheet) to the seeding committee meeting which will be held at Milford Mill Academy, 3800 Washington Avenue (Exit 18W) at 9:30 a.m. Saturday, February 16.
2. Region meet champions will be placed as the top seeds in each event contested in sections. *The remaining qualifiers will be based on performance, regardless of region.*
3. The following lane order will be used for seeding:
  - a. 55m and 55m hurdles (3-4-2-5-1-6). (The lane assignment in the final shall be determined by the following finish order in the semifinals: place, then time.)
  - b. 300m, 500m, 800mR, 1600mR (4-5-3-6-2-1)
  - c. 800m, 1600m, 3200m, 3200mR (1-2-3-4-5-6)
  - d. 800m and 3200mR will be run on a 1-turn stagger, starting in alleys.
4. The 2008 championships will be held February 18 and 19 at the Prince George's Sports & Learning Complex, Landover. Class 1A and Class 2A meets will be held on February 18 beginning at 11 a.m. The Class 3A and Class 4A meets will be held February 19, beginning at 4 p.m. **Directions:** from I-95/I-495 (Capital Beltway): take Exit 17B West. Turn left at first light onto Brightseat Road.
  - a. All spectators must park in the large lot on Brightseat Road just beyond the light at Sheriff Road.
  - b. Team buses should turn right at light onto Sheriff Road. Turn left at light at Harvey Drive into the Sportsplex entrance.

B. Playing Rules

1. Order of running events

- |                             |                         |                              |
|-----------------------------|-------------------------|------------------------------|
| 1) 3200m relay final - G, B | 5) 55m semifinal - B, G | 9) 3200m final - G, B        |
| 2) 300m final - G, B        | 6) 500m final - G, B    | 10) 800m relay final - G, B  |
| 3) 1600m final - G, B       | 7) 55m HH final - G, B  | 11) 800m final - G, B        |
| 4) 55m HH semifinal - B, G  | 8) 55m final - G, B     | 12) 1600m relay final - G, B |

2. Order of field events

**DAY 1 – CLASS 1A AND CLASS 2A**

**SHOT PUT**

- 1A Girls
- 2A Girls
- 1A Boys
- 2A Boys

**HIGH JUMP**

- 2A Girls
- 1A Girls
- 2A Boys
- 1A Boys

**POLE VAULT**

- 1A Boys
- 2A Boys
- 1A Girls
- 2A Girls

**DAY 2 – CLASS 3A AND CLASS 4A**

**SHOT PUT**

- 3A Girls
- 4A Girls
- 3A Boys
- 4A Boys

**HIGH JUMP**

- 4A Girls
- 3A Girls
- 4A Boys
- 3A Boys

**POLE VAULT**

- 3A Boys
- 4A Boys
- 3A Girls
- 4A Girls

3. Only shoes with 1/4" spikes or less are permitted in the Prince George's Sportsplex. *Shoes with hard plastic spike plates may not be worn without spikes inserted.*
4. Opening heights in the field events will be determined by the Games Committee at the state seeding meeting, based on the entries received.
5. Shots used in competition will be weighed in.
6. A competitor who is not ready to perform when called by the official will be charged with a trial in the field events and could be disqualified in a running event.
7. A competitor must notify the official when leaving one event after being called for competition in another event.

C. General Policies

1. Individuals 7 years of age and older will be charged an admission of \$8. *No re-entry will be permitted.*
2. Plaques will be awarded to the first and second place teams. Medals will be presented to the first three finishers in all events and ribbons to those placing fourth through sixth.
3. The track and the infield are restricted areas and open only to meet officials and competitors in uniform.
  - a. Penalty for coaches in violation: disqualification of their athlete(s) from the contested event.
  - b. Violators will be asked to leave the facility.

<b>PROJECTED MPSSAA INDOOR TRACK CHAMPIONSHIP DATES</b>	
2009 - February 16/17	2010 - February 15/16
2011 - February 21/22	

## 2007-2008 STATE INDOOR TRACK TOURNAMENT COMMITTEE

### Office

DIRECTOR Joe Sargent.....Milford Mill .....410-922-7195

### MEET ADMINISTRATION

William Vaughan .....Mergenthaler .....410-889-2584  
DISTRICT 1 Ray Shriver .....Smithsburg.....301-766-8337  
DISTRICT 2 Scott Mathias .....Clarksburg .....301-444-3555  
DISTRICT 3 Rich Andrulonis .....Bowie .....301-805-2600  
DISTRICT 4 A.K. Johnson.....North Point.....301-753-1759  
Beth Shook.....Westlake.....301-934-4663  
DISTRICT 5 Josh Alcombright .....Severna Park .....410-647-7900  
Amy Krusinski.....Meade .....410-674-7710  
Sam Singleton .....Oakland Mills .....410-313-6945  
DISTRICT 6 Gerard Filosa .....Pikesville .....410-887-1217  
DISTRICT 7 Jimmy Grant .....Fallston.....410-638-4120  
DISTRICT 8 Justin Holland.....Kent Island.....410-882-2118  
Pat Russo .....Stephen Decatur .....410-641-2207  
DISTRICT 9 Jerry Molyneaux .....Northwestern .....410-396-0604  
Rikki Vincent .....Reginald Lewis.....410-396-8394

### RULES INTERPRETER

Steve Smith .....410-887-4266 x478

## 2007-2008 INDOOR TRACK REGIONS

<b>4A WEST</b>	<b>4A CENTRAL</b>	<b>4A EAST</b>
Linganore - Fre Thomas Johnson - Fre Blair - Mtg Blake - Mtg Churchill - Mtg Gaithersburg - Mtg Magruder - Mtg Northwestern - Mtg Quince Orchard - Mtg R. Montgomery - Mtg Sherwood - Mtg Springbrook - Mtg Walt Whitman - Mtg Walter Johnson - Mtg Wootton - Mtg	Arundel - AA Broadneck - AA Chesapeake - AA Glen Burnie - AA North County - AA Old Mill - AA Severna Park - AA South River - AA Southwestern - Balt Walbrook - Balt Dulaney - B Co Kenwood - B Co Parkville - B Co Perry Hall - B Co Woodlawn - B Co C.M. Wright - Hfd	North Carroll - Car Westminster - Car Thomas Stone - Cha Bladensburg - PG Bowie - PG DuVal - PG E. Roosevelt - PG Flowers - PG High Point - PG Laurel - PG Northwestern - PG Oxon Hill - PG Parkdale - PG Suitland - PG Wise - PG Leonardtwn - StM
<b>3A WEST</b>	<b>3A CENTRAL</b>	<b>3A EAST</b>
Frederick - Fre Tuscarora - Fre Urbana - Fre Bethesda-CC - Mtg Damascus - Mtg Einstein - Mtg Kennedy - Mtg Paint Branch - Mtg Seneca Valley - Mtg Watkins Mill - Mtg Wheaton - Mtg Crossland - PG Friendly - PG Largo - PG Potomac - PG	Annapolis - AA Meade - AA Northeast - AA Lake Clifton - Balt Mergenthaler - Balt Patterson - Balt Western - Balt Catonsville - B Co Dundalk - B Co Franklin - B Co Hereford - B Co Milford Mill - B Co Patapsco - B Co Towson - B Co Aberdeen - Hfd Bel Air - Hfd Fallston - Hfd North Harford - Hfd	Huntingtown - Cal Northern - Cal La Plata - Cha Henry E. Lackey - Cha Westlake - Cha Atholton - How Centennial - How Howard - How Long Reach - How Reservoir - How Wilde Lake - How Chopticon - StM Great Mills - StM Stephen Decatur - Wor
<b>2A WEST</b>	<b>2A CENTRAL</b>	<b>2A EAST</b>
Century - Car Francis Scott Key - Car Liberty - Car Winters Mill - Car Middletown - Fre Walkersville - Fre Clarksburg - Mtg Northwood - Mtg Rockville - Mtg Central - PG Douglass - PG Fairmont Heights - PG Gwynn Park - PG North Hagerstown - Was South Hagerstown - Was	City - Balt Douglass - Balt Edmondson - Balt Northwestern - Balt Poly - Balt Samuel Banks - Balt Eastern Tech - B Co Lansdowne - B Co Loch Raven - B Co Overlea - B Co Randallstown - B Co Hammond - How Marriotts Ridge - How Mount Hebron - How Oakland Mills - How River Hill - How	Southern - AA Calvert - Cal Patuxent - Cal Elkton - Cec North East - Cec Rising Sun - Cec McDonough - Cha North Point - Cha North Caroline - Cin Edgewood - Hfd Kent Island - QA Queen Anne's - QA Easton - Tal J.M. Bennett - Wic Parkside - Wic Wicomico - Wic
<b>1A WEST</b>	<b>1A CENTRAL</b>	<b>1A EAST</b>
Allegany - All Fort Hill - All Mountain Ridge - All Brunswick - Fre Catocin - Fre Northern - G Southern - G Poolesville - Mtg Boonsboro - Was Clear Spring - Was Hancock - Was Smithsburg - Was Williamsport - Was	Samuel Banks - Balt Digital Harbor - Balt Dunbar - Balt Forest Park - Balt Reginald Lewis - Balt Southside - Balt W.E.B. Du Bois - Balt Carver A & T - B Co Chesapeake - B Co New Town - B Co Owings Mills - B Co Pikesville - B Co Sparrows Point - B Co Western STES - B Co	South Carroll - Car Bohemia Manor - Cec Perryville - Cec Col. Richardson - Cin Harford Tech - Hfd Havre de Grace - Hfd Joppatowne - Hfd Patterson Mill - Hfd Glenelg - Hfd Kent County - K Forestville - PG Surrattsville - PG Washington - Som Mardela - Wic Pocomoke - Wor Snow Hill - Wor