



**MPSSAA TRACK & FIELD BULLETIN**

State Championships - May 27-29, 2010  
Morgan State University - Baltimore

**I. GENERAL INFORMATION**

- A. The Maryland Public Secondary Schools Athletic Association is the official governing body for the Track and Field Championships. Plans for the tournament were formulated by the State Track & Field 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 Track and Field Bulletin.
- 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.
- E. National Federation rule books are distributed by the MPSSAA office to every member school. It is the responsibility of each coach to read and know the rules.
- F. Officials do a disservice to the sport and competitors when they set aside rules that apply to illegal uniforms or permit unsportsmanlike acts because they don't want to appear to be "too picky" or feel that "it is not a major meet". When those athletes participate in a major competition where the rules are enforced according to the code, they think that the rules are unfair or that they should have been warned, etc. because "no one called me on this all year". All too often, parents, coaches, and the media argue that the rules are unfair and that officials don't consider how devastating it is to an athlete disqualified in a major meet because of a thrown baton or an illegal uniform. Certainly, it should not happen. Although such disqualifications are ultimately the responsibility of the athlete and coach, meet officials who tolerated the illegal action during the season also must assume some responsibility.
- G. No jewelry will be allowed during high school track and field competitions (NF Rule 4-3, Article 4.)
- H. No pole vault event shall be contested unless vaulters are weighed in and poles verified **utilizing a scale according to state adoption. (NFHS Rule 7-5, Article 3).**
- I. Each school entering a meet agrees to abide by decisions made by that meet's games committee. Protests at any level of competition—dual, triangular, city, county, region, state—shall be settled by an appointed jury of appeals or similar committee at the site of that particular meet.

2010 TRACK & FIELD TIME LINE		
<p><b>Mar 22</b> .....First play date <b>7 days prior to first region meet in respective classification</b> .....deadline for entry into tournament. <b>Four (4) days prior to region meet</b> .....Scratches &amp; substitution deadline</p>	<p><b>REGION TOURNAMENT</b> <b>May 19-22</b> .....Region Meets  <b>May 23</b> .....Seeding of state tournament</p>	<p><b>STATE TOURNAMENT</b> <b>May 27, 29</b> .....1A &amp; 2A Meets  <b>May 28, 29</b> .....3A &amp; 4A Meets  <b>Jun 20</b> .....Reimbursement request due</p>

**TRACK & FIELD**

J. Order of track events:

**Dual and Triangular Meets**

3200 m R	3200 m
110 m HH (boys)	300 m H
100 m HH (girls)	200 m
100 m	800 m
1600 m	400 m R
800 m R	1600 m R
400 m	

**1-day Meet**

100 m semis	1600 m final
110 m HH semis	800 m R final
100 m HH semis	** Optional break
200 m semis	400 m final
3200 m R final	3200 m final
** Optional break	300 m H final
100 m HH final	200 m final
110 m HH final	800 m final
100 m final	400 m R final
	1600 m R final

K. Order of field events

1. Boys' shot put and triple jump will start first.
2. Girls' discus, pole vault, high jump, and long jump will start first.

**II. REGION AND STATE MEETS**

A. Tournament Organization

1. Seeding order	Seeding method	8-lane track	6-lane track
From middle lane	.....Type A	.....4-5-3-6-2-7-1-8	.....3-4-2-5-1-6
From lane 1 out	.....Type B	.....1-2-3-4-5-6-7-8	.....1-2-3-4-5-6

2. Specific information for running events

Event	Staggered start	Remain in lanes	Seeding method
100m, 100m HH, 110m HH	.....No	.....Yes	.....Type A
200m, 300m H, 400m, 400m Relay	.....Yes	.....Yes	.....Type A
800m Relay **	.....Yes	.....Yes **	.....Type A
1600m Relay	.....Yes	.....1st runner only (3-turn stagger)	.....Type A
800m, 1600m, 3200m, 3200m Relay	.....Yes, (if possible)	.....To break line, (if 1-turn stagger)	.....Type B

**\*\* SPECIAL NOTE:** The 800 m Relay will be run entirely in lanes at the state meet, **if properly surveyed**. The State Committee recommends that Region meets run this event as it is SURVEYED on the track being used.

3. The high jump and pole vault may be run as "5-alive". Other field events will be run in flights.

B. Playing Rules

1. All rules not modified here shall be in accordance with current National Federation rules.
2. The 4-event limitation applies whether the meet is held on 1 day, consecutive days, or on 2 or more nonconsecutive days. If the participation limitation is exceeded, the athlete in violation shall forfeit all individual and team points earned in any event. *In addition*, that athlete shall be disqualified from state meet participation should the violation occur in the qualifying region meet.
3. Headwear other than **previously approved by state association** is prohibited. Any hair restraint must be soft and functional. The penalty shall be disqualification from that event.
4. Wearing makeup by a participant that is distracting to other competitors is prohibited, upon the decision of the meet referee.

5. Contestants are to report on the first call. *There will be only two calls.* In case of a conflict with another event, the State Committee has adopted the following rule for being excused from an event: if an athlete checks out with a clerk or the official of a field event, there is no time limit. However, the following guidelines will be followed:
  - a. In the high jump and pole vault, the bar will continue to go up and the excused athlete will not be called until the athlete checks back in with the official. *Coaches, be aware that when the last competitor who is present completes his/her jumping, the event is over.*
  - b. In other field events, a change of flight will be made, *if requested*, to avoid conflict with another event. This request must be made before the start of the competition in the event you are trying to change. A change of order within a flight and/or jumps or throws taken in succession may be made at any time to allow a contestant to report to another event. When all competitors present have completed their attempts in a particular flight or final, competition in that flight or final is over. *No returning athlete will be given the opportunity to compete after the completion of a flight or final.*
  - c. In running events, contestants must check in on the first call.
    - (1) Any participant who must leave to compete in a field event must report to the starting line before the participant's race is called.
    - (2) Any participant not in a field event who is not in position by the final call will not be allowed to compete in that event.

#### C. General Policies

1. Each school shall supply its own baton for relay races.
2. Only designated officials and participants in the event shall be permitted in the infield. At region meets, coaches and members of their squads should remain in a section of the stands or at the sidelines, from which point the coach can dispatch contestants to the proper place for participation.
3. All electronic listening devices are barred from the area of competition. The rule applies to spectators as well as participants. The host facility shall only use its sound system for public address once the meet has started.

### III. REGION MEET

#### A. Meet Organization

1. **Region meet directors need to declare coaches and athletes for the state meet at a mandatory seeding meeting at Westlake High School on Sunday, May 23 at 9:30 a.m.**
2. Any team that makes formal application by the established deadline will be entered into the meet.
3. An application received after the Region Meet Entry Deadline (**7 days prior to the start of the first meet in that classification**) must be accompanied by a check, payable to the MPSSAA, in the amount of \$100.00, or the entry is invalid. The burden of proof is on the school. In no case will a team be entered into a region meet if the Region Meet Director does not have the completed application and \$100 late fee (if applicable) in hand by the Penalty Deadline (four calendar days prior to the start of the meet).
  - a. The Region Meet Director is responsible for contacting those schools whose entry applications are incomplete or were not received by the region meet entry deadline.
  - b. Entries received after the region meet entry deadline, but by the penalty deadline, will be seeded last.

4. The following online method for entry must be used. Meet entry will require teams to register and provide contact information, including an e-mail address. After a team completes the registration process, the region's meet director will receive a copy of the team's registration. Upon receipt, the region meet director can reply, thus immediately notifying the coach that his/her registration has been received.
5. Directions for entry
  - a. Log on to <www.CoachO.com>, the site hosting the online entry process. Select the word *Calendar* on the left side of the Home Page. Select the date and name of the region meet for your classification. Select *Register a team*, then *Continue>>*.
  - b. If you have registered at another *CoachO.com* hosted meet this year, enter your e-mail, pin #, and Team name.
  - c. If new to *CoachO.com*, complete the Registration and Contact Information, then continue to follow the screen prompts to send the information to the *CoachO.com* host site.
  - d. Once you have received a pin # by return e-mail, you will be allowed access to the next phase, that of entering your **entire team roster**, both boys and girls if you coach both.
  - e. After selecting event(s) for each athlete and completing the required information, press Enter to send the entry to the *CoachO.com* host site.
  - f. A return e-mail will be sent from the *Coach O* host site to confirm the entry was received.
6. 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 #.*
7. 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*.
8. The *Coach O* host site will also send an e-mail to the Region Meet Director verifying the receipt of your entry. Only your Region Meet Director and the HyTek Director will have access to your team's information (in order to seed the meet on the basis of entries received). **All coaches must bring a receipt e-mail from Coach O.**
9. A scratch or substitution in an individual event is due **FOUR calendar days** before the start of the meet **to the regional director** (Penalty Deadline Date).
10. After that deadline, no substitutions can be made. In addition, after that deadline, all entries in individual events count as an event that the athlete has participated in.
11. All regions must use the Windows version of the HyTek software provided by the MPSSAA.
12. The region meet director will be responsible for organizing the meet, securing officials, arranging for First Aid services, scoring, and reporting to the executive director those who qualify for state competition. ALL MEETS shall be organized and structured in a uniform way for seeding, placement in lanes, trials on the basis of best performance, etc.
  - a. Hand timed (HT) races shall be recorded to one-tenth ( $\frac{1}{10}$ ) of a second, always rounding up to the next  $\frac{1}{10}$ , i.e. 22.61 = 22.7. Fully automatic timed races (FAT) shall be recorded to one-one hundredth ( $\frac{1}{100}$ ) of a second, i.e. 48.76 = 48.76.

b. No athlete will advance in an uncontested event.

c. In the event that the pole vault facility is unsafe, the event will be moved to a site which is safe.

## 2010 REGION MEET INFORMATION

Region meet schedule and email addresses for regional directors can be found on the Track and Field pages of mpssaa.org.

<p style="text-align: center;"><b>1A West</b> Manchester Valley HS May 21 (3:00 p.m.)</p> <p>Entry Deadline .....May 13 Penalty Deadline .....May 17 Contact.....Dave Dolch School.....Manchester Valley Phone .....410-386-1673</p>	<p style="text-align: center;"><b>1A North</b> Pikesville HS May 22 (9:00 a.m.)</p> <p>Entry Deadline .....May 13 Penalty Deadline .....May 18 Contact.....Gerard Filosa School .....Pikesville Phone .....443-204-2175</p>	<p style="text-align: center;"><b>1A South</b> Mergenthaler HS May 22 (10:00 a.m.)</p> <p>Entry Deadline .....May 13 Penalty Deadline .....May 18 Contact .....Rikki Vincent School.....Northwestern Phone.....443-562-4088</p>	<p style="text-align: center;"><b>1A East</b> Kent County HS May 20 (3:00 p.m.)</p> <p>Entry Deadline .....May 13 Penalty Deadline .....May 16 Contact ....Dennis Herrmann School.....Kent County Phone .....410-778-4540</p>
<p style="text-align: center;"><b>2A West</b> Winters Mill HS May 20 (4:00 p.m.) May 22 (10:00 a.m.)</p> <p>Entry Deadline .....May 13 Penalty Deadline .....May 16 Contact .....Tom Fisher School .....Winters Mill Phone .....410-596-9009</p>	<p style="text-align: center;"><b>2A North</b> Pikesville HS May 22 (9:00 a.m.)</p> <p>Entry Deadline .....May 13 Penalty Deadline .....May 18 Contact .....Gerard Filosa School .....Pikesville Phone .....443-204-2175</p>	<p style="text-align: center;"><b>2A South</b> Long Reach HS May 21 (4:00 p.m.) May 22 (10:00 a.m.)</p> <p>Entry Deadline .....May 13 Penalty Deadline .....May 17 Contact .....Norm Belden School .....Lime Kiln Middle Phone .....410-917-8010</p>	<p style="text-align: center;"><b>2A East</b> Kent Island HS May 20 (3:00 p.m.) May 22 (11:00 a.m.)</p> <p>Entry Deadline .....May 13 Penalty Deadline .....May 16 Contact .....Casey Ferentz School .....North East-Cec Phone .....410-996-6200</p>
<p style="text-align: center;"><b>3A West</b> Clarksburg HS May 19 (4:00 p.m.) May 20 (4:00 p.m.)</p> <p>Entry Deadline .....May 12 Penalty Deadline .....May 15 Contact .....Seann Pelkey School .....Quince Orchard Phone .....301-367-2957</p>	<p style="text-align: center;"><b>3A North</b> Woodlawn HS May 22 (9:00 a.m.)</p> <p>Entry Deadline .....May 12 Penalty Deadline .....May 18 Contact ....Chris McGuinness School .....Patapsco Phone .....410-887-7064</p>	<p style="text-align: center;"><b>3A South</b> Westlake HS May 20 (3:30 p.m.) May 22 (9:00 a.m.)</p> <p>Entry Deadline .....May 12 Penalty Deadline .....May 16 Contact .....Beth Shook School .....Westlake Phone.....757-630-7029</p>	<p style="text-align: center;"><b>3A East</b> Long Reach HS May 20 (4:00 p.m.) May 22 (10:00 a.m.)</p> <p>Entry Deadline .....May 12 Penalty Deadline .....May 16 Contact .....Norm Belden School .....Lime Kiln Middle Phone .....410-917-8010</p>
<p style="text-align: center;"><b>4A West</b> Walt Whitman HS May 19 (4:00 p.m.) May 20 (4:00 p.m.)</p> <p>Entry Deadline .....May 12 Penalty Deadline .....May 15 Contact .....Steve Hays School .....Walt Whitman Phone.....301-728-0994</p>	<p style="text-align: center;"><b>4A North</b> Woodlawn HS May 22 (9:00 a.m.)</p> <p>Entry Deadline .....May 12 Penalty Deadline .....May 18 Contact.....Mike Sye School .....Woodlawn Phone .....410-298-0724</p>	<p style="text-align: center;"><b>4A South</b> Henry A. Wise HS May 21 (4:00 p.m.) May 22 (10:00 a.m.)</p> <p>Entry Deadline .....May 12 Penalty Deadline .....May 17 Contact.....Dave Sellers School .....Parkdale Phone..301-513-5700x2042</p>	<p style="text-align: center;"><b>4A East</b> North County HS May 20 (4:00 p.m.) May 22 (10:00 a.m.)</p> <p>Entry Deadline .....May 12 Penalty Deadline .....May 16 Contact .....Tara Whitmer School.....Chesapeake-AA Phone.....443-867-4988</p>

### 13. Order of track events:

#### 1-day Region Meet

100 m semis	1600 m final
110 m HH semis	800 m R final
100 m HH semis	** Optional break
200 m semis	400 m final
3200 m R final	3200 m final
** Optional break	300 m H final
100 m HH final	200 m final
110 m HH final	800 m final
100 m final	400 m R final
	1600 m R final

#### 2-day Region Meet

Day 1	Day 2
100 m Prelims if needed	100/110 m HH
100/110 m HH Prelims if needed	100 m
3200 m R	1600 m
100 m	400 m
100/110 m HH	300 m H
200 m	200 m
3200 m	800 m
800 m R	400 m R
	1600 m R

- a. If trial heats are necessary, the semifinals will be conducted between the boys and girls 3200m relay events. **\*\* THE BREAK WILL THEN BE MANDATORY.**
- b. If there are more than 18 competitors on a six-lane track or more than 32 competitors on an eight-lane track in the 100 m, 200 m, or high hurdles, at least two contestants must advance from each trial heat and from each semifinal.

14. A coaches' meeting will begin one hour before the start of the meet, unless otherwise noted.

- a. A printed meet time schedule shall be handed out at the coaches' meeting and followed as closely as possible. Any necessary schedule adjustments will be made at this time. Whether present or not, each coach is responsible for all changes made at the meeting.
- b. Each coach will verify his school's entries for all events to the region meet director.
- c. Scratches in the opening round of the 100, 200, and high hurdles on the day of the meet will result in reseeding only if it affects a seeded runner equal to the number of qualifiers or higher seed. **Example:** If there are races to qualify four, and one of the top four scratch, the race will be reseeded. Otherwise, the race will run as seeded.
- d. Entry in a relay becomes official when the team declares its four runners on the relay card turned into the bullpen. A team will not be permitted to run without a completed relay card.

15. At the conclusion of the region meet, the meet director shall provide or post the official results. ***Meet Directors will bring ALL region meet paperwork to the required state seeding meeting.***

#### B. General Policies

1. A participant must have represented his/her school in a minimum of 2 scheduled meets during the current spring track season, prior to the region meet.
2. Not more than three competitors from a given school shall be allowed to enter or start in any individual event. Only one team per school shall compete in a relay.
3. The meet director will set starting heights for the high jump and pole vault, based on entries.
4. **Awards:** A plaque will be given to the winning team in each classification. Ribbons will be awarded to the top 6 finishers in each event.
5. **Individuals 7 years of age and older will be charged an admission of \$5.**

### IV. STATE MEET

#### A. Meet Organization

1. Results, *meet software*, and all meet paperwork must be hand-delivered *by the meet director* of each region meet to the State seeding meeting at Westlake High School, 3300 Middletown Road, Waldorf, by 9:30 a.m. on Sunday, May 23.
2. The state meet will be seeded from region results, regardless of school.
  - a. Scratches will not count as one of the four events entered, if received prior to 9:30 a.m. on Sunday, May 23.
  - b. In races run in sections, region champions will be seeded by time in the fast section. In field events contested in flights, region winners will be placed by performance in the final flight. The remaining contestants will be seeded based on performance, regardless of region.

2010 ADVANCEMENT STANDARDS								
Boys					Girls			
4A	3A	2A	1A		4A	3A	2A	1A
50.27	50.58	51.01	52.17	400m	58.56	58.56	1:00.18	1:01.61
1:59.22	2:00.46	2:02.49	2:04.76	800m	2:20.41	2:24.43	2:23.68	2:29.02
4:26.34	4:30.79	4:36.30	4:41.82	1600m	5:17.36	5:22.10	5:27.05	5:32.52
9:48.62	9:51.01	10:09.68	10:22.98	3200m	11:42.15	11:56.23	11:58.10	12:36.79
40.63	41.49	41.63	42.76	300IH	46.97	47.63	47.99	49.23
43.91	44.38	44.44	45.14	4x100	50.49	50.30	51.27	52.85
1:30.78	1:31.21	1:32.35	1:34.52	4x200	1:45.24	1:45.68	1:48.65	1:49.76
3:27.09	3:29.34	3:31.07	3:35.13	4x400	4:04.88	4:07.96	4:13.75	4:17.47
8:15.90	8:20.26	8:26.59	8:39.19	4x800	9:50.70	10:05.68	10:10.26	10:28.55
6-01	5-10	6-00	5-10	HJ	4-10	4-09	4-09	4-07
20-10.5	20-04.5	20-05.5	19-04.5	LJ	16-04	16-03.5	16-00.5	15-07.5
43-03	42-04	42-00.5	40-04	TJ	34-01	34-07	33-10	32-02
46-05	46-06.5	44-05	43-04.5	SP	34-01	33-03	33-09	30-09.5
134-05	129-09	123-01	121-08	DT	99-11	97-02	97-02	88-01
11-02	10-10	11-03	10-07	PV	7-06	8-04	8-01	7-08

3. In addition to the top 4 individuals and the top 4 relay teams advancing to the state meet, the individual competitors or relay teams who, *in their region meet final*, achieve the above standards, will also advance. Only the field events and those running events contested as a final on time shall be included. Excluded from this rule are the following events with preliminary round(s): 100 m, 100 m HH, 110 m HH, and 200 m.
4. If a tie remains in a field event after all tiebreakers have been used, then all individuals tied for 4th place will advance. An individual will not advance simply by equaling the 4th place performance.
5. The 2010 state meet will be held at Morgan State University's Hughes Stadium, Baltimore.
  - a. Competition for Class 1A and Class 2A will take place Thursday, May 27, and Saturday, May 29.
  - b. Competition for Class 3A and Class 4A will take place Friday, May 28, and Saturday, May 29.
6. Directions to Morgan State University
  - a. **From South & East: I-95 North through the Fort McHenry Tunnel to Exit 60 West** (Moravia Road). Follow Moravia Road approximately 3 1/2 miles (becomes Cold Spring Lane at Harford Road). Cold Spring Lane bisects the Morgan Campus (stadium will be on the left).
  - b. **From North: I-95 South to Exit 60 West** (Moravia Road) and follow above directions.
  - c. **From West: I-70 East to I-695 North to I-83 South to Exit 9 East** (Cold Spring Lane). Follow Cold Spring Lane approximately 2 miles to campus. Stadium will be on the right.
7. The track surface and all field event approaches are synthetic. The throwing circles are concrete.
8. Starting blocks will be furnished. *Do not bring your own blocks to the meet.*

#### B. Playing Rules

1. Spikes **must be pyramid** and may not exceed 1/4 inch in length. **Christmas tree spikes are prohibited.**

2. The top two finishers in each semifinal plus the next four fastest times in the 100 meters, 200 meters, and both High Hurdle events shall advance to the finals.
3. **Pole Vault:** There will be a central place for pole certification and athlete weigh-in. Only competitors who have checked in at least one hour before the start of their event will be eligible to compete. Pertinent announcements will be made periodically.
4. Throwing implements for the shot put and discus events must be certified at the weigh-in.

a. **Thursday/Friday—From 3 PM and 3:30 PM.**

b. **Saturday—From 10 AM - 10:30 AM, then again from 1 PM to 1:30 PM.**

c. All implements approved for the throwing pool will be taken to the appropriate site for warm-up and competition and shall remain there until the event is over. No other throwing implements will be allowed in the competition area.

#### 5. Racing Events for Wheelchair Athletes

Races for athletes will be held for members of the Maryland Public Secondary Schools Athletic Associations (MPSSAA) track teams who require the use of a wheelchair in order to compete.

To provide competitive opportunities for wheelchair athletes, races will be conducted at the Regional and State track meets in each of the following distances: 100M, 200M, 400M, 800M, 1600M, and 3200M.

Additionally, wheelchair athletes are encouraged to compete in the Shot Put and Discus events. Awards and team scoring rules apply to field events.

A wheelchair athlete must achieve the qualifying standard at a Regional track meet in order to qualify for the State meet. The four-event limitation applies to all athletes.

The head coach must complete the application forms for the wheelchair racing events and submit them to the MPSSAA office. Those forms will be available April 15, 2010.

Regional and State track meet wheelchair races will be conducted under the following guidelines:  
\* Wheelchair races will be conducted in each of the following events: 100M, 200M, 400M, 800M, 1600M, and 3200M.

\* Separate boys and girls wheelchair races will be conducted in a single class in each racing event. Races may be contested in a single heat if the numbers of competitors do not warrant multiple heats.

\* If only one wheelchair athlete qualifies for a specific racing event, the athlete will be permitted to compete in a mixed race along-side runners in the specific race for the class and gender of the athlete. Single wheelchair participants compete against the clock.

\* In mixed wheelchair and runner races conducted solely in lanes, wheelchair athletes will be placed in open lanes following the seeding of the other runners.

\* Individual awards for wheelchair race events will be presented for first through **eighth** place.

Qualifying Standards:

The following times must be achieved at the Regional meet in order for athletes to advance to the State meet.

100M – 30 sec

200M – 60 sec

400M – 90 sec

800M – 2 1/2 min

1600M – 5 min

3200M – 10 min

C. Consolidated Team Scoring

1. In addition to traditional track and field team championships scored under NFHS and MPSSAA scoring criteria, the MPSSAA will offer Consolidated Team Scoring to accommodate schools with wheelchair participants. Consolidated Team Scoring combines boys and girls scoring in their assigned classification with the results of wheelchair competition which is conducted in only one classification.
2. Consolidated Team Scoring consists of the total number of team points achieved at the State Track and Field Championships.
3. Consolidated Team Scoring consists of the total number of team points achieved at the State track meet by:
  - Boy's team score in its assigned classification
  - Girl's team score in its assigned classification
  - Boy's wheelchair score (one classification)
  - Girl's wheelchair score (one classification)
4. Schools become eligible for Consolidated Team Scoring when they compete in three of the four categories at the state tournament. Consolidated team scores will be calculated and announced.
5. The Consolidated Team Scoring will be a single classification.

D. General Policies

1. The section of stands nearest the finish line is reserved for coaches. The remainder of the stands are reserved for spectators. **Tents are prohibited on the press box side of the stadium.**
2. **Coaches boxes for field events are reserved for field event school appointed coaches only.**
3. Individuals 7 years of age and older will be charged an admission of \$8.
4. Plaques will be presented to the top two boys teams and the top two girls teams in each classification. Medals will be awarded in individual events for places 1-3; ribbons will be awarded for places 4-8.
5. **Team Entrance Gates will open at 2:30 PM on Thursday and Friday and at 9:30 AM on Saturday. Spectator Entrance Gates will open at 3:00 PM on Thursday and Friday and 10:00 AM on Saturday.**

PROJECTED MPSSAA TRACK & FIELD CHAMPIONSHIP DATES  
2011 - May 26, 27, 28                      2012 - May 24, 25, 26  
2013 - May 23, 24, 25

## CHAMPIONSHIP SCHEDULE

TRACK EVENTS Track opens 1 hour before start of meet.			DAY 1 Thursday, May 27	DAY 2 Friday, May 28
TIME	TRACK EVENT	SECTION/SF/F	CLASS	CLASS
4 p.m.	3200 m R .....	F - Girls .....	1A .....	3A
	3200 m R .....	F - Girls .....	2A .....	4A
	3200 m R .....	F - Boys .....	1A .....	3A
	3200 m R .....	F - Boys .....	2A .....	4A
5 p.m.	100 m .....	SF - Girls .....	1A .....	3A
	100 m .....	SF - Girls .....	2A .....	4A
	Wheelchair 100 m .....	All Classes		
	100 m .....	SF - Boys .....	1A .....	3A
	100 m .....	SF - Boys .....	2A .....	4A
5:30 p.m.	100 m HH .....	SF - Girls .....	1A .....	3A
	100 m HH .....	SF - Girls .....	2A .....	4A
	110 m HH .....	SF - Boys .....	1A .....	3A
	110 m HH .....	SF - Boys .....	2A .....	4A
5:55 p.m.	200 m .....	SF - Girls .....	1A .....	3A
	200 m .....	SF - Girls .....	2A .....	4A
	Wheelchair 200 m .....	All Classes		
	200 m .....	SF - Boys .....	1A .....	3A
	200 m .....	SF - Boys .....	2A .....	4A
6:20 p.m.	3200 m .....	F - Girls .....	1A .....	3A
	3200 m .....	F - Girls .....	2A .....	4A
	Wheelchair 3200 m .....	All Classes		
	3200 m .....	F - Boys .....	1A .....	3A
	3200 m .....	F - Boys .....	2A .....	4A
7:20 p.m.	800 m R run	F - B/A Girls .....	1A .....	3A
	800 m R entirely	F - B/A Girls .....	2A .....	4A
	800 m R in	F - B/A Boys .....	1A .....	3A
	800 m R lanes	F - B/A Boys .....	2A .....	4A

NOTES: SF = Semifinals F = Final A = Fast section

## FIELD EVENTS CHAMPIONSHIP SCHEDULE

Field event areas open 1/2 hour before scheduled time of events.

### DAY 1 Thursday, May 27

Event	Classification	Weigh-In	Warm-up	Start Time	Classification	Weigh-In	Warm-up	Start Time
Long Jump .....	2A Boys .....	3:30-4 pm	4:00 pm	4:00 pm	1A Boys .....	3:30-4 pm	5-5:30 pm	5:30 pm
Triple Jump .....	1A Girls .....	3:30-4 pm	4:00 pm	4:00 pm	2A Girls .....	3:30-4 pm	5-5:30 pm	5:30 pm
Shot Put .....	1A Boys .....	3-3:30 pm	3:30-4 pm	4:00 pm	2A Boys .....	3-3:30 pm	5-5:30 pm	5:30 pm
Discus Throw .....	2A Girls .....	3-3:30 pm	3:30-4 pm	4:00 pm	1A Girls .....	3-3:30 pm	5-5:30 pm	5:30 pm
High Jump .....	1A Boys .....	3:30-4 pm	4:00 pm	4:00 pm	2A Boys .....	3:30-4 pm	5-5:30 pm	5:30 pm
Pole Vault .....	1A Girls .....	3-3:30 pm	3:30-4 pm	4:00 pm	2A Boys .....	3-3:30 pm	3:30-4 pm	4:00 pm

### DAY 2 Friday, May 28

Event	Classification	Weigh-In	Warm-up	Start Time	Classification	Weigh-In	Warm-up	Start Time
Long Jump .....	4A Boys .....	3:30-4 pm	4:00 pm	4:00 pm	3A Boys .....	3:30-4 pm	5-5:30 pm	5:30 pm
Triple Jump .....	3A Girls .....	3:30-4 pm	4:00 pm	4:00 pm	4A Girls .....	3:30-4 pm	5-5:30 pm	5:30 pm
Shot Put .....	3A Boys .....	3-3:30 pm	3:30-4 pm	4:00 pm	4A Boys .....	3-3:30 pm	5-5:30 pm	5:30 pm
Discus Throw .....	4A Girls .....	3-3:30 pm	3:30-4 pm	4:00 pm	3A Girls .....	3-3:30 pm	5-5:30 pm	5:30 pm
High Jump .....	3A Boys .....	3:30-4 pm	4:00 pm	4:00 pm	4A Boys .....	3:30-4 pm	5-5:30 pm	5:30 pm
Pole Vault .....	3A Girls .....	3-3:30 pm	3:30-4 pm	4:00 pm	4A Boys .....	3-3:30 pm	3:30-4 pm	4:00 pm

Due to the longevity of pole vault competition, two pole vault pits will be open at the same time. Please note the start times.

**CHAMPIONSHIP SCHEDULE**  
**DAY 3 Saturday, May 29**  
**TRACK EVENTS** Track opens at 10 a.m.  
**Classes 1A/2A/3A/4A**

TIME	EVENT	SECTION/FINAL	TIME	EVENT	SECTION/FINAL
11 a.m.	100 m HH .....	F - Girls	2:40 p.m.	200 m .....	F - Girls
	110 m HH .....	F - Boys		200 m .....	F - Boys
11:25 a.m.	100 m .....	F - Girls	3:05 p.m.	800 m .....	F - B/A Girls
	100 m .....	F - Boys		Wheelchair 800 m Final	
				800 m .....	F - B/A Boys
11:50 a.m.	1600 m .....	F - Girls	4:05 p.m.	400 m Relay .....	F - B/A Girls
	Wheelchair 1600 m Final			400 m Relay .....	F - B/A Boys
	1600 m .....	F - Boys			
12:50 p.m.	400 m .....	F - B/A Girls	5:10 p.m.	1600 m Relay .....	F - B/A Girls
	Wheelchair 400 m Final			1600 m Relay .....	F - B/A Boys
	400 m .....	F - B/A Boys			
1:45 p.m.	300 m H .....	F - B/A Girls	6:50 p.m.	<b>AWARDS PRESENTATIONS</b>	
	300 m IH .....	F - B/A Boys			

NOTES: F = Final A = Fast section

**FIELD EVENTS CHAMPIONSHIP SCHEDULE**

Field event areas open 1/2 hour before scheduled time of events.

**DAY 3 Saturday, May 29 (Classes 1A/2A/3A/4A)**

**11:00 AM Events**

Event	Classification	Weigh-In	Warm-up	Start Time
Long Jump.....	2A Girls		10:30-11 am	11:00 am
Triple Jump .....	4A Boys		10:30-11 am	11:00 am
Shot Put.....	3A Girls	10-10:30 am	10:30-11 am	11:00 am
Discus Throw .....	1A Boys	10-10:30 am	10:30-11 am	11:00 am
High Jump .....	4A Girls		10:30-11 am	11:00 am
Pole Vault (Pit 1).....	1A Boys	10-10:30 am	10:30-11 am	11:00 am
Pole Vault (Pit 2).....	2A Girls	10-10:30 am	10:30-11 am	11:00 am

**12:30 PM Events**

Event	Classification	Weigh-In	Warm-up	Start Time
Long Jump.....	1A Girls		12-12:30 pm	12:30 pm
Triple Jump .....	3A Boys		12-12:30 pm	12:30 pm
Shot Put.....	4A Girls	10-10:30 am	12-12:30 pm	12:30 pm
Discus Throw .....	2A Boys	10-10:30 am	12-12:30 pm	12:30 pm
High Jump .....	3A Girls		12-12:30 pm	12:30 pm

**3:00 PM Events**

Event	Classification	Weigh-In	Warm-up	Start Time
Long Jump.....	4A Girls		2:30-3 pm	3:00 pm
Triple Jump .....	2A Boys		2:30-3 pm	3:00 pm
Shot Put.....	1A Girls	1-1:30 pm	2:30-3 pm	3:00 pm
Discus Throw .....	3A Boys	1-1:30 pm	2:30-3 pm	3:00 pm
High Jump .....	2A Girls		2:30-3 pm	3:00 pm
Pole Vault (Pit 1).....	3A Boys	1-1:30 pm	2:30-3 pm	3:00 pm
Pole Vault (Pit 2).....	4A Girls	1-1:30 pm	2:30-3 pm	3:00 pm

**4:30 PM Events**

Event	Classification	Weigh-In	Warm-up	Start Time
Long Jump.....	3A Girls		4-4:30 pm	4:30 pm
Triple Jump .....	1A Boys		4-4:30 pm	4:30 pm
Shot Put.....	2A Girls	1-1:30 pm	4-4:30 pm	4:30 pm
Discus Throw .....	4A Boys	1-1:30 pm	4-4:30 pm	4:30 pm
High Jump .....	1A Girls		4-4:30 pm	4:30 pm

## 2009-2010 TRACK & FIELD TOURNAMENT COMMITTEE

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**Email addresses for committee members can be found on the Track and Field pages of mpssaa.org.**