



MPSSAA TRACK & FIELD BULLETIN

State Championships - May 22-24, 2008
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.
- 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.

2008 TRACK & FIELD TIME LINE		
Mar 21First play date	REGION TOURNAMENT	STATE TOURNAMENT
Seven (7) days prior to region meet	May 14-17Region Meets	May 22, 241A & 2A Meets
.....deadline for entry into tournament.	May 18Seeding of state tournament	May 23, 243A & 4A Meets
Four (4) days prior to region meet		Jun 20Reimbursement request due
.....Scratches & substitution deadline		

TRACK & FIELD

I. REGION AND STATE MEETS

A. Tournament Organization

1. Seeding order	Seeding method	8-lane track	6-lane track
From middle laneType A4-5-3-6-2-7-1-83-4-2-5-1-6
From lane 1 outType B1-2-3-4-5-6-7-81-2-3-4-5-6

2. Specific information for running events

Event	Staggered start	Remain in lanes	Seeding method
100m, 100m HH, 110m HHNoYesType A
200m, 300m H, 400m, 400m RelayYesYesType A
800m Relay **YesYes **Type A
1600m RelayYes1st runner only (3-turn stagger)Type A
800m, 1600m, 3200m, 3200m RelayYes, (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 a legal sweatband 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.
6. Awards shall be given and team points shall be scored for places 1-6.

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. **There will be a mandatory Regional Director's meeting on February 27, 2008 at the Holiday Inn, Laurel West, at 9:30 a.m. for region meet directors to go over protocol and information with the computer software.**
2. **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 18 at 9:30 a.m.**
3. Any team that makes formal application by the established deadline will be entered into the meet.
4. An application received after the Region Meet Entry Deadline (7 days prior to the start of the meet) 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.
5. 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.

6. 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.
7. 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 #.*
8. 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*.
9. 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.**
10. A scratch or substitution in an individual event is due **FOUR calendar days** before the start of the meet (Penalty Deadline Date).
11. 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.
12. All regions must use the Windows version of the HyTek software which MPSSAA will provide for the region meet only.
13. 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 (AT) 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.

2008 REGION MEET INFORMATION

<p style="text-align: center;">1A West Clear Spring HS May 15 (3:00 p.m.)</p> <p>Entry DeadlineMay 8 Penalty DeadlineMay 11 ContactJaime Mason School.....Clear Spring Phone301-766-8082</p>	<p style="text-align: center;">1A North Pikesville HS May 17 (9:00 a.m.)</p> <p>Entry DeadlineMay 10 Penalty DeadlineMay 13 ContactChris McGuinness SchoolPatapsco Phone410-274-6143</p>	<p style="text-align: center;">1A South Catonsville HS May 17 (10:00 a.m.)</p> <p>Entry DeadlineMay 10 Penalty DeadlineMay 13 Contact.....Wiliam Vaughan School.....Mergenthaler Phone.....443-803-2887</p>	<p style="text-align: center;">1A East Kent County HS May 17 (10:00 a.m.)</p> <p>Entry DeadlineMay 10 Penalty DeadlineMay 13 ContactDennis Herrmann School.....Kent County Phone410-778-4540</p>
<p style="text-align: center;">2A West Winters Mill HS May 15 (4:00 p.m.) May 17 (11:00 a.m.)</p> <p>Entry DeadlineMay 8 Penalty DeadlineMay 11 ContactTom Fischer SchoolWinters Mill Phone.....301-386-1500</p>	<p style="text-align: center;">2A North Pikesville HS May 17 (9:00 a.m.)</p> <p>Entry DeadlineMay 10 Penalty DeadlineMay 13 ContactChris McGuinness SchoolPatapsco Phone410-274-6143</p>	<p style="text-align: center;">2A South North Point HS May 16 (4:00 p.m.) May 17 (11:00 a.m.)</p> <p>Entry DeadlineMay 9 Penalty DeadlineMay 12 Contact.....A. K. Johnson SchoolNorth Point Phone.....301-753-1759</p>	<p style="text-align: center;">2A East North East HS May 15 (3:00 p.m.) May 17 (11:00 a.m.)</p> <p>Entry DeadlineMay 8 Penalty DeadlineMay 11 ContactCasey Ferentz SchoolNorth East-Cec Phone410-996-6200</p>
<p style="text-align: center;">3A West Wheaton HS May 14 (4:00 p.m.) May 15 (4:00 p.m.)</p> <p>Entry DeadlineMay 7 Penalty DeadlineMay 10 ContactEric Ellingson SchoolWheaton Phone301-929-2074</p>	<p style="text-align: center;">3A North Catonsville HS May 17 (10:00 a.m.)</p> <p>Entry DeadlineMay 10 Penalty DeadlineMay 13 Contact.....Wiliam Vaughan School.....Mergenthaler Phone.....443-803-2887</p>	<p style="text-align: center;">3A South Westlake HS May 15 (3:30 p.m.) May 17 (9:00 a.m.)</p> <p>Entry DeadlineMay 8 Penalty DeadlineMay 11 ContactBeth Shook SchoolWestlake Phone.....301-934-4663</p>	<p style="text-align: center;">3A East Long Reach HS May 16 (4:00 p.m.) May 17 (10:00 a.m.)</p> <p>Entry DeadlineMay 9 Penalty DeadlineMay 12 ContactJoe Thomas SchoolLong Reach Phone301-313-7414</p>
<p style="text-align: center;">4A West Magruder HS May 14 (4:00 p.m.) May 15 (4:00 p.m.)</p> <p>Entry DeadlineMay 7 Penalty DeadlineMay 10 Contact.....Nathan Timm School.....Magruder Phone.....301-840-4600</p>	<p style="text-align: center;">4A North Woodlawn HS May 17 (10:00 a.m.)</p> <p>Entry DeadlineMay 10 Penalty DeadlineMay 13 Contact.....Mike Sye SchoolWoodlawn Phone410-298-0724</p>	<p style="text-align: center;">4A South Henry A. Wise HS May 16 (4:00 p.m.) May 17 (10:00 a.m.)</p> <p>Entry DeadlineMay 9 Penalty DeadlineMay 12 Contact.....Dave Sellers SchoolParkdale Phone ..301-513-5700x284</p>	<p style="text-align: center;">4A East Chesapeake-AA HS May 15 (4:00 p.m.) May 17 (10:00 a.m.)</p> <p>Entry DeadlineMay 7 Penalty DeadlineMay 10 ContactSkip Lee SchoolAA Board of Ed Phone410-222-5484</p>

14. Recommended 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 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 (follow state meet order of events.))

- a. If trial heats are necessary, the semifinals will be conducted between the boys and girls 3200 m 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.

15. Recommended order of field events

- a. Boys' shot put and triple jump will start first.
- b. Girls' discus, pole vault, high jump, and long jump will start first.

16. 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. (See page 3, I-B.)
- 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.

17. 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 18.
- 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 18.

2008 ADVANCEMENT STANDARDS

BOYS

Event	1A	2A	3A	4A
400 m	52.10	51.19	50.53	50.15
800 m	2:04.43	2:02.53	2:00.34	1:59.41
1600 m	4:43.68	4:34.93	4:30.78	4:25.43
3200 m	10:23.97	10:12.86	9:58.38	9:46.49
300 m IH	42.22	41.88	41.28	40.55
400 R	45.06	44.67	44.52	43.92
800 R	1:33.74	1:32.63	1:31.31	1:30.72
1600 R	3:34.76	3:31.91	3:29.79	3:27.13
3200 R	8:37.94	8:25.53	8:20.71	8:14.63
Long Jump	19-03	20-04	20-07	21-02
Triple Jump	40-07	41-11	42-06	43-11
High Jump	5-11	6-0	5-11	6-02
Pole Vault	10-09	10-11	10-10	11-01
Shot	44-04	45-07	47-05	45-11
Discus	123-09	124-07	133-01	133-06

GIRLS

Event	1A	2A	3A	4A
400 m	1:01.67	1:00.45	58.42	58.75
800 m	2:28.71	2:23.36	2:24.23	2:20.24
1600 m	5:35.48	5:27.69	5:21.09	5:18.35
3200 m	12:36.82	12:11.50	11:52.81	11:44.87
300 m IH	49.07	47.86	47.44	46.83
400 R	53.06	51.29	50.62	50.56
800 R	1:49.23	1:48.42	1:45.90	1:45.65
1600 R	4:17.97	4:13.02	4:09.11	4:04.57
3200 R	10:28.64	10:09.20	10:08.47	9:52.35
Long Jump	15-09	16-00	16-05	16-04
Triple Jump	32-11	33-06	34-10	34-01
High Jump	4-10	4-11	4-11	5-01
Pole Vault	7-10	8-01	8-08	7-02
Shot	30-07	34-06	32-09	33-11
Discus	89-03	100-04	99-02	101-01

- 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.
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, (the average of 6th place performances in the last 3 state meets in that classification), 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 2008 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 22, and Saturday, May 24.
 - b. Competition for Class 3A and Class 4A will take place Friday, May 23, and Saturday, May 24.
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 may not exceed 1/4 inch in length.

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—1 hour before the meet and lasting one hour
 - b. Saturday—1 hour before the meet and lasting one hour, then again from 1 PM to 2 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.

	DATE	CLASS	SCHEDULED EVENTS
DAY 1	Thursday, May 22 3:30 - 8:20 p.m.	1A, 2A	Semifinals - 100, HH, 200 Finals - 3200 m, 3200 R, 800 R Finals - Boys' LJ, HJ, SP, 2A-PV Girls' TJ, DT, 1A-PV
DAY 2	Friday, May 23 3:30 - 8:20 p.m.	3A, 4A	Semifinals - 100 HH, 200 Finals - 3200 m, 3200 R, 800 R Finals - Boys' LJ, HJ, SP, 4A-PV Girls' TJ, DT, 3A-PV
DAY 3	Saturday, May 24 10:30 AM - 7:30 p.m.	1A, 2A, 3A, 4A	Finals - 100, HH, 200, IH, 400, 800, 1600 Finals - 400 R, 1600 R Finals - Boys' TJ, DT, 1A-PV, 3A-PV; Girls' LJ, SP, HJ, 2A-PV, 4A-PV

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, 2008.

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 sixth 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.
2. Individuals 7 years of age and older will be charged an admission of \$8.
3. 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 4-6.

PROJECTED MPSSAA TRACK & FIELD CHAMPIONSHIP DATES	
2009 - May 21, 22, 23	2010 - May 27, 28, 29
2011 - May 26, 27, 28	

CHAMPIONSHIP SCHEDULE

TRACK EVENTS Track opens 1 hour before start of meet.		DAY 1 Thursday, May 22	DAY 2 Friday, May 23
TIME	TRACK EVENT	SECTION/SF/F	CLASS
4 p.m.	3200 m R	F - Girls	1A3A
	3200 m R	F - Girls	2A4A
	3200 m R	F - Boys.....	1A3A
	3200 m R	F - Boys.....	2A4A
5 p.m.	100 m	SF - Girls.....	1A3A
	100 m	SF - Girls.....	2A4A
	Wheelchair 100 m	All Classes	
	100 m	SF - Boys	1A3A
	100 m	SF - Boys	2A4A
5:30 p.m.	100 m HH.....	SF - Girls.....	1A3A
	100 m HH	SF - Girls.....	2A4A
	110 m HH	SF - Boys	1A3A
	110 m HH	SF - Boys	2A4A
5:55 p.m.	200 m.....	SF - Girls.....	1A3A
	200 m	SF - Girls.....	2A4A
	Wheelchair 200 m.....	All Classes	
	200 m	SF - Boys	1A3A
	200 m	SF - Boys	2A4A
6:20 p.m.	3200 m	F - Girls.....	1A3A
	3200 m	F - Girls.....	2A4A
	Wheelchair 3200 m.....	All Classes	
	3200 m	F - Boys.....	1A3A
	3200 m	F - Boys.....	2A4A
7:20 p.m.	800 m R run	F - B/A Girls	1A3A
	800 m R entirely	F - B/A Girls	2A4A
	800 m R in	F - B/A Boys	1A3A
	800 m R lanes	F - B/A Boys	2A4A

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

CHAMPIONSHIP SCHEDULE

DAY 3 Saturday, May 24

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.	AWARDS PRESENTATIONS	
	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 1 Thursday, May 22		DAY 2 Friday, May 23		
3:30 p.m.	5:30 p.m.	3:30 p.m.	5:30 p.m.	
Long Jump	2A Boys	1A Boys	4A Boys	3A Boys
Triple Jump.....	1A Girls	2A Girls	3A Girls	4A Girls
Shot Put	1A Boys	2A Boys	3A Boys	4A Boys
Discus Throw	2A Girls	1A Girls	4A Girls	3A Girls
High Jump	1A Boys	2A Boys	3A Boys	4A Boys
Pole Vault.....	1A Girls	2A Boys (3:30 pm start)	3A Girls	4A Boys (3:30 pm start)

FIELD EVENTS CHAMPIONSHIP SCHEDULE

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

DAY 3 Saturday, May 24 (Classes 1A/2A/3A/4A)				
	10:30 a.m.	12:30 p.m.	3 p.m.	4:30 p.m.
Long Jump	2A Girls	1A Girls	4A Girls	3A Girls
Triple Jump	4A Boys	3A Boys	2A Boys	1A Boys
Shot Put	3A Girls	4A Girls	1A Girls	2A Girls
Discus Throw	1A Boys	2A Boys	3A Boys	4A Boys
High Jump	4A Girls	3A Girls	2A Girls	1A Girls
Pole Vault	1A Boys	2A Girls (10:30 am)	3A Boys	4A Girls (3:00 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 in parenthesis for the second pole vault pit.

2007-2008 TRACK & FIELD TOURNAMENT COMMITTEE

		Office	
STATE DIRECTOR	Beth Shook	Westlake	301-934-4663
MEET DIRECTOR	Bill Hill	CCCTC	410-751-3669
DISTRICT 1	Curtis Graff		
	Dave Britton	Urbana	240-236-7694
DISTRICT 2	Sean Pelkey.....	Quince Orchard	301-840-4599
	Beth Muehl	Northwest	301-601-4674
DISTRICT 3	Dave Sellers	Parkdale.....	301-513-5700 x284
	Vaughn Johnson	Fairmont Heights.....	301-925-1360x271
DISTRICT 4	Valerie Harrington.....	Huntingtown	443-486-4005
	A. K. Johnson	North Point	301-753-1759
DISTRICT 5	Norm Belden	Lime Kiln Middle	410-880-5988
	Skip Lee.....	Chesapeake-AA	410-222-5484
DISTRICT 6	Chris McGuinness.....	Patapsco	410-887-8064
	Sara Sheetz.....	Catonsville	410-887-0808
DISTRICT 7	Tom Decker	North East-C	410-996-6200
	Jim Grant	Fallston	410-638-4120
DISTRICT 8	Pat Russo	Stephen Decatur	410-641-2207
DISTRICT 9	Rikki Vincent	Reginald F. Lewis.....	410-396-8394
	Ken Smith	Southwestern	410-396-7701
	William Vaughn	Mergenthaler	
		RULES INTERPRETER	
	Steve Smith		410-887-4266 x478