

MPSSAA Indoor Track and Field Region and State Championship Update - Winter 2022

Purpose:

The Maryland Public Secondary Schools Athletic Association (MPSSAA) in consultation with Local School Systems (LSS) continues to monitor the effects of COVID-19 on student participation in all sports. The MPSSAA supports a continuity of participation in a safe and meaningful way that provides a balance of health and safety for student-athletes with educational-based athletic opportunities.

The main purpose for the following amendments to the entry in the indoor track region and state meets is to alleviate issues associated with COVID-19 quarantines, loss of contests, and to provide equitable opportunities for all schools to compete in the 2022 indoor track postseason championships. Currently, COVID-19 has caused an inequity in the number of sanctioned indoor track meets each school has had this season.

The MPSSAA believes the best option to maximize student participation is to make necessary adjustments that will provide an opportunity for all schools to equitably enter student-athletes into the regional meets. Each team is eligible to enter 14 students per gender with a maximum of three per event into the region tournaments.

Rationale:

These changes are imperative to maintain a competitive and fair postseason tournament system. The current system calls for entry into the individual regional tournament by verifiable times and/or marks earned during regular season sanctioned meets. Equitably determining the regional qualifiers is also challenging given local school system pauses and differing regular season participation opportunities in sanctioned indoor track competitions. The MPSSAA consistent approach with the Spring of 2021 and Fall 2021 is to provide an equitable entry system into the state tournament series regardless of local school system complications due to COVID-19.

Intended Outcomes:

This amendment, after consulting with the leadership of the indoor track committee and local school system administrators for athletics, provides an equitable region entry structure for the sport of indoor track. This proposal accomplishes:

- Encouraging complete transparency from students, families, and coaches related to COVID-19 exposures, knowing a temporary quarantine will not affect the teams opportunity to make the playoffs;
- Easing the pressure on local school system athletic directors to reschedule or provide too many contests in a short period of time in order to assist their team into making the playoffs;

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- Ensuring school teams have meaningful seasonal opportunities, especially if seasonal quarantines or pauses disrupts their season;
- Providing additional participation opportunities to students who may lose meets this year or did not have a season in 2021.

I. REGION MEET

A. Meet Organization

1. Any team that makes formal application on athletic.net by the established deadline will be entered into the meet.
2. **Teams are allotted 14 entries per gender, with a maximum of 3 per event. Also, each team is allotted 1 relay team entry per relay event. Teams may declare 5 names for the relay; only athletes entered into the meet are eligible for relays.**
3. An athlete may participate in a maximum of four events.
4. Athletes will be randomly seeded for placement in each event.
5. You may make revisions until the *Penalty Deadline Date* established for your meet.
6. A virtual meeting will be set up for region meet directors to review the entry procedures.
7. The following online method for entry must be used for regional entries. Please follow these directions for submitting entries.
 - a) Go to <www.athletic.net>, the site hosting the online entry process.
 - b) Log in to your coach account.
 - c) Your region meet should appear on your team's season calendar. Select the meet and then click the "Register Athletes" button.
 - d) You may choose to complete entries "by event" or "by athlete."
 - e) Enter/confirm your contact info and select the gender(s) in which you wish to complete entries for and then click Enter Team.
 - f) You are now able to enter athletes in events for the region meet.
 - g) After completing entries, print a confirmation copy of your entries by clicking on the print confirmation link at the top of your entry summary. The coach must bring a copy of this entry confirmation to the region meet.
 - h) Detailed entry instructions can be found at <<https://support.athletic.net/article/z11f8f1jja-submitting-entries-for-a-meet>>
 - i) Additional help topics can be found at <<https://support.athletic.net/category/ipfmxavxq2-team-management>>
8. The region meet director and the meet administrator are the only other individuals who will have access to team information.
9. Meets shall be organized and structured in a uniform way—entry on the basis of seeding, placement in lanes, etc.
10. Starting blocks will be provided in the 55m and 55m high hurdle trials.
11. Region meets will be held at the Baltimore 5th Regiment Armory (219 West Hoffman Street, Baltimore, MD 21201), Worcester County Recreation Center (6030 Public Landing Rd, Snow Hill, MD 21863) and the Hagerstown Community College (11400 Robinwood Drive, Hagerstown, Maryland, 21742).

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12. For meets at the **Baltimore Armory** the following organizational procedures shall be followed (*Please see the memo at the end of this document for entry and bag check procedures*)
- a) Teams are not permitted in the Armory before 3 PM. Athletes are restricted to the main floor only. The balconies and basement are off-limits at all times.
 - b) Masks shall be worn unless competing in an event or in the bullpen prior to stepping on the track.
 - c) All coaches and officials are required to wear a mask.
 - d) There will be **no spectators**.
 - e) Only student-athletes who are competing, or are listed on the relay card, will be allowed into the facility.
 - f) Only coaches who are contracted through the local school system, and whose names were submitted to the track and field committee by your supervisors, will be permitted to enter the facility. No additional staff will be allowed into these meets.
 - g) School buses are to drop students/coaches off at entrance and proceed to find street parking.
 - h) All running events will begin at 4:00 PM.
 - i) Where space is limited, the high jump and shot put events will be suspended during the dash and hurdle events.
 - j) Dressing facilities are not available. Athletes should come dressed to participate.
 - k) Tentative recommended number of participants per section in distance events: 800 (9); 1600 (12); 3200 (18), 4x800 Relay (9). *Games Committee has authority to change these numbers.*
 - l) The lane order for seeding the 300m, 500m, 4x200mR, and 4x400mR shall be 3-2-4-1.
 - m) There will be no concessions. Vending machines are available.
 - n) 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.
 - o) No one should remove equipment or materials or deface property in the meet facility.
 - p) Coaches shall see their team areas are clean prior to departure from the meet site.
 - q) The only markings on the Armory floor shall be with tape approved by meet management.
 - r) **No spikes are permitted.**
 - s) 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.
 - t) ALL ADULTS entering the Armory must present government-issued identification.
 - u) No athletes are permitted outside during meets at the Fifth Regiment Armory.

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13. For meets at the Worcester County Recreation Center, the following organizational procedures shall be followed: *(Please see the memo at the end of this document for competition considerations)*
- a) **No spikes are permitted.** Athletes may wear their shoes, but all spikes must be removed. Any violations will warrant immediate disqualification.
 - b) Teams will have assigned seating areas on the perimeter of the infield. Team areas are the only space where electronic devices will be permitted. Athletes should not have their cell phones or headphones elsewhere in the facility.
 - c) Masks shall be worn unless competing in an event or in the bullpen prior to stepping on the track.
 - d) All coaches and officials are required to wear a mask.
 - e) Only student-athletes who are competing, or are listed on the relay card, will be allowed into the facility.
 - f) Only coaches who are contracted through the local school system, and whose names were submitted to the track and field committee by your supervisors, will be permitted to enter the facility. No additional staff will be allowed into these meets.
 - g) There will be **no spectators**.
 - h) Bathrooms and concessions are located in the lobby. Athletes should only enter and exit the track area via the doors closest to the 55m start. No other outside entrance/exit doors should be utilized.
 - i) The pole vault, high jump and shot put are contested in the middle of the infield which is considered a "competition area". Cones and barriers will be in place however, special precaution should be taken when traveling across this space.
 - j) Trash cans are placed throughout, team areas need to be kept clean and athletes in the jumps should remove any tape on the floor used during competition.
 - k) Coaches shall see their team areas are clean prior to departure from the meet site.
 - l) There are no changing/lockers in the facility, athletes should come dressed to compete.
 - m) Full concession stand is available at the facility.
 - n) Starting blocks will be provided.
 - o) Shots will be provided.
14. For meets at Hagerstown Community College, the following organizational procedures shall be followed:
- a) **No spikes permitted.** Shoes with hard plastic spike plates are also not permitted.
 - b) Blocks will only be provided for the 55m dash and 55m HH events.
 - c) Masks shall be worn unless competing in an event or in the bullpen prior to stepping on the track.
 - d) All coaches and officials are required to wear a mask.
 - e) Only student-athletes who are competing, or are listed on the relay card, will be allowed into the facility.
 - f) Only coaches who are contracted through the local school system, and whose names were submitted to the track and field committee by your supervisors, will be permitted to enter the facility. No additional staff will be allowed into these meets.

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- g) Buses are to drop off in front of the facility and park in the large lot next to the building.
- h) Upon arrival, all teams must remain in the lobby area until the track is open for teams to enter.
- i) Athletes are allowed to warm up outside but must have a coach with them
- j) Athletes may warm up in the back hallway (behind the starting line) but hurdles are NOT allowed in the hallway.
- k) Coaches shall see their team areas are clean prior to departure from the meet site.
- l) Concession stand is available. All food and drink are to be consumed in the lobby area.
- m) The upstairs of the facility is off-limits at all times.
- n) Spectators **are** permitted. Spectators are required to wear a mask at all times.
- o) Individuals 7 years of age and older will be charged an admission of \$6.

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, or by 24 hours after the completion of the final region meet in your classification, of their intent to scratch any individual qualifier.
3. Order of track events - girls will precede boys in all final running events, except where noted:

1) 55m HH Semis B,G	5) 1600m	9) 55m Final	13) Break for Cleanup
2) 55m Semis B,G	6) 500m	10) 3200m (B)	14) 4x400m Relay
3) 4x800m Relay	7) 55m HH Final	11) 4x200m Relay	
4) 300m	8) 3200m (G)	12) 800m	

- a) Only two rounds of 55m or 55m HH will be run. Heat winners plus next fastest times will advance to finals. In addition, any athlete that achieves the state automatic qualifying mark in the preliminary heats, will advance to the region meet final heat(s).
- b) If the venue has less than eight lanes the top-8 will compete in a two heat final in the 55m and 55m HH. If a two heat final in the 55m and 55m HH must be run, one section shall contain the maximum number of athletes that the track permits while the other section must contain a minimum of two athletes. Heat winners will be seeded first and the remaining athletes will be seeded on time.

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4. The Meet Director will set the opening minimum height for the pole vault and high jump events for the regional meet.

C. General Policies

1. A plaque will be awarded to the first place team. The meet will be scored for the top-eight in each event and ribbons will be awarded to the top-eight finishers in each event.
2. 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.

II. STATE MEET

A. Meet Organization

1. Region meet directors shall submit a back-up copy of the completed Hy-Tek meet file electronically to Gerard Filosa (gerardfilosa06@gmail.com) immediately following the conclusion of their meet.
2. Region meet champions will be placed as the top seeds in each event contested in sections. *Class 3A remaining qualifiers will be based on performance, regardless of region. Class 1A, 2A, and 4A will seed by the top two places, then time.*
3. The 2022 Championships will be held between Wednesday, February 16 and Tuesday, February 22 (excluding Feb. 19th and 20th) at the 5th Regiment Baltimore Armory, Baltimore, MD. All state championship meets begin at 4 PM. The MPSSAA will set the final state meet schedule after assessing any implications of inclement weather.
 - a) Please see the Baltimore Armory Organizational Procedures under the Region Meet section.
 - b) Teams may not enter the Armory until 3 PM.
 - c) School buses are to drop students/coaches off at entrance and proceed to find street parking.
 - d) Masks shall be worn unless competing in an event or in the bullpen prior to stepping on the track.
 - e) All coaches and officials are required to wear a mask.
 - f) Only student-athletes who are competing, or are listed on the relay card, will be allowed into the facility.
 - g) Only coaches who are contracted through the local school system, and whose names were submitted to the track and field committee by your supervisors, will be permitted to enter the facility. No additional staff will be allowed into these meets.
 - h) There will be **no spectators**.

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B. Playing Rules

1. Order of running events

1) 55m HH Semifinals - B,G	5) 1600m Final - G, B	9) 55m Final - G, B
2) 55m Semifinals - B,G	6) 500m Final - G, B	10) 3200m Final - B
3) 4x800m Relay Final - G, B	7) 55m HH Final - G, B	11) 4x200m Relay Final - G, B
4) 300m Final - G, B	8) 3200m Final - G	12) 800m Final - G, B 13) 4x400m Relay Final - G, B

2. Order of field events

SHOT PUT	HIGH JUMP	POLE VAULT
Girls	Girls	Boys
Boys	Boys	Girls

3. Pole vaulting will begin promptly at 3:45 PM
4. The only markings on the Armory floor shall be with tape approved by meet management.
5. **No spikes are permitted.**
6. Opening heights in the field events will be determined by the Games Committee at the state seeding meeting, based on the entries received.
7. Shots used in competition will be weighed in and remain until the completion of the event.
8. 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.
9. A competitor must notify the official when leaving one event after being called for competition in an- other event.
10. Eight places will be scored in the State meet.

C. General Policies

1. 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 eighth.
2. The track and the infield are restricted areas and open only to meet officials and competitors in uni- form.
 - a) Penalty for coaches in violation: disqualification of their athlete(s) from the contested event.
 - b) Violators will be asked to leave the facility.

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III. REGION MEET SCHEDULE

<p align="center">1A West Hagerstown CC February 5 (1:45 p.m.)</p> <p>Entry Deadline..... January 31 Penalty Deadline..... February 2 Coaches Meeting..... 1:15 p.m. Meet Director..... Becky Ward School..... Boonsboro Official Assignments..... Becky Ward</p>	<p align="center">1A Central Baltimore Armory February 15 (4:00 p.m.)</p> <p>Entry Deadline..... February 8 Penalty Deadline..... February 10 Coaches Meeting..... 3:30 p.m. Meet Director..... Gerard Filosa School..... Pikesville Official Assignments..... Brad Duvall</p>	<p align="center">1A East Worcester Recreation Center February 16 (2:30 p.m.)</p> <p>Entry Deadline..... February 9 Penalty Deadline..... February 11 Coaches Meeting..... 2:00 p.m. Meet Director..... David Dodson School..... Stephen Dectur Official Assignments..... David Dodson</p>
<p align="center">2A West Hagerstown CC February 5 (5:00 p.m.)</p> <p>Entry Deadline..... January 31 Penalty Deadline..... February 2 Coaches Meeting..... 4:30 p.m. Meet Director..... Becky Ward School..... Boonsboro Official Assignments..... Becky Ward</p>	<p align="center">2A Central Baltimore Armory February 7 (4:00 p.m.)</p> <p>Entry Deadline..... February 1 Penalty Deadline..... February 3 Coaches Meeting..... 3:30 p.m. Meet Director..... Brad Duvall School..... Hereford Official Assignments..... Brad Duvall</p>	<p align="center">2A East Worcester Recreation Center February 9 (2:30 p.m.)</p> <p>Entry Deadline..... February 2 Penalty Deadline..... February 4 Coaches Meeting..... 2:00 p.m. Meet Director..... David Dodson School..... Stephen Decatur Official Assignments..... David Dodson</p>
<p align="center">3A West Baltimore Armory February 10 (4:00 p.m.)</p> <p>Entry Deadline..... February 3 Penalty Deadline..... February 5 Coaches Meeting..... 3:30 p.m. Meet Director..... Ronnie Beard School..... Oakdale Official Assignments..... Brad Duvall</p>	<p align="center">3A Central Baltimore Armory February 9 (4:00 p.m.)</p> <p>Entry Deadline..... February 2 Penalty Deadline..... February 4 Coaches Meeting..... 3:30 p.m. Meet Director..... Brad Duvall School..... Hereford Official Assignments..... Brad Duvall</p>	<p align="center">3A East Baltimore Armory February 8 (4:00 p.m.)</p> <p>Entry Deadline..... February 1 Penalty Deadline..... February 3 Coaches Meeting..... 3:30 p.m. Meet Director..... Philip Rogers School..... Reservoir Official Assignments..... Brad Duvall</p>
<p align="center">4A West Hagerstown CC February 11 (4:00 p.m.)</p> <p>Entry Deadline..... February 3 Penalty Deadline..... February 5 Coaches Meeting..... 3:30 p.m. Meet Director..... Eric DaSilva</p>	<p align="center">4A Central Baltimore Armory February 14 (4:00 p.m.)</p> <p>Entry Deadline..... February 2 Penalty Deadline..... February 4 Coaches Meeting..... 3:30 p.m. Meet Director..... Kenneth Washington School..... Northwestern-PG</p>	<p align="center">4A East Baltimore Armory February 11 (4:00 p.m.)</p> <p>Entry Deadline..... February 1 Penalty Deadline..... February 3 Coaches Meeting..... 3:30 p.m. Meet Director..... Brianna Bostic School..... Glen Burnie</p>

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School.....Albert Einstein	Official Assignments..... Brad Duvall	Official Assignments.....Brad Duvall
Official Assignments.....Becky Ward		

5th Regiment Baltimore Armory Entry Procedures and Bag Checks

As many of you are aware the 5th Regiment Armory has procedures regarding bag checks and entry procedures into the armory due to safety concerns. In order to assist the armory with providing safety for their facility while trying to get our events started on time we will be following the procedures below to make this joint venture successful for everyone. At this time we are asking Athletic Directors and Region Meet Directors to ensure that coaches are assisting with these procedures.

1. Masking is required by coaches and staff at all times. Student-athletes may remove their masks only when competing in their events but must have them on at all other times.
2. Coaches are to check their student athlete's bags prior to getting off the bus and arriving at the armory.
3. Coaches are to encourage student athletes to pack lightly and leave as much as possible at the school or on the bus.
4. Coaches will be responsible for making sure that their student athletes do not bring items from the restricted list. (See Below)
5. Coaches are required to bring team entries from Athletic.net.
6. Teams are to pull up outside of the armory gate. An officer will board the bus and check bags.
7. After checking the bags, the officer will let the coach and the team off the bus to enter the armory.
8. Coaches are required to be at the front of the line at entry and identify their members of the team as they are entering the armory.
9. Coaches traveling separately must be listed on the roster and must present I.D.
10. Only members of the team will be allowed in with the coach.
11. Students must have ID with them.
12. **NO SPECTATORS ARE ALLOWED.**
13. Teams are responsible for cleaning up their area. Student athletes should not place hip numbers on the armory floor or walls.
14. Remain inside of the Armory for the duration of the event; no warming up outside.
15. No spikes or shoes with hard plastic bottoms (even for pole vault)
16. Please make sure you police your team area and dispose of any trash in the cans located around the facility.
17. All activities will be held on the main floor of the Armory. No student-athletes are allowed upstairs.
18. Students are not to bring the following items: laser pointers, drug/substances, weapons, pepper spray/mace, picks/spike combs, pointed tipped umbrellas, studded belts/bracelets, and any items deemed harmful.

We are asking that every coach take ownership of their team and student athlete items as we are trying to work with the Armory in providing a safer environment for our student athletes. **The coaches should still check their athletes bags and be at the front of the line to escort in all of their student athletes.** The armory will begin accepting teams at 3:00 p.m. Please share this information with your coaches and parents as we want them to be aware as well of the need for id's, the admission charge and the process that has been put in place.

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With your assistance, patience and understanding, we are sure that we can make this a win – win situation while providing a safer environment and experience for the student athletes of the MPSSAA.

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Worcester County Recreation Center Competition Considerations:

- The 55m and 55HH finish line is located ~10m past the finish for all other events. These athletes should be made aware so as not to pull up early.
- Hip numbers will be distributed in the bullpen. They are to be worn on the **LEFT hip** as the camera is projected from the inside of the track.
- The majority of disqualifications for newcomers are from "cutting in" too early (500m, 4x200m, 4x400m). Cones are placed to designate when the cut in is permitted, athletes in lanes 2-4 must cross the cones completely before cutting in. 500m and 4x200 cut in is at the beginning of the entrance side straightaway, the 4x400 is on the beginning of the back straightaway.
- Athletes in the distance races (4x800m, 1600m, 3200m, 800m) will finish their race in lanes 3 and 4 so that they can be distinguished on camera from those that have been lapped. On their final lap they will be told to "finish outside", but please inform them of this ahead of time.
- Each team should have a coach counting laps for their distance athletes. Lap counting sheets for the 1600m and 3200m will be available and these people can use the small space outside the track in order to communicate with their runners.
- There are 2 bullpens: Bullpen A located in the corner near the 55m start and Bullpen B located in the corner near the 300m start. The attached order of events sheet identifies the bullpen for each race. Athletes should report to the bullpen on 1st call, anyone who fails to report after the last call will not compete in that event.