



**MPSSAA TRACK & FIELD BULLETIN**

State Championships - May 23-25, 2019  
 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. Unless specifically stated, all rules and regulations stipulated in the NFHS Track and Field Rule Book will be followed.
- 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. Students may not compete as a representative of their school in any event that is not part of the state championship series after the date of the first statewide region meet.**
- 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).

2019 TRACK & FIELD TIME LINE		
	REGION MEETS	STATE MEETS
<b>Mar. 21</b> ....First play date	<b>May 15-18</b> .....Region Meets	<b>May 23 &amp; 25</b> ....1A & 2A Meets
<b>Entry Deadline:</b> See schedule on page 41.	<b>May 19</b> .....Seeding of State Meets	<b>May 24 &amp; 25</b> ....3A & 4A Meets
		<b>June 20</b> .....Reimbursement request due

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.

J. Order of track events:

**Dual and Triangular Meets**

4x800 m R            3200 m  
 110 m HH (boys)   300 m H  
 100 m HH (girls)   200 m  
 100 m                800 m  
 1600 m              4x100 m R  
 4x200 m R          4x400 m R  
 400 m

**One-day Meet**

100 m semis            1600 m final  
 110 m HH semis       4x200 m R final  
 100 m HH semis       \*\* Optional break  
 200 m semis           400 m final  
 4x800 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            4x100 m R final  
                               4x400 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, 4x100m Relay....	Yes.....	Yes .....	Type A
4x200m Relay ** .....	Yes .....	Yes ** .....	Type A
4x400m Relay .....	Yes.....	1st runner only .....	Type A
		(3-turn stagger)	
800m, 1600m, 3200m, 4x800m Relay ..	Yes, .....	To break line, .....	Type B
	(if possible)	(if 1-turn stagger)	

**\*\* SPECIAL NOTE:** The 4x200 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. Teams checking in at the bullpen for respective relay races must present relay cards **with the first and last names of the four declared athletes listed.**

4. Headwear other than previously approved by State Association and/or the Games Committee is prohibited. Any hair restraint must comply with National Federation rules.
5. Wearing makeup and jewelry by a participant that is distracting or draws undue attention is prohibited, upon the decision of the meet referee.
6. 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. Any participant who must leave to compete in a field event must report to the starting line before the participant's race is called.
7. Only shots and discus approved by the appropriate official shall be used in competition.

#### 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. The Meet Director or Meet Administrator has the right to challenge any entry that is not consistent with a verifiable performance throughout the current Track and Field Season. The Meet Director or Meet Administrator will notify the coach of the concern and may adjust the entry to the best verifiable performance for the current season.
2. An entry received after the Region Meet Entry Deadline (7 days prior to the start of the first meet in that classification) requires a check payable to "MPSSAA" in the amount of \$100.00 or the entry is invalid. The burden of proof is on the school.
  - a. **The MPSSAA Office will** collect fees for anyone 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 **with no time, no distance, and no height**.
3. 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.
4. Any team that makes formal application by the established deadline will be entered into the meet. The following online method for entry must be used. Please follow these directions for submitting entries:
  - a. Go to <md.milesplit.com>, the site hosting the online entry process.
  - b. Log in to your coach account.
  - c. Click on the Calendar tab and select the your Region Meet from the list of meets.
  - d. On the Region Meet page, click on "Enter Online Now".
  - e. Check to make sure you are entering the correct region meet and then click on "Enter School".
  - f. Enter/confirm your contact info and select the gender(s) in which you wish to complete entries for and then click "Enter Team".
  - g. You are now able to enter athletes in events for the region meet.
  - h. 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.
  - i. If you enter a time other than what is in the MileSplit database, you must provide the name **and date** of the meet (which must be posted on mpssaa.org) to which the entry can be verified.
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 region meet director and the meet administrator are the only other individuals who will have access to team information (in order to seed the meet on basis of entries received).
7. A scratch or substitution in an individual event is due **by the penalty deadline**.
8. 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.
9. All regions must use the HyTek software provided by the MPSSAA.
10. The region meet director will be responsible for organizing the meet, securing certified 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. For races below 400m, 0.24 seconds needs to be added to the rounded up time. For races 400m and above 0.14 seconds needs to be added to the rounded up time.

- 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.

11. Order of track events:

One-day Region Meet		Two-day Region Meet	
		Day 1	Day 2
100 m semis	1600 m final	4x800 m R	100/110 m HH
110 m HH semis	4x200 m R final	100 m semis	100 m
100 m HH semis	** Optional Break	100/110 m HH semis	1600 m
4x800 m R final	400 m final	200 m semis	400 m
200 m semis	3200 m final	3200 m	300 m H
** Mandatory Break	300 m H final	4x200 m R	200 m
100 m HH final	200 m final		800 m
110 m HH final	800 m final		4x100 m R
100 m final	4x100 m R final		4x400 m R
	4x400 m R final		

- a. Breaks will be at the discretion of the Meet Director and Games Committee and can last anywhere from 15 to 25 minutes in length.
- 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 to the semifinals. For meets using FAT, only two rounds of 100 m, 200m, or high hurdles will be run. Heat winners plus next fastest times will advance to finals.
- c. **In races with semis, twelve runners will qualify for the finals. A two heat final will be run with four runners in the slow section and eight runners in the fast section. In addition, any athlete that achieves the state automatic qualifying mark in the semis, will advance to the region meet final heat(s). If a track has less than eight lanes, there will be six runners in the slow section and six runners in the fast section.**
- d. The order of field events shall follow the State meet schedule according to classification.

12. 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 exactly four runners on the relay card turned into the bullpen. An improperly submitted relay card will result in disqualification of that relay team.** A team will not be permitted to run without a completed relay card.

13. 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.

## 2019 REGION MEET INFORMATION

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

<b>1A West</b> <b>Boonsboro HS</b> <b>May 16 (4:00 p.m.)</b> <b>May 18 (11:00 a.m.)</b>	<b>1A North</b> <b>Randallstown HS</b> <b>May 16 (4:00 p.m.)</b> <b>May 18 (9:00 a.m.)</b>	<b>1A South</b> <b>Northwestern-PG HS</b> <b>May 16 (4:00 p.m.)</b> <b>May 18 (10:00 a.m.)</b>	<b>1A East</b> <b>Kent Island HS</b> <b>May 16 (3:00 p.m.)</b> <b>May 18 (10:00 a.m.)</b>
Entry Deadline .....May 9 Penalty Deadline .....May 11 Contact .....Becky Walter School.....Boonsboro Phone.....301-305-1532	Entry Deadline .....May 9 Penalty Deadline .....May 11 Contact .....Gerard Filosa School .....Pikesville Phone.....443-204-2175	Entry Deadline .....May 9 Penalty Deadline .....May 11 Contact ..Kenneth Washington School.....Northwestern-PG Phone.....301-404-3851	Entry Deadline .....May 9 Penalty Deadline .....May 11 Contact .....Evan Cohn School .....Bohemia Manor Phone .....410-885-2075
<b>2A West</b> <b>Oakdale HS</b> <b>May 15 (4:00 p.m.)</b> <b>May 17 (4:00 p.m.)</b>	<b>2A North</b> <b>Randallstown HS</b> <b>May 16 (4:00 p.m.)</b> <b>May 18 (9:00 a.m.)</b>	<b>2A South</b> <b>Reservoir HS</b> <b>May 15 (4:30 p.m.)</b> <b>May 18 (10:00 a.m.)</b>	<b>2A East</b> <b>Kent Island HS</b> <b>May 16 (3:00 p.m.)</b> <b>May 18 (10:00 a.m.)</b>
Entry Deadline .....May 8 Penalty Deadline .....May 11 Contact .....Dave Lillard School .....Oakdale Phone .....240-674-2882	Entry Deadline .....May 8 Penalty Deadline .....May 11 Contact .....Brad Duvall School.....Hereford Phone .....410-984-5191	Entry Deadline .....May 8 Penalty Deadline .....May 11 Contact.....Phil Rogers School .....Reservoir Phone.....410-212-0442	Entry Deadline .....May 8 Penalty Deadline .....May 11 Contact .....Tom Decker School .....North East-Cec Phone.....410-996-6200
<b>3A West</b> <b>Manchester Valley HS</b> <b>May 14 (5:00 p.m.)</b> <b>May 15 (5:00 p.m.)</b>	<b>3A North</b> <b>Patapsco HS</b> <b>May 15 (4:30 p.m.)</b> <b>May 18 (10:00 a.m.)</b>	<b>3A South</b> <b>St. Charles HS</b> <b>May 15 (4:00 p.m.)</b> <b>May 17 (4:00 p.m.)</b>	<b>3A East</b> <b>Reservoir HS</b> <b>May 15 (4:30 p.m.)</b> <b>May 18 (10:00 a.m.)</b>
Entry Deadline .....May 8 Penalty Deadline .....May 11 Contact .....Jim MacDonald School.....Manchester Valley Phone .....410-833-2502	Entry Deadline .....May 8 Penalty Deadline .....May 11 Contact ....Chris McGuinness School .....Patapsco Phone .....410-274-6143	Entry Deadline .....May 8 Penalty Deadline .....May 11 Contact .....Beth Shook School .....Westlake Phone.....757-630-7029	Entry Deadline .....May 8 Penalty Deadline .....May 11 Contact.....Phil Rogers School .....Reservoir Phone .....410-212-0442
<b>4A West</b> <b>Clarksburg HS</b> <b>May 15 (4:30 p.m.)</b> <b>May 16 (4:30 p.m.)</b>	<b>4A North</b> <b>Patapsco HS</b> <b>May 16 (4:30 p.m.)</b> <b>May 18 (10:00 a.m.)</b>	<b>4A South</b> <b>Northwestern-PG HS</b> <b>May 16 (4:00 p.m.)</b> <b>May 18 (10:00 a.m.)</b>	<b>4A East</b> <b>North County HS</b> <b>May 15 (4:30 p.m.)</b> <b>May 16 (4:30 p.m.)</b>
Entry Deadline .....May 8 Penalty Deadline .....May 11 Contact .....Scott Mathias School .....Clarksburg Phone.....301-602-5438	Entry Deadline .....May 8 Penalty Deadline .....May 11 Contact .....Eric Benjamin School .....Dulaney Phone.....443-655-0973	Entry Deadline .....May 8 Penalty Deadline .....May 11 Contact ..Kenneth Washington School.....Northwestern-PG Phone.....301-404-3851	Entry Deadline .....May 8 Penalty Deadline .....May 11 Contact .....Brianna Bostic School .....Broadneck Phone .....410-294-2369

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. Each school shall supply its own baton for the relay races and starting blocks unless notified to do otherwise by the region meet director.
4. The Meet Director will set starting heights for the high jump and pole vault, based on entries.
5. Awards: A plaque will be given to the winning team in each classification. Ribbons will be awarded to the top 8 finishers in each event.
6. Individuals 7 years of age and older will be charged an admission of \$6.

2019 ADVANCEMENT STANDARDS								
Boys					Girls			
4A	3A	2A	1A		4A	3A	2A	1A
11.28	11.28	11.36	11.59	100m	12.66	12.67	12.91	13.14
22.75	22.92	22.76	23.25	200m	25.73	25.84	26.51	27.02
50.07	50.46	51.08	51.85	400m	58.54	59.05	59.82	1:02.04
1:59.26	2:00.40	2:01.73	2:04.19	800m	2:20.83	2:24.69	2:24.64	2:28.88
4:26.98	4:31.24	4:32.53	4:41.31	1600m	5:16.57	5:23.25	5:25.73	5:42.21
9:52.23	9:52.07	10:03.12	10:31.62	3200m	11:39.86	11:57.51	12:06.95	12:40.57
15.55	15.72	15.74	16.41	HH	15.89	15.93	16.63	17.71
40.77	41.25	41.75	42.81	300IH	47.26	47.64	48.36	49.69
43.82	43.97	44.55	45.33	4x100	50.17	50.59	51.36	52.64
1:31.05	1:30.97	1:32.51	1:34.83	4x200	1:45.10	1:46.00	1:48.21	1:50.96
3:25.91	3:28.67	3:31.51	3:36.50	4x400	4:04.43	4:08.42	4:12.73	4:20.42
8:12.55	8:17.77	8:27.89	8:40.69	4x800	9:51.06	10:03.36	10:10.95	10:40.23
6-00	5-11	5-10	5-09	HJ	4-11	4-10	4-10	4-08
20-11	20-10	20-03	19-08	LJ	16-08	16-03	16-01	15-08
43-01	42-07	41-09	40-10	TJ	34-06	34-09	33-10	32-06
45-07	45-05	44-11	42-01	SP	34-04	33-00	32-11	30-07
131-06	128-05	127-03	118-01	DT	100-01	96-11	94-09	87-11
11-01	10-09	11-03	10-07	PV	7-09	8-03	8-04	7-09

#### IV. STATE 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 (3300 Middletown Road, Waldorf) on Sunday, May 19 at 9:30 a.m. Region meet directors must hand-deliver all meet software, paperwork and boxes from their specific region meet(s) to the State Committee Director at this meeting.
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 19.
  - 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, will also advance. Only the field events and those running events contested as a final on time shall be included.
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 2019 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 23, and Saturday, May 25.

- b. Competition for Class 3A and Class 4A will take place Friday, May 24, and Saturday, May 25.
6. Directions to Morgan State University
- a. **From the 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 the North:** I-95 South to Exit 60 West (Moravia Road) and follow above directions.
  - c. **From the 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 finisher in each semifinal plus the next fastest times, up to eight total runners, 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. Triple jump boards will be available at 24', 28', 36' and 40' in length.
- 6. 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 Region 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 16, 2019.



Region 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 Region 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

**The following distances must be achieved at the Region meet in order for athletes to advance to the State meet:**

**Boys Discus – 15' 00"**

**Girls Discus - 8' 00"**

**Boys Shotput – 6' 00"**

**Girls Shotput - 4' 00"**

#### 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:
  - Boys team score in its assigned classification
  - Girls team score in its assigned classification
  - Boys wheelchair score (one classification)
  - Girls 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 restricted to the designated areas 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 \$10.
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		
2020 - May 21-23	2021 - May 27-29	2022 - May 26-28

### 2018-2019 OUTDOOR TRACK & FIELD COMMITTEE

		Office	Other
<b>DIRECTOR</b>	Beth Shook .....	Westlake .....301-753-1758	.....757-630-7029
<b>SITE DIRECTOR</b>	Clayton Culp.....	Anne Arundel County .....410-222-5463	.....410-349-7851
<b>MEET ENTRY COORDINATOR</b>	Gerard Filosa.....	Pikesville .....443-809-1217	.....443-204-2175
<b>ADVANCEMENT STAND. COORD.</b>	Scott Mathias .....	Clarksburg .....301-444-3000	.....301-602-5438
<b>DISTRICT 1</b>	Becky Walter .....	Boonsboro .....301-766-8022	.....301-305-1532
	Curtis Graff .....	Washington Co. (retired) .....301-766-8243	.....301-797-7298
<b>DISTRICT 2</b>	Dessalyn Dillard .....	Paint Branch.....301-388-9900	.....240-461-2139
	Scott Mathias .....	Clarksburg .....301-444-3000	.....301-602-5438
<b>DISTRICT 3</b>	Bryan Brown .....	Charles. H. Flowers .....301-636-8000	.....301-801-4805
	Kenneth Washington .....	Northwestern-PG .....301-860-3901	.....301-404-3851
<b>DISTRICT 4</b>	Kevin Reisinger.....	Davis MS.....301-638-0858	.....440-452-9300
	Josh Dawson.....	Northern-Calvert .....443-550-8950	.....443-350-2926
<b>DISTRICT 5</b>	Brianna Bostic .....	Broadneck .....410-757-1300	.....410-294-2369
	Ashley Kelso .....	Glen Burnie.....410-761-8950	.....302-561-0742
	Dave Brown.....	Howard County .....410-313-2320	.....443-355-9073
	Philip Rogers.....	Reservoir.....410-888-8850	.....410-212-0442
<b>DISTRICT 6</b>	Brad Duvall .....	Hereford .....443-809-1905	.....410-984-5191
	Chris McGuinness .....	Patapsco.....443-809-7064	.....410-274-6143
<b>DISTRICT 7</b>	Tom Decker.....	North East-Cecil .....410-996-6200	.....443-945-3379
	Donnie Mickey .....	C. Milton Wright .....410-638-4110	.....443-417-7654
<b>DISTRICT 8</b>	Justin Holland.....	Kent Island .....410-604-2070	.....410-903-5969
	Jody Stigler .....	Stephen Decatur .....410-641-2171	.....443-614-9554
<b>DISTRICT 9</b>	Christopher Brida .....	Benjamin Franklin .....410-396-1373	.....413-563-7727
	Duane Downer .....	Baltimore City College .....410-562-0855	
<b>RULES INTERPRETER</b>	Steve Smith.....	Baltimore County (retired) .....410-935-1219	.....410-665-7157

## CHAMPIONSHIP SCHEDULE

\*Event times listed are approximate as this is a "rolling schedule".

TRACK EVENTS Track opens 1 hour before start of meet.		DAY 1 Thursday, May 23	DAY 2 Friday, May 24
TIME*	TRACK EVENT	SECTION/SF/F CLASS	CLASS
4 p.m.	4x800 m R .....	F - Girls .....	1A .....3A
	4x800 m R .....	F - Girls .....	2A .....4A
	4x800 m R .....	F - Boys.....	1A .....3A
	4x800 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.	4x200 m R      run	F - B/A Girls .....	1A .....3A
	4x200 m R      entirely	F - B/A Girls .....	2A .....4A
	4x200 m R      in	F - B/A Boys .....	1A .....3A
	4x200 m R      lanes	F - B/A Boys .....	2A .....4A

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

## FIELD EVENTS CHAMPIONSHIP SCHEDULE

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

### DAY 1 Thursday, May 23

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	.....	1A Boys .....	5-5:30 pm	.....	5:30 pm	
Triple Jump .....	1A Girls.....	3:30-4 pm	4:00 pm	.....	2A Girls .....	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	.....	2A Boys .....	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 24

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	.....	3A Boys .....	5-5:30 pm	.....	5:30 pm	
Triple Jump .....	3A Girls.....	3:30-4 pm	4:00 pm	.....	4A Girls .....	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	.....	4A Boys .....	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 25**  
**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.	4x100 m Relay ....	F - B/A Girls
	Wheelchair 1600 m Final			4x100 m Relay ....	F - B/A Boys
	1600 m .....	F - Boys			
12:50 p.m.	400 m .....	F - B/A Girls	5:10 p.m.	4x400 m Relay ....	F - B/A Girls
	Wheelchair 400 m Final			4x400 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			

*\*Event times listed are approximate as this is a "rolling schedule".*

**NOTES: F = Final A = Fast section B = Slow section**

**FIELD EVENTS CHAMPIONSHIP SCHEDULE**

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

**DAY 3 Saturday, May 25 (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

# 2019 ALIGNMENT FOR TRACK AND FIELD

CLASS 4A-WEST			CLASS 4A-NORTH			CLASS 4A-SOUTH			CLASS 4A-EAST		
1. Bethesda-CC	Mtg		1. Catonsville	B Co		1. Bladensburg	PG		1. Annapolis	AA	
2. Churchill	Mtg		2. Dulaney	B Co		2. Bowie	PG		2. Arundel	AA	
3. Clarksburg	Mtg		3. Perry Hall	B Co		3. Charles H. Flowers	PG		3. Broadneck	AA	
4. Einstein	Mtg		4. Mergenthaler	Balt		4. Dr. Henry A. Wise, Jr.	PG		4. Glen Burnie	AA	
5. Gaithersburg	Mtg		5. Western	Balt		5. DuVal	PG		5. Meade	AA	
6. Kennedy	Mtg		6. Urbana	Fre		6. Eleanor Roosevelt	PG		6. North County	AA	
7. Northwest	Mtg		7. Howard	How		7. High Point	PG		7. Old Mill	AA	
8. Quince Orchard	Mtg		8. Montgomery Blair	Mtg		8. Laurel	PG		8. Severna Park	AA	
9. Richard Montgomery	Mtg		9. Northwood	Mtg		9. Northwestern	PG		9. South River	AA	
10. Walt Whitman	Mtg		10. Paint Branch	Mtg		10. Parkdale	PG		10. North Point	Cha	
11. Walter Johnson	Mtg		11. Sherwood	Mtg		11. Suitland	PG		11. Leonardtown	StM	
12. Wheaton	Mtg		12. Springbrook	Mtg							
13. Wootton	Mtg										
CLASS 3A-WEST			CLASS 3A-NORTH			CLASS 3A-SOUTH			CLASS 3A-EAST		
1. Manchester Valley	Car		1. Dundalk	B Co		1. City College	Balt		1. Chesapeake	AA	
2. Westminster	Car		2. Franklin	B Co		2. Digital Harbor	Balt		2. Northeast	AA	
3. Frederick	Fre		3. Kenwood	B Co		3. Baltimore Polytechnic	Balt		3. Atholton	How	
4. Linganore	Fre		4. Lansdowne	B Co		4. Southwestern	Balt		4. Centennial	How	
5. Gov. Thomas Johnson	Fre		5. Milford Mill Academy	B Co		5. Huntingtown	Cal		5. Long Reach	How	
6. Tuscarora	Fre		6. Parkville	B Co		6. Northern	Cal		6. Mount Hebron	How	
7. Blake	Mtg		7. Patapsco	B Co		7. St. Charles	Cal		7. Reservoir	How	
8. Magruder	Mtg		8. Towson	B Co		8. Oxon Hill	PG		8. James M. Bennett	Wic	
9. Rockville	Mtg		9. Woodlawn	B Co		9. Potomac	PG		9. Stephen Decatur	Wor	
10. Watkins Mill	Mtg		10. Aberdeen	Hfd		10. Chopticon	StM				
11. North Hagerstown	Was		11. Bel Air	Hfd		11. Great Mills	StM				
12. South Hagerstown	Was		12. C. Milton Wright	Hfd							
			13. Edgewood	Hfd							
CLASS 2A-WEST			CLASS 2A-NORTH			CLASS 2A-SOUTH			CLASS 2A-EAST		
1. Century	Car		1. Eastern Technical	B Co		1. Southern	AA		1. Elkton	Cec	
2. Liberty	Car		2. Hereford	B Co		2. Calvert	Cal		2. North East	Cec	
3. South Carroll	Car		3. New Town	B Co		3. Patuxent	Cal		3. Rising Sun	Cec	
4. Winters Mill	Car		4. Owings Mills	B Co		4. La Plata	Cha		4. North Caroline	Cin	
5. Middletown	Fre		5. Carver Vo-Tech	Balt		5. Thomas Stone	Cha		5. Fallston	Hfd	
6. Oakdale	Fre		6. Edmondson-Westside	Balt		6. Westlake	Cha		6. Harford Technical	Hfd	
7. Walkersville	Fre		7. Patterson	Balt		7. Glenelg	How		7. North Harford	Hfd	
8. Damascus	Mtg		8. Central	PG		8. Hammond	How		8. Kent Island	QA	
9. Poolesville	Mtg		9. Crossland	PG		9. Marriotts Ridge	How		9. Queen Anne's	QA	
10. Seneca Valley	Mtg		10. Gwynn Park	PG		10. Oakland Mills	How		10. Easton	Tal	
11. Williamsport	Was					11. River Hill	How		11. Parkside	Wic	
						12. Wilde Lake	How		12. Wicomico	Wic	
CLASS 1A-WEST			CLASS 1A-NORTH			CLASS 1A-SOUTH			CLASS 1A-EAST		
1. Allegany	All		1. Carver A&T	B Co		1. Chesapeake Science Pt.	AA		1. Havre de Grace	Hfd	
2. Fort Hill	All		2. Chesapeake	B Co		2. Henry E. Lackey	Cha		2. Joppatowne	Hfd	
3. Mountain Ridge	All		3. Loch Raven	B Co		3. Maurice J. McDonough	Cha		3. Patterson Mill	Hfd	
4. Francis Scott Key	Car		4. Overlea	B Co		4. College Park Academy	PG		4. Bohemia Manor	Cec	
5. Brunswick	Fre		5. Pikesville	B Co		5. Croom Vocational	PG		5. Perryville	Cec	
6. Catocin	Fre		6. Randallstown	B Co		6. Fairmont Heights	PG		6. Colonel Richardson	Cin	
7. Northern	G		7. Sparrows Point	B Co		7. Frederick Douglass	PG		7. Cambridge-SD	Dor	
8. Southern	G		8. Western STES	B Co		8. Friendly	PG		8. North Dorchester	Dor	
9. Boonsboro	Was		9. ACCE	Balt		9. Intl. HS @ Langley Park	PG		9. Kent County	K	
10. Clear Spring	Was		10. Coppin Academy	Balt		10. Largo	PG		10. Washington	Som	
11. Hancock	Was		11. Frederick Douglass	Balt		11. North CMIT	PG		11. Mardela	Wic	
12. Smithsburg	Was		12. Paul Laurence Dunbar	Balt		12. South CMIT	PG		12. Pocomoke	Wor	
			13. Forest Park	Balt		13. Surrattsville	PG		13. Snow Hill	Wor	
			14. Benjamin Franklin	Balt		14. Tall Oaks	PG				
			15. Lake Clifton	Balt							
			16. Reginald Lewis	Balt							
			17. Natl. Acad. Foundation	Balt							
			18. New Era Academy	Balt							
			19. The SEED School	MD							