



## TRACK AND FIELD CHAMPIONSHIP MEET

Wednesday, May 20, 2015  
Hosted by Linden High School

### WELCOME

Linden High School is honored to host the Flint Metro League Track and Field Championship Meet at Cranston Field at Linden High School. It is our goal to run an efficient meet that is fair for all competitors. Good Luck and may your athletes enjoy the success they deserve.

### ENTRIES

Entries are due by **8:00 PM Sunday, May 17, 2015.**

Once again, A2 Race Management will be handling the entries in advance as well as the results on the date of competition. If you have any questions regarding the entry process please contact Clint Lawhorne at [clawhorn@lindenschools.org](mailto:clawhorn@lindenschools.org). All entries will be posted by Tuesday, May 19, on athletic.net.

All entries for this meet are to be done on-line. Go to [www.athletic.net](http://www.athletic.net) to begin your entry process. You may enter up to three individuals and one relay in each event. You must scratch one of the three on the date of competition unless all three individuals have met the additional qualifying standard. (You may enter more than three individuals as long as each entry has met or exceeded the AQ).

Times for all races are to be entered as true FAT times or as converted hand-held times. Conversions are to be made from hand-held times into FAT times according to NFHS rules:

Rule 3.8. Art.3 ... If FAT and manual times must be integrated, the hand-held times shall first be rounded up to the slower one-tenth of a second. Then a conversion factor of .24 must be added (i.e.  $MT+.24=FAT$ ).

This rule is found on page 18 of the 2014 Track and Field and Cross Country Rulebook, which is on-line at the following Web address: [http://bsdweb.bsdt.org/~pdvorak/vtfofficialweb/rules/12rules/T&F\\_18-19.pdf](http://bsdweb.bsdt.org/~pdvorak/vtfofficialweb/rules/12rules/T&F_18-19.pdf)

If a 100 Meter hand-held time is 11.21 you must round up to the next tenth (not the closest), which would be 11.30. You then need to add .24 to that time. New time is now 11.54.

Do not adjust any fully-automated time.

## ADDITIONAL QUALIFIERS

Additional qualifiers may be entered if their effort matches or exceeds the eighth place time/mark from last year's championship meet.

<b>Event</b>	<b>Boys' 8<sup>th</sup> Place Effort</b>	<b>Girls' 8<sup>th</sup> Place Effort</b>
110/100m Hurdles	17.57a	18.30a
100m Dash	12.12a	13.61a
200m Dash	24.46a	29.23a
300m Hurdles	43.46a	53.99a
400m Dash	55.24a	1:04.96a
800m Run	2:06.98a	2:43.93a
1600m Run	4:44.11a	5:46.98a
3200m Run	10:34.88a	13:01.32a
Shot Put	42-6.5	29-7.5
Discus	128-7	81-11
High Jump	5-6	4-6
Pole Vault	9-0	7-0
Long Jump	19-0.25	14-10.2
"a" indicates a Fully Automated Time (FAT)		

## FIELD EVENTS

All efforts will be measured. Competitors get 3 throws/jumps. There will be no minimum distance line. The top 9 competitors in the long jump, shot put and discus will go to the finals. Throws will be 1-1-1 for Discus/Shot Put. Please have your athletes stay at their field event until second call. Starting heights in each event will be as follows:

<b>Event</b>	<b>Starting Height</b>	<b>Incremental Raise</b>
Girls' High Jump	4'2"	2-inch raises
Girls' Pole Vault	6'6"	6-inch raises
Boys' High Jump	5'2"	2-inch raises
Boys' Pole Vault	8'0"	1-foot raises until 10-0, then 6-inch raises

## AWARDS/SCORING

Scoring will be 10-8-6-5-4-3-2-1. The top three places will medal and earn 1<sup>st</sup>-, 2<sup>nd</sup>-, and 3<sup>rd</sup>-team All-League status. A team trophy will be presented to the FML Champion.

## TRACKS/SPIKES

Linden has an 8-lane, all-weather surface. Spikes up to ¼ inch are permitted.

## SCRATCHES

There will be no substitutions regardless of circumstances.

Scratches for field events are to be done at the events.

Preliminary scratches are due by 3:30 P.M.

Scratches for final running events are due by 6:00 P.M.

## UNIFORMS

Please review the uniform/jewelry rule with your athletes. It will be strictly enforced in all areas of competition. No portion of the team uniform is to be removed in the competition area.

## APPEALS

You must specifically state which rule has been misapplied or misinterpreted. The jury of appeals will be consulted in order to reach a final decision. The jury of appeals shall consist of two meet officials (other than a starter), the meet manager, one boys team coach, and one girls team coach. Any member of the jury of appeals who is party to an appeal is not eligible to serve on the jury for that appeal. The alternate selection shall replace that individual on the jury for that appeal. Judgment decisions may not be appealed.

## MEET OFFICIALS

Meet Manager – Cathy North, Linden A.D.

Referee/Head Field Judge – Jim Loria

Girls' Clerk – Dan Skinner

Boys' Clerk – To be determined

Boys' Starter – Steve Berriman

Girls' Starter – Gary Oyster

Announcer – Seth Normington

## RESTRICTED AREAS

Coaches can meet with their long jumpers and pole vaulters on the fence located on the visitor's side of the stadium.

## IMPLEMENT WEIGH IN

Implements will be weighed and measured beginning at 3:25-3:55 P.M. at the red pole barn on the south end of the complex. Any implements that fail inspection will be held at the weigh-in table until the competition has completed. It is the responsibility of the coach and/or athlete to retrieve their impounded implements after the meet.

## STARTING BLOCKS

We will provide standard starting blocks. You must provide your own blocks if your athletes use stand-up blocks.

## HURDLES

To help speed up the meet, anyone who can lend a hand to help with hurdles would be greatly appreciated.

## RELAY ZONE JUDGES

We will use boys' coaches to judge the girls' races, and girls' coaches to judge the boys' races.

## MARKING THE TRACK/RUNWAYS

Please use only chalk to mark the track, runways, and high jump area.

## TEAM TENTS

Team tents may be set up outside the stadium on the south end.

## BUSES

Buses should enter the high school campus from the entrance on Silver Lake Road. Upon entering the campus, they should proceed to the track complex. After dropping off, buses can proceed to the field directly west of the stadium. Buses can park there temporarily until the middle school lets out. After 3:00 all buses can park the bus lot located between the athletic complex and the middle school.

## ORDER OF FIELD EVENTS

The order of field events was changed by the MHSAA this year.

This is the order of field events for odd years as directed by the MHSAA:

### First

Boys Discus  
Boys Pole Vault  
Boys Long Jump  
Girls Shot Put  
Girls High Jump

### Second

Boys Shot Put  
Girls Pole Vault  
Girls Long Jump  
Girls Discus  
Boys High Jump

## **Estimated Meet Timeline – The meet will be run on a rolling schedule**

3:30	Coaches' Meeting and <b>Preliminary Scratches Due</b>
4:00	Field Events (Scratches to be made at the events)
4:45	Prelims
5:45	3200 m Relay

30 minutes following the conclusion of the 3200M Relay: National Anthem and the Finals

<b>Time</b>	<b>Field Events</b>
4:00	Boys' Pole Vault (followed by Girls) Girls' High Jump (followed by Boys) Girls' Shot Put (followed by Boys) Boys' Discus (followed by Girls) Boys' Long Jump (open order)
5:15	Boys Long Jump Finals (Pit open for girls immediately following the Boys' finals)
<b>6:00</b>	<b>Final Scratches Due</b>
6:30	Girls' Long Jump Girls' Long Jump Finals

<b>Time</b>	<b>Running Events</b>
4:45	100M Dash Prelims*
5:00	100M/110M Hurdle Prelims*
5:20	200M Dash Prelims*
5:45	3200M Relay (ends about 6:10)
About 6:40	National Anthem / Finals (Possible inclement weather could speed up the start of the finals.)

### **BULLPEN**

The bullpen is at the north end of the track behind the start of the 100M Dash.

\*Since all times are fully automated competitors will qualify directly to the final from the preliminaries using the following format: Each heat winner will qualify automatically and all qualifiers will be based upon time. For example, if there are three heats, each heat winner will qualify and the other five qualifiers will be based strictly on the fastest five times.

**MEET WORKERS**

By FML Bylaws, each school is to have competent officials work one of the field events. Please forward the names of the workers that are coming from your school to help out. Please state the preference of the events with No. 1 as your first choice and No. 8 as your last choice. Submit this information to Nick Douglass at Linden High School, fax number 810-591-0155, or e-mail this information to [ndouglas@lindenschools.org](mailto:ndouglas@lindenschools.org).

School: \_\_\_\_\_

Number the field event you want to work in order of your preference. Events will be assigned on a first-turned-in basis. A school will work the boys **or** girls in that event, except for the high jump and pole vault. A school will work the boys **and** girls high jump and another school will work the boys **and** girls pole vault.

\_\_\_\_\_ Girls Shot Put      \_\_\_\_\_ Boys Shot Put

\_\_\_\_\_ Girls Discus      \_\_\_\_\_ Boys Discus

\_\_\_\_\_ Girls Long Jump      \_\_\_\_\_ Boys Long Jump

\_\_\_\_\_ Girls & Boys High Jump

\_\_\_\_\_ Girls & Boys Pole Vault

Names of Field Event Officials:

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## RELAY JUDGES

Please state the preference of the relay your coaches will judge with No. 1 as your first choice and No. 4 as your last choice. Submit this information to Nick Douglass at Linden High School, fax number 810-591-0155, or e-mail this information to [ndouglas@lindenschools.org](mailto:ndouglas@lindenschools.org).

School: \_\_\_\_\_

Please indicate which relays your school would like to judge. We will use boys' coaches to judge the girls' races, and girls' coaches to judge the boys' races.

\_\_\_\_\_ Boys 4x200 (2 judges for zones 1 & 3)

\_\_\_\_\_ Girls 4x200 (2 judges for zones 1 & 3)

\_\_\_\_\_ Boys 4x100 (1 judge in zones 1, 2, & 3)

\_\_\_\_\_ Girls 4x100 (1 judge in zones 1, 2, & 3)

## FLINT METRO LEAGUE CHAMPIONSHIP TRACK & FIELD APPEAL FORM

Appeals may only be made involving a violation or misapplication of a rule and NOT on decisions of judgments.

Competitor's Name: \_\_\_\_\_ OR

(circle one)

3200 Relay Team      800 Relay Team      400 Relay Team      1600 Relay Team

School: \_\_\_\_\_

Area of Concern (circle one):      Running Event      Field Event

Event: \_\_\_\_\_ Rule Reference: \_\_\_\_\_

Description of Appeal: \_\_\_\_\_

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Signature of Head Coach: \_\_\_\_\_

Printed Name of Head Coach: \_\_\_\_\_

Time Submitted to Referee: \_\_\_\_\_

Decision of Referee (circle one):      Appeal Upheld      Appeal Denied

Signature of Referee: \_\_\_\_\_

Appealed to Jury of Appeals (circle one):      Yes      No

Decision of Jury of Appeals (circle one):      Appeal Upheld      Appeal Denied

Signature of Head of Jury of Appeals: \_\_\_\_\_