

CHAMPIONSHIP SCHEDULE

DISTRICT: Class 1 & 2—Saturday, May 9, 2009
Class 3 & 4—Saturday, May 16, 2009

NOTE: District assignments and entry forms/entry information are located on the MSHSAA website (www.mshsaa.org)

SECTIONAL: Classes 1 & 2—Saturday, May 16, 2009
Classes 3 & 4—Saturday, May 23, 2009

STATE: Classes 1 & 2— May 22-23, 2009
Classes 3 & 4— May 29-May 30, 2009
Lincoln University, Jefferson City (track surface is synthetic)

Meet Director: Frank Lemons, New London

Site Manager: Tim Abney, Lincoln University

TERMS AND CONDITIONS

Classification

- District, sectional, and state track and field meets (boys and girls) will be administered under a two-year (2008-09 and 2009-10) classification plan based on the enrollment in grades 9-12. The enrollment for all boys and all girls schools shall be doubled for classification purposes.
- Schools will be divided into four classes for the boys and girls state meet series as follows:

Class 1: 187 and below	Class 3: 435 - 1212
Class 2: 188 - 434	Class 4: 1213 and above

Scratches and Substitutions:

- At the coaches/scratch meeting prior to the district and sectional meets, the coach may scratch an athlete from events entered without affecting his/her eligibility in other events. However, it should be noted that each school's entries become final as of 4:00 p.m. on the Wednesday preceding the district, sectional, and state meets, and although an athlete might be scratched in one or more individual events at the coaches meeting, any event from which an athlete is scratched SHALL COUNT as one of the four events in which that athlete may enter and/or participate in the meet. Coaches are requested to inform the manager of the meet if a competitor is not going to compete in a track or field event. Once the coaches/scratch meeting is completed, an athlete may still be scratched from an individual event without jeopardizing his/her eligibility to compete in any remaining events. However, the athlete or his/her coach must report the scratch to the clerk of the course for a running event or the event judge for a particular field event. Failure to report the scratch in this manner will result in disqualification from all remaining events of the meet. No substitutions will be permitted in individual events at the coaches/scratch meeting at the district meet except in the event of illness/injury when such is certified in writing to the meet manager by the Principal. The Games Committee shall deal with emergency situations. (Section 5-B-4)

Substitutions on Relay Entries:

- A substitution may be made on relay teams in the district, sectional and state meets up to the start of the race, providing names are listed on the online entry website for that event. No more than six (6) individuals per relay team may be listed on the online entry website for that event. Only those contestants actually designated as members of the relay to participate will be charged with an event as the relay team reports to the clerk of the course. In case of an injury to a member of a relay team, such substitution may be made any time prior to the start of the relay race provided names are listed on the online entry website for that event. (NF Rule 5-9-2).
 - a) The district, sectional and state meets are considered separate meets. Therefore, when a school qualifies a relay team the six (6) contestants listed on the online entry website for that event can change from one level meet to another.
 - b) Relay Entries (4x100, 4x200, 4x400, 4x800): To clarify relay team make-up for the district, sectional and state meets, it must be understood when a contestant becomes a competitor and consequently shall count the relay as one of the contestant's four events.
 - A contestant is anyone listed on the online entry website.
 - The relay team is the entry. Up to six (6) individuals may be listed as contestants to be designated as actual competitors for the specific relay team.
 - The relay team and four designated members to run become competitors after the relay team reports to the clerk of the course. This event now counts as an event in which each of the four listed competitors competed.
 - The four designated members of the relay team may be adjusted from heat to heat from those six (6) listed on the online entry website for that event providing the participation limitation rule is not violated.
 - It is possible to list a contestant on more than one relay team as indicated in the following illustration.

Contestant is officially entered in :

- Four (4) individual events - NO Relays allowed.
- Three (3) individual events - may be listed on any number of relays but participate on only one (1) relay
- Two (2) individual events - may be listed on any number of relays but participate on only two (2) relays
- One (1) individual event - may be listed on any number of relays but participate on only three (3) relays
- Zero (0) individual events - may be listed on all four (4) relays and may participate on all four relays

Scoring: Points will be scored 10-8-6-5-4-3-2-1 for eight places in all events. However, for a six-lane track, six places shall be scored (10-8-6-4-2-1) at the district meet. The scoring of eight places assumes that you can qualify eight to the finals on an eight lane track. In case of ties, places shall be determined by applying National Federation Track and Field Rules. No scoring will be kept at the sectional meets.

Control of Track and Field Area: All personnel other than contestants who are participating in the meet shall stay off the track and infield. This includes COACHES! Places in the stands will be reserved for coaches and squad members not participating in an event in progress. The games committee will establish coaches boxes at the state meet. These are "non restrictive" coaches boxes at ground level where coaches and athletes can confer.

Procedure and Seeding For Using The One-Turn Alley Start: Every two adjacent lanes on the track shall constitute an alley, with a maximum of four competitors assigned per box according to the following seeding:

<u>Box 1</u>	<u>Box 2</u>	<u>Box 3</u>	<u>Box 4</u>
3,7,11,15	1,5,9,13	2,6,10,14	4,8,12,16

For a six-lane track, the seeding shall be:

<u>Box 1</u>	<u>Box 2</u>	<u>Box 3</u>
2,5,8,11	1,4,7,10	3,6,9,12

Sectional meets shall have a maximum of eight (8) entries per event, so the one-turn staggered starting method (one competitor per lane and seeded 7-5-3-1-2-4-6-8 based on place over time) shall be used for the 800M run, 1600M run, 3200M run, and the 4x800M relay.

Awards:

- **District:** Plaques will be awarded to the first and second place teams in each district. Medals will be awarded to the first four place winners in each event.
- **Sectional:** Medals will be awarded to the first four place winners in each event.
- **State:** Trophies will be awarded to the first, second, third and fourth place teams and plaques to the first place relay teams in each class. Medals will be awarded to the first eight place winners in each event

Qualifiers for State Meet:

In all classes there will be four qualifying in each event from the district meets to the sectional meets and four qualifying in each event from the sectional meets to the state meet.

- In case of ties, places shall be determined by applying the National Federation Track and Field tie-breaker system if necessary to determine qualifiers. If a tie still remains, a run-off, jump-off, or throw-off will be conducted for the first and fourth places only; however, all points from the places involved in the tie shall be split between the applicable competitors. All ties for fourth place must be broken and all tie-breaking competitions involving field events should be held at the conclusion of the event. If a tie-breaker is required in a running event, that competition should be held at the conclusion of the meet. The manager should determine the starting time of such run-off to insure proper rest for the competitors. At a sectional meet, the NFHS jump-off tie-breaking procedure shall be applied if less than four competitors clear the opening height in the high jump or pole vault.
- Only competitors who qualify in accord with the above requirements, who are certified by a district or sectional track and field manager, and who are entered on the official state entry forms, shall be permitted to compete in the state meet. No alternate entries will be accepted for relay teams. Up to six (6) names are to be listed on the state entry form for each relay.
- An athlete who exceeds the participation limitation may not advance in the MSHSAA series and all other National Federation penalties shall apply.

MSHSAA TRACK AND FIELD REGULATIONS

These regulations shall be applied for all Interscholastic Track and Field Meets in Missouri.

- **PARTICIPATION:** The following regulations shall govern participation at all interscholastic track and field meet
 - A contestant shall not enter nor compete in more than four (4) events track and/or field. Any number of these may be relays. This shall apply for all interscholastic meets as well as the district, sectional and state meets. The coach shall be responsible for adhering to this provision. If a competitor exceeds the participation limits, he/she shall forfeit all individual and team points earned in any event and it shall be considered a violation by the school to be referred to the Board of Directors.
- **REGISTERED STARTER:** A registered MSHSAA starter must be used for all track and field meets in which more than four schools compete. (By Law 162). In the event that a registered official is not available, the schools should follow the emergency procedure outlined in By-Law 163. The name and address of the person engaged, together with the request for registration and the required registration fee should be sent to the MSHSAA Office. Schools should check the registration of

officials before hiring them for a meet.

- **UNIFORM SCORING SYSTEM:** The officially adopted scoring system outlined in NF Rule 2-1-2 for all interscholastic meets shall be used. (District and State meets shall score 8 places if 8 qualify for finals, and shall score 6 in a district meet conducted on a 6-lane track. No scoring shall be kept at the sectional meets.
- **APPROVED ORDER OF EVENTS FOR JUNIOR HIGH/MIDDLE SCHOOL TRACK AND FIELD:** The order of events for junior high school Track and Field meets is provided below. Other special regulations as listed in the National Federation Track and Field Rules Book shall be followed.

ORDER OF EVENTS FOR 7TH AND 8TH GRADES JUNIOR HIGH SCHOOL TRACK AND FIELD MEETS:

Boys 7-8		Girls 7-8	
1st	100 m HH (33" - same spacing as H.S. girls)		75 m LH
2nd	100 m Dash		100 m Dash
3rd	4 x 200 m Relay		4 x 200 m Relay
4th	1600 m Run		1600 m Run
5th	4 x 100 m Relay		4 x 100 m Relay
6th	400 m Dash		400 m Dash
7th	800 m Run		800 m Run
8th	200 m Dash		200 m Dash
9th	4 x 400 m Relay		4 x 400 m Relay
	High Jump		High Jump
	Long Jump		Long Jump
	Shot Put (4.0 kg)		Shot Put (6 lbs./ 2.744 kg)
	*Discus		*Discus
Triple Jump		Triple Jump	
Pole Vault		Pole Vault	

*Discus shall weigh two pounds, 3.27 ounces (1 kg) and meet other specifications in accordance with the National Federation Track and Field Rules Book pertaining to junior high events.

- Ninth grade competition, both boys and girls, shall follow the high school order of events and the size and weight of throwing implements shall be those used in high school. Seventh and eighth grade boys shall run the 100 Meter High Hurdles (same as the girls senior high school event), utilizing the same spacing and 33 inch hurdles with the understanding that 30 inch hurdles are approved if the 33 inch are not available.
- Participation Limitations:
 - a. Ninth grade students may compete in a maximum of four events, however, only three may be running events including relays if the meet is only a ninth grade meet.
 - b. Seventh and eighth grade students may compete in a maximum of four track and field events, with a maximum of three events being running.

2009 DISTRICT MEET QUALIFYING STANDARDS

HIGH SCHOOL BOYS

<u>EVENT</u>	<u>CLASS 1</u>	<u>CLASS 2</u>	<u>CLASS 3</u>	<u>CLASS 4</u>
* 4x800 m Relay	8:40.06	8:25.08	8:10.35	08:03.38
110 m High Hurdles	:16.42	:16.07	:15.37	:15.10
100 m Dash	:11.69	:11.34	:11.32	:11.08
* 4x200 m Relay	1:36.18	1:33.87	1:31.01	1:29.87
1600 m Run	4:41.01	4:35.35	4:26.31	4:20.04
* 4x100 m Relay	:46.40	:45.18	:43.99	:43.25
400 m Dash	:52.85	:51.62	:50.40	:49.91
300 m Intermediate Hurdles	:42.78	:41.84	:40.53	:39.62
800 m Run	2:04.78	2:00.65	1:59.02	1:56.66
200 m Dash	:23.63	:23.03	:22.62	:22.28
3200 m Run	10:49.13	10:10.77	9:48.57	9:39.84
* 4x400 m Relay	3:37.90	3:32.77	3:26.95	3:23.04
Discus	131'01"	134'09"	149.00"	142'11"
Shot Put	44'05'.75"	46'04.75"	51'11.00"	52'07.25"
High Jump	5'10.00"	6'01.25"	6'00.00"	6'02.50"
Long Jump	19'09.00"	20'07.00"	20'11.00"	21'09.25"
Triple Jump	40'09.75"	42'05.75"	43'07.75"	45'02.00"
Pole Vault	10'08"	12'00"	12'08"	13'08"

NOTE: All hand-held times must be converted by adding 0.24 seconds

HIGH SCHOOL GIRLS

<u>EVENT</u>	<u>CLASS 1</u>	<u>CLASS 2</u>	<u>CLASS 3</u>	<u>CLASS 4</u>
* 4x800 m Relay	10:36.81	10:14.36	9:59.51	9:43.40
100 m High Hurdles	:17.39	:16.80	:15.90	:15.66
100 m Dash	:13.29	:12.79	:12.83	:12.73
* 4x200 m Relay	1:54.44	1:50.10	1:47.08	1:44.90
1600 m Run	5:37.10	5:24.84	5:17.96	5:11.08
* 4x100 m Relay	:54.39	:52.32	:51.04	:49.37
400 m Dash	1:03.47	1:01.01	:59.61	:58.92
300 m Low Hurdles	:50.09	:48.27	:46.37	:46.40
800 m Run	2:31.73	2:26.21	2:19.40	2:19.71
200 m Dash	:27.46	:26.41	:26.29	:25.83
3200 m Run	12:59.68	12:02.52	11:41.53	10:36.84
* 4x400 m Relay	4:25.28	4:13.44	4:07.66	4:02.15
Discus	100'09"	107'09"	116'07"	121'02"
Shot Put	33'03.25"	35'10.75"	37'09.00"	39'04.75"
High Jump	4'08.50"	5'00.00"	5'00.50"	5'01.25"
Long Jump	15'06.00"	15'08.25"	16'04.50"	17'01.75"
Triple Jump	32'07.75"	33'10.00"	34'07.75"	36'00.75"
Pole Vault	7'10"	9'00"	9'10"	10'02"

***NOTE:** Relay times are published for information only. Additional entries are limited to individual events. Standards are calculated by taking the average of the eighth place performance for events that do not conduct preliminaries and by taking the average of the eighth fastest qualifying performance to the finals for events that do conduct preliminaries for each event from the State meets of the past three years.

ORDER OF EVENTS

The order of events for the 2009 District, Sectional and State Track and Field Meets:

BOYS EVENTS

1. 4x800 m Relay
2. 110 m High Hurdles
3. 100 m Dash
4. 4x200 m Relay
5. 1600 m Run
6. 4x100 m Relay
7. 400 m Dash
8. 300 m Intermediate Hurdles
9. 800 m Run
10. 200 m Dash
11. 3200 m Run
12. 4x400 m Relay
- Discus
- Shot Put
- High Jump
- Long Jump
- Triple Jump
- Pole Vault

GIRLS EVENTS

1. 4x800 m Relay
2. 100 m High Hurdles
3. 100 m Dash
4. 4x200 m Relay
5. 1600 m Run
6. 4x100 m Relay
7. 400 m Dash
8. 300 m Low Hurdles
9. 800 m Run
10. 200 m Dash
11. 3200 m Run
12. 4x400 m Relay
- Discus
- Shot Put
- High Jump
- Long Jump
- Triple Jump
- Pole vault

State Meet Suspension/Postponement Schedule

Recommend that, if the State Track and Field Championships are suspended or postponed due to inclement weather, the following plan be utilized:

- If the suspension/postponement occurs on the first day of the Championships after the competition in one or more events has started and the meet cannot be resumed that day,
 1. The results of any completed final event shall stand;
 2. The results of any completed preliminary event shall stand, with the finals of such event being contested on the second day of the meet;
 3. The results of partially completed preliminary or partially completed final events shall stand, with each event being resumed on the second day of the meet at the point of its suspension;
 4. Any event in which competition has not started at the point of the suspension shall be contested per the one-day meet plan of part "b".
- If no events are able to start on the first day of the Championships,
 1. Field events shall start at 11:00 a.m. and running events at 12:00 noon (weather permitting).
 2. All running events shall be contested in the order of the original Saturday schedule and, if an event originally required preliminary heats to qualify for the finals, it shall be redrawn and contested as two sections against time (no preliminaries will be run in the one-day meet format). The two sections against time shall be seeded as a "slow"

section followed by a "fast" section based on the times from the Class 1/Class 2 District or Class 3/Class 4 Sectional meet results.

3. All running events not originally requiring preliminary races, shall not be re-seeded or redrawn.
4. Field events shall be re-scheduled with those events previously scheduled on Friday being contested prior to the ones previously scheduled for Saturday.
5. The shot put, discus, long jump, and triple jump shall be contested as final events only (no preliminaries will be contested) with each contestant receiving four throws/jumps.
6. All additional adjustments in the conduct of the one-day meet format due to inclement weather shall be determined by Meet Management.

- If the suspension or postponement occurs on the second day of the competition, Meet Management shall determine the status (suspension, postponement, or cancellation) of any or all remaining events.

NOTE: The 3200 meter runs shall be conducted in their current places in the schedule of events at the State Championships, with the stipulation that the events would be rescheduled to a cooler time of the day on a case-by-case basis whenever deemed necessary by the on-site medical staff per wet-bulb readings.

Media Information

District and Sectional Press Passes: Members of the media who need working passes for District and Sectional contests should contact the site manager of the site at least 24 hours before the event he or she wishes to cover. All members of the working media should be prepared to show a general media credential and/or photo identification upon arrival. No admission (where available) will be charged to media representatives who have made prior arrangements with the site manager or who are prepared to present valid credentials upon arrival. No one under 18 years of age (except student media representatives), spouses, friends, coaches or fans will be admitted to media areas.

Championship Press Passes: Members of the media seeking working passes for the final site at the MSHSAA Championships should submit an official credential request through the MSHSAA's on-line system no later than the designated deadline for each event. The on-line credentialing system can be accessed by registered media outlets from the Media tab on the MSHSAA website (www.mshsaa.org). No late submissions will be honored. All personnel restrictions for credentials shall apply and be strictly enforced. Do not contact the host site for the Championship credentials.