

# 2011-12 STATE MEET INSTRUCTIONS

- A. There will be no State Meet entry form to turn in; however, coaches have from Monday prior to the State Meet to Wednesday at 4:00 p.m. to scratch an individual participant and confirm relay names on the online entry website. **The contestants' names that are entered on the website by 4:00 p.m. on the Monday before the meet are the names that will be reflected in the Track and Field Program**
- B. **Pass Lists:** There is no pass list for the State Track and Field Championships.
1. **All coaches will check in at the lower south gate for a wrist band. Only APPROVED coaches on the MSHSAA website will be allowed entrance to the field. Please have PHOTO ID ready to present.**
  2. Superintendents, principals, and athletic directors of qualifying schools can sign in for one pass each at "Will Call" (located at the lower south gate) by presenting a picture ID. **These administrators must be listed on the MSHSAA website in order to obtain the pass. If another administrator will be taking the place of the above-mentioned positions, permission must be granted by our office by 4:00 p.m. on the Wednesday before the meet.**
  3. Bus drivers can sign in at "Will Call" (located at the lower south gate) for a pass **after presenting a letter** from the school and picture ID.
  4. Any athletic trainer or physician who desires to work for the meet's sports medicine staff throughout the Championships must call Pat Forbis at (573) 556-5770 to express such interest and, upon approval, to obtain a pass/credentials separate from the school's count.
- C. **Admission:** Admission for the State meet is \$7.00 per day for students and adults. Children ages five (5) and under are free of charge. Gates open at 9:30 a.m. daily.
- D. **Scratches:**
1. Arriving late, a participant cannot enter the event if it has already started, and they will be scratched from that event. If Proper procedures do not take place in unusual circumstances by contacting Harvey Richards (573-259-1703), the athlete will be disqualified from the entire meet.
  2. In case it is necessary to scratch an entry on the day of the meet, such shall be reported to the meet director at the headquarters tent until meet time. For substitutions in relays from prelims to finals, refer to NF Rule 5-9-2.
  3. If an individual contestant arrives at the site of the meet after competition has started and thus misses one or more events in which he/she is entered, the athlete shall be permitted to compete in any remaining events in which entered provided the Games Committee concludes the reasons for the late arrival were beyond control and are established by providing validated proof. The athlete may NOT participate in any events that were started prior to arrival in accord with National Federation Rules.
  4. There can be no substitution at the state level except for a member of a relay team. However, scratches can be made by an athlete or coach on the day of the meet with the clerk (or with the head field event judge for a field event) prior to the event.
- E. **Uniform Scoring System:** The officially adopted scoring system outlined in NF Rule 2-1-2 for all interscholastic meets shall be used. (District, Sectional, and State meets conducted on an 8-lane track shall score 8 places, and District meets conducted on a 6-lane track shall score 6 places.)
- F. **Supervision:** The Meet Director and Games Committee shall have general supervision of the meet.
- G. **Staging Area and Warm-Up Areas:** (RELAY NOTE: All boys' relay teams will be called for instructions at one time. All girls' relay teams will be called separately from the boys' for instructions at one time. Listen for announcements.) The staging area for running events and relays shall be in the southeast area of the track. The Head Marshall, and Infield Crew Chief, will supervise the warm-up and infield areas. **COACHES ARE NOT TO BE IN THE INFIELD AREA UNLESS THEY ARE ASSIGNED TO HELP ADMINISTER THE MEET.** Do not cause an athlete to be disqualified by your presence in this area or by coaching competitors from anywhere inside the stadium fence, except in the coaches boxes located in the roped off area immediately north and south of the stadium seats and outside of the fence on the west and south sides of the stadium.
1. Athletes not warming-up for an upcoming event or being held for their awards should not be on the infield area. Coaches should be certain to cover this procedure with their athletes.
  2. Boys and girls events will be called separately. Competitors should be alert and report immediately to the proper area.

- H. **Field Events:** The regulations outlined for the District and Sectional Meets will also apply at the State Meet. In addition, the following information is provided. (All preliminaries and finals will be held the same day.)
1. The starting heights for the pole vault and high jump will be determined by the Games Committee. There is no hard and fast rule to determine these heights. As a general rule the top eight heights in the high jump from the sectional meets are determined. The bar is then started two inches below the eighth best height. The same procedure is used in the pole vault, the top eight heights from the sectional meets are determined and then the bar is started twelve inches below the eighth best height. Additional adjustments may be made by the Games Committee in case of inclement weather or other factors.
  2. Implement weighing and inspection will be done at the headquarters tent near the finish line by the Head Inspector of Implements from 9:30 to 10:30 a.m. and 12:30 to 1:30 p.m. daily.
  3. The continuing flight procedure will be used in conducting the high jump (five alive) and the pole vault (five alive). Best jumpers will jump last. In the pole vault, an athlete's poles shall be approved by the event judge before warming-up. Pole inspection shall be from 9:30 to 10:30 a.m. and 12:30 to 1:30 p.m. daily (timeframe dependent upon completion of the previous pole vault event).
  4. The shot put and discus will be run according to NFHS rules. Nine contestants shall qualify to the finals.
  5. The long jump and triple jump will be run cafeteria style. Competitors must complete their preliminary jumps within the specified time limit (1 hour 15 minutes). Contestants in the field events are solely responsible for reporting immediately when the event is announced. After being called for each trial, the contestant shall complete the trial within one minute. Nine will qualify to the finals. Finals in the shot put, discus, long jump, and triple jump will start 10 minutes after finalists are declared and announced.
  6. Discus and shot put pads are concrete. The discus and shot put shall be contested using a sector of 34.92 degrees. Athletes must compete in official school-issued track and field uniforms.
  7. Gloves are not permitted in the throwing events, pole vault or relays.
- I. **Running Events:** The regulations for running events outlined for the District and Sectional Meets will also apply to the State Meet. In addition, the following information is provided.
1. Heats will be drawn on the basis of PLACE (first consideration) and TIMES (second consideration) achieved in the sectional meets.
    - a) Lanes shall be assigned in accord with the National Federation Track and Field Rules and as approved by the Track and Field Advisory Committee.
    - b) The seeding of qualifiers from preliminary heats to final heats shall be done in accord with National Federation Track and Field Rules.
  2. In accordance with an approved Track and Field Advisory Committee recommendation, all races in the State meet series will be seeded using preferred lanes like in the sprint races.
    - a) Races run in lanes all the way:
      - (1) Establish heat leaders;
      - (2) Establish heat leaders' times;
      - (3) Place heat leaders in separate heats in the preferred lanes (middle of the track).
      - (4) The remaining 12 qualifiers serpentine-seeded based on their times.
  3. **Preliminaries (100, 100H, 110H, 200, 300H, 400, 800, 4x100, 4x200, 4x400):**
    - a. Sectional Winners (4) - Will get Lanes 4 and 5 in the two preliminary heats based on sectional time.
    - b. All others will be seeded based on time (sectional time).
    - c. **Special Note** - Teammates are not eligible to run in the same prelim heats (NFHS Rule 5.4). In the first round of competition only, if two contestants for the same team fall within the same heat, move the slower contestant to another heat by interchanging with a contestant of nearest comparable place and time weighing place first and time second.

PRELIMINARIES		
Lane	Random #1	Random #2
1	10 <sup>th</sup> Fastest Non-Winner	9 <sup>th</sup> Fastest Non-Winner
2	6 <sup>th</sup> Fastest Non-Winner	5 <sup>th</sup> Fastest Non-Winner
3	2 <sup>nd</sup> Fastest Non-Winner	1 <sup>st</sup> Fastest Non-Winner
4	2 <sup>nd</sup> Fastest Sectional Winner	1 <sup>st</sup> Fastest Sectional Winner
5	3 <sup>rd</sup> Fastest Sectional Winner	4 <sup>th</sup> Fastest Sectional Winner
6	3 <sup>rd</sup> Fastest Non-Winner	4 <sup>th</sup> Fastest Non-Winner
7	7 <sup>th</sup> Fastest Non-Winner	8 <sup>th</sup> Fastest Non-Winner
8	11 <sup>th</sup> Fastest Non-Winner	12 <sup>th</sup> Fastest Non-Winner

4. **Finals**

- a. Heat winners plus next six (6) fastest times.
- b. Heat winners (2) will get Lanes 4 and 5; all other lanes assigned based on preliminary times.

FINALS	
Lane	Heat #1
1	5 <sup>th</sup> Fastest Non-Winner
2	3 <sup>rd</sup> Fastest Non-Winner
3	1 <sup>st</sup> Fastest Non-Winner
4	1 <sup>st</sup> Fastest Preliminary Winner
5	2 <sup>nd</sup> Fastest Preliminary Winner
6	2 <sup>nd</sup> Fastest Non-Winner
7	4 <sup>th</sup> Fastest Non-Winner
8	6 <sup>th</sup> Fastest Non-Winner

5. **Finals (4x800 meter relay; 1,600 meter run; 3,200 meter run):**

FINALS		
Lane	Finals	Alley
1A	3 <sup>rd</sup> Fastest Sectional Winner	1
1B	3 <sup>rd</sup> Fastest Non-Winner	1
2A	7 <sup>th</sup> Fastest Non-Winner	1
2B	11 <sup>th</sup> Fastest Non-Winner	1
3A	1 <sup>st</sup> Fastest Sectional Winner	2
3B	1 <sup>st</sup> Fastest Non-Winner	2
4A	5 <sup>th</sup> Fastest Non-Winner	2
4B	9 <sup>th</sup> Fastest Non-Winner	2
5A	2 <sup>nd</sup> Fastest Sectional Winner	3
5B	2 <sup>nd</sup> Fastest Non-Winner	3
6A	6 <sup>th</sup> Fastest Non-Winner	3
6B	10 <sup>th</sup> Fastest Non-Winner	3
7A	4 <sup>th</sup> Fastest Sectional Winner	4
7B	4 <sup>th</sup> Fastest Non-Winner	4
8A	8 <sup>th</sup> Fastest Non-Winner	4
8B	12 <sup>th</sup> Fastest Non-Winner	4

- J. **Running Event Information:**
1. Relay cards will not be used; clerks will check names of participants from computer heat sheets containing names listed on the entry form.
  2. The 400 m dash, the 4x100 m relay and 4x200 m relay races will be run in lanes all the way.
  3. The 800 m, 1600 m run, 3200 m run, and the 4x800 m relay races will be run in **one-turn alleys**.
  4. 4x400 m relay will be a three turn staggered start, run in lanes for three turns. First runners will run in lanes all the way, first exchange will be made in same lanes and second runners will remain in their lanes until crossing the break line at the end of the third turn. After crossing the break line, second runners may cut to pole. **Coaches:** Please be sure your runners are properly coached on this technique. Improper lane changes or interference could result in disqualification. Third and fourth runners will be rolled in according to position on second turn of each runner's leg.
  5. Semifinals will be held in other events qualifying eight to the finals by place and time from two heats held on Friday.
  6. Length of spikes to be no more than 1/4 inch or 7 mm.
  7. The 800 m shall have preliminaries on Friday.
- K. **Check-Markers:** Contestants shall be permitted two check-marks (types of allowable material to be determined by Games Committee) in the jumping events. Tape and chalk shall NOT be permitted as materials to use as check-markers. **EXCEPTION: Chalk shall be permitted in the pole vault and the high jump.**
- L. **Dressing Rooms:** Girls: south locker room on lower level. Boys: north locker room on lower level. Lincoln University is not responsible for valuables left in lockers. You may use your own lock if you wish. Cell phones are prohibited in all locker rooms.
- M. **Contestant Numbers:** All competitors shall be required to wear assigned contest numbers on the front and back of the uniform jersey. Exceptions: High jumpers may wear numbers on front or back only. Pole vaulters may wear numbers on back only.
- N. **Medical Coverage:** The Missouri Athletic Trainers Association coordinated by Mr. Pat A. Forbis, ATC/R of St. Mary's Sports Medicine and Rehabilitation (573-556-5770; FAX 573-634-7425) will provide medical assistance as necessary. Hospital and ambulance services are on call within two blocks of the stadium.
- O. **Emergency Weather Procedure:** In case it is necessary to take cover due to severe weather, all coaches should bring their squads to the locker room and tunnel area below the stands (the upper level of the stadium must be vacated).
- P. **Awards:** 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. These will be presented at the conclusion of each event Saturday and for those events which conclude on Friday. Listen for announcements. Coaches shall remind their athletes of this procedure.
- Q. **Results:** Results for all events, including qualifiers for finals shall be posted on the wall in the concourse area under the stands by the pass gate and south concession area and on the MSHSAA website ([www.mshsaa.org](http://www.mshsaa.org)).
- R. **Motel Room Availability:** See enclosed listing from Jefferson City Convention and Visitors Bureau (800-769-4183).

# 2012 MSHSAA STATE TRACK AND FIELD TIME SCHEDULE

May 18-19 – Classes 1 and 2; May 25-26 – Classes 3 and 4

## DAY 1 – Friday, May 18 & 25, 2012

**Field Events** (Long and Triple Jump will be run cafeteria style. High Jump (3 alive) and Pole Vault (5 alive) will be run as final events only. All other field events will consist of prelims and finals.)

- 11:00 a.m. Pole Vault Class 1, 3 Boys (check in/warm up 9:45 a.m.)  
Long Jump Class 1, 3 Girls  
High Jump Class 2, 4 Boys  
Shot Put Class 2, 4 Girls  
Discus Class 1, 3 Boys  
Triple Jump Class 2, 4 Girls
- 2:00 p.m. Pole Vault Class 1, 3 Girls  
Triple Jump Class 1, 3 Boys  
High Jump Class 2, 4 Girls  
Shot Put Class 2, 4 Boys  
Discus Class 1, 3 Girls  
Long Jump Class 2, 4 Boys

**Running Events:** (Class 1, 3 Boys precede Class 2, 4 Boys and Class 1, 3 Girls precede Class 2, 4 Girls for all prelims and finals)

- 10:50 a.m. National Anthem
- 12:00 p.m. 4x800m Relay, FINAL, 1 Sect. 16, Class 1, 3 Boys  
4x800m Relay, FINAL, 1 Sect. 16, Class 2, 4 Boys
- 12:30 p.m. 110 High Hurdles (2 Heats) Class 1, 3 Boys  
110 High Hurdles (2 Heats) Class 2, 4 Boys
- 12:50 p.m. 100 High Hurdles (2 Heats) Class 1, 3 Girls  
100 High Hurdles (2 Heats) Class 2, 4 Girls
- 1:10 p.m. 100m Dash (2 Heats) Class 1, 3 Boys  
100m Dash (2 Heats) Class 2, 4 Boys
- 1:20 p.m. 100m Dash (2 Heats) Class 1, 3 Girls  
100m Dash (2 Heats) Class 2, 4 Girls
- 1:35 p.m. 4x200m Relay (2 Heats) Class 1, 3 Boys  
4x200m Relay (2 Heats) Class 2, 4 Boys
- 2:05 p.m. 4x200m Relay (2 Heats) Class 1, 3 Girls  
4x200m Relay (2 Heats) Class 2, 4 Girls
- 2:35 p.m. 1600m Run, FINAL, 1 Sect. of 16, Class 1, 3 Girls  
1600m Run, FINAL, 1 Sect. of 16, Class 2, 4 Girls
- 2:50 p.m. 4x100m Relay (2 Heats) Class 1, 3 Boys  
4x100m Relay (2 Heats) Class 2, 4 Boys
- 3:05 p.m. 4x100m Relay (2 Heats) Class 1, 3 Girls  
4x100m Relay (2 Heats) Class 2, 4 Girls
- 3:20 p.m. 400m Dash (2 Heats) Class 1, 3 Boys  
400m Dash (2 Heats) Class 2, 4 Boys
- 3:35 p.m. 400m Dash (2 Heats) Class 1, 3 Girls  
400m Dash (2 Heats) Class 2, 4 Girls
- 3:55 p.m. 300m Intermediate Hurdles (2 Heats) Class 1, 3 Boys  
300m Intermediate Hurdles (2 Heats) Class 2, 4 Boys
- 4:10 p.m. 300m Low Hurdles (2 Heats) Class 1, 3 Girls  
300m Low Hurdles (2 Heats) Class 2, 4 Girls
- 4:25 p.m. 800m Run (2 heats) Class 1, 3 Boys  
800m Run (2 heats) Class 2, 4 Boys
- 4:45 p.m. 800m Run (2 heats) Class 1, 3 Girls  
800m Run (2 heats) Class 2, 4 Girls
- 5:05 p.m. 200m Dash (2 Heats) Class 1, 3 Boys  
200m Dash (2 Heats) Class 2, 4 Boys
- 5:15 p.m. 200m Dash (2 Heats) Class 1, 3 Girls  
200m Dash (2 Heats) Class 2, 4 Girls
- 5:30 p.m. 3200m Run, FINAL, 1 Sect. of 16, Class 1, 3 Boys  
3200m Run, FINAL, 1 Sect. of 16, Class 2, 4 Boys
- 6:00 p.m. 4x400m Relay (2 Heats) Class 1, 3 Boys  
4x400m Relay (2 Heats) Class 2, 4 Boys
- 6:30 p.m. 4x400m Relay (2 Heats) Class 1, 3 Girls  
4x400m Relay (2 Heats) Class 2, 4 Girls

## DAY 2 – Saturday, May 19 & 26, 2012

**Field Events** (Long and Triple Jumps will be run cafeteria style. High Jump (3 alive) and Pole Vault (5 alive) will be run as final events only. All other field events will consist of prelims and finals.)

- 11:00 a.m. Pole Vault Class 2, 4 Boys (check in/warm up 9:45 a.m.)  
Long Jump Class 2, 4 Girls  
High Jump Class 1, 3 Boys  
Shot Put Class 1, 3 Girls  
Discus Class 2, 4 Boys  
Triple Jump Class 1, 3 Girls
- 2:00 p.m. Pole Vault Class 2, 4 Girls  
Triple Jump Class 2, 4 Boys  
High Jump Class 1, 3 Girls  
Shot Put Class 1, 3 Boys  
Discus Class 2, 4 Girls  
Long Jump Class 1, 3 Boys

**Running Events:** (Class 1, 3 Boys precede Class 2, 4 Boys and Class 1, 3 Girls precede Class 2, 4 Girls for all finals)

- 10:20 a.m. Opening Ceremonies
- 12:00 p.m. 4x800m Relay, FINAL, 1 Sect. of 16, Class 1, 3 Girls  
4x800m Relay, FINAL, 1 Sect. of 16, Class 2, 4 Girls
- 12:30 p.m. 110 High Hurdles, FINAL of 8, Class 1, 3 Boys  
110 High Hurdles, FINAL of 8, Class 2, 4 Boys
- 12:40 p.m. 100 High Hurdles, FINAL of 8, Class 1, 3 Girls  
100 High Hurdles, FINAL of 8, Class 2, 4 Girls
- 12:50 p.m. 100m Dash, FINAL of 8, Class 1, 3 Boys  
100m Dash, FINAL of 8, Class 2, 4 Boys
- 1:00 p.m. 100m Dash, FINAL of 8, Class 1, 3 Girls  
100m Dash, FINAL of 8, Class 2, 4 Girls
- 1:10 p.m. 4x200m Relay, FINAL of 8, Class 1, 3 Boys  
4x200m Relay, FINAL of 8, Class 2, 4 Boys
- 1:20 p.m. 4x200m Relay, FINAL of 8, Class 1, 3 Girls  
4x200m Relay, FINAL of 8, Class 2, 4 Girls
- 1:30 p.m. 1600m Run, FINAL, 1 Sect. of 16, Class 1, 3 Boys  
1600m Run, FINAL, 1 Sect. of 16, Class 2, 4 Boys
- 1:45 p.m. 4x100m Relay, FINAL of 8, Class 1, 3 Boys  
4x100m Relay, FINAL of 8, Class 2, 4 Boys
- 1:55 p.m. 4x100m Relay, FINAL of 8, Class 1, 3 Girls  
4x100m Relay, FINAL of 8, Class 2, 4 Girls
- 2:05 p.m. 400m Dash, FINAL of 8, Class 1, 3 Boys  
400m Dash, FINAL of 8, Class 2, 4 Boys
- 2:15 p.m. 400m Dash, FINAL of 8, Class 1, 3 Girls  
400m Dash, FINAL of 8, Class 2, 4 Girls
- 2:25 p.m. 300m Intermediate Hurdles, FINAL of 8, Class 1, 3 Boys  
300m Intermediate Hurdles, FINAL of 8, Class 2, 4 Boys
- 2:35 p.m. 300m Low Hurdles, FINAL of 8, Class 1, 3 Girls  
300m Low Hurdles, FINAL of 8, Class 2, 4 Girls
- 2:45 p.m. 800m Run, FINAL, 1 Sect. of 16, Class 1, 3 Boys  
800m Run, FINAL, 1 Sect. of 16, Class 2, 4 Boys
- 2:55 p.m. 800m Run, FINAL, 1 Sect. of 16, Class 1, 3 Girls  
800m Run, FINAL, 1 Sect. of 16, Class 2, 4 Girls
- 3:05 p.m. 200m Dash, FINAL of 8, Class 1, 3 Boys  
200m Dash, FINAL of 8, Class 2, 4 Boys
- 3:15 p.m. 200m Dash, FINAL of 8, Class 1, 3 Girls  
200m Dash, FINAL of 8, Class 2, 4 Girls
- 3:25 p.m. 3200m Run, FINAL, 1 Sect. of 16, Class 1, 3 Girls  
3200m Run, FINAL, 1 Sect. of 16, Class 2, 4 Girls
- 3:55 p.m. 4x400m Relay, FINAL of 8, Class 1, 3 Boys  
4x400m Relay, FINAL of 8, Class 2, 4 Boys
- 4:10 p.m. 4x400m Relay, FINAL of 8, Class 1, 3 Girls  
4x400m Relay, FINAL of 8, Class 2, 4 Girls