

2019 Michigan Lutheran State Track Meet

Updated 5-19-19

We hope you are getting excited about track and upcoming meets along with the Michigan Lutheran State Track Meet. We are working hard to make this a great experience for coaches, parents, fans, and especially athletes. Important information about the state meet is provided below.

Blessings,

Jennifer Krause, Co-Meet Director

- **Location:** Frankenmuth High School 525 E. Genesee St. Frankenmuth, MI 48734
- **Date:** June 1, 2019
- **Time:** Field Events: 9am and Running Events 11am (but no later than 11:30 AM), Field event warm-up begins at 8:15 AM
- **Cost:** \$3 admission and \$3 programs. T-shirts and concessions will be available at the meet.
- **Parking:** There is plenty of parking around the high school. One lot is located west of the high school and there are several east of the high school.
- **Team Tents:** Team tents can be set up inside the gated area around the track. No tents are to be set up on the infield.
- **Heat Sheets:** Heat sheets will be provided as soon as they are ready via email. Heat sheets will **no longer be available or printed at the state track meet**. Heat sheets are subject to change up to the time of the race. Coaches will receive a copy via email as soon as they are available and it will also be on-line that day.
- **Coaches Meeting:** We will have two coaches' meetings on Saturday. The first will be at 8:30. Coaches are asked to make any final scratches at this time. We will have another meeting at 10:30 for any coaches who have concerns before the running events start (if you come to the first meeting, you do not have to show up to the second).
- **Trainer:** A trainer will be available throughout the meet and will be located on the infield.
- **Closed Infield:** We would like to keep the infield closed to athletes, coaches, parents, and fans. If you could help with this that would be appreciated. **This area is for workers only.**
- **Awards:** All awards will take place on the infield. The state meet will award medals to the top eight finishers. There will be a Team Champion plaque awarded in both the regional and state competitions in each class for boys and girls.
- **Order of events:**
 - Field events all start 9am.

- Shot Put: There is one practice area and one official ring. The practice ring will be open the entire time for warm-ups (the shot put may take longer due to only one official ring).
- High Jump: There will be two high jump pits; one for A athletes and one for B athletes. Regional and State heights will be raised by 2" until there are 6 athletes remaining and 1" thereafter. The contestants are out after three consecutive misses.
 - Starting heights: Girls A: 4'00" B: 3'7", Boys A: 4'5" B: 3'8"
- Long Jump: Boys will jump first in the long jump. There are two long jump pits one for A athletes and one for B athletes. A Boys and B Boys will jump first followed by A Girls and B Girls.
- Running events will start at 11:00 AM (but no later than 11:30 AM), with the hope that field events are completed. Meet directors will determine if there is a later start. Running events will be a 2 command start.
- **Frankenmuth High School repainted its track for the rules that go into effect in June. The 800M and 1600M are now a 1 turn stagger. The 800M (4x200) relay is now white to white and yellow to yellow exchange arrows. Coaches, please inform your participants.**
- All *running events* will be contested in this sequence:
 - In even years - B boys first, then B girls, followed by A boys second, then A girls.
 - In odd years - B girls first, then B boys, followed by A girls second, then A boys.
- All *Field events* will be contested in this sequence (does not change year-to-year):
 - All years - girls first at High Jump (1 pit for A, 1 pit for B) and Shot Put followed by boys (A girls, B girls, A boys, B boys)
 - All years - boys first at Long Jump (1 pit for A, 1 pit for B), followed by girls
- Running events order-
 - 100 meter prelims
 - 4x200 Meter Relay
 - 1600 Meter Run
 - 100 Meter Finals
 - 400 Meter Run
 - 200 Meter Dash
 - 800 Meter Run
 - 4x100 Meter Relay
 - 4x400 Meter Relay

Website for instant results-fatresults.com
 Later after meet-athletic.net

UPDATED 5-20-19