

2023 Michigan Lutheran State Track Meet

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,

Eric Smith and Travis Grulke, Co-Meet Directors

- **Location:** Valley Lutheran High School, 3560 McCarty Rd, Saginaw, MI 48603
- **Date:** June 3, 2023
 - Weather delays will result in using Valley on Sunday, June 4, beginning at 1 PM
- **Time:** Field Events: 9 AM and Running Events 11 AM (but no later than 11:30 AM), Field event warm-up begins at 8:15 AM
- **Cost:** \$4 admission and \$3 programs. T-shirts and concessions will be available at the meet.
- **Parking:** There is plenty of parking around the high school.
- **Team Tents:** Team tents can be set up outside the gated area around the track. No tents are to be set up on the infield or inside fence.
- **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.**
- **Workers:** this will be made available on the Michigan District website after Regionals, each region will be assigned a field event and will also help with other jobs.
 - **Region 1 (Saginaw) High Jump**
 - **Region 2 (Concordia) Long Jump**
 - **Region 3 (Macomb) Shot Put**
- **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 are two official rings and one practice area. The practice ring will be open the entire time for warm-ups.
 - High Jump: There will be two high jump pits. 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: 3’11” 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 3-command start.
- 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 (all girls first followed by A boys then B boys) and Shot Put girls followed by boys (1 pit for A, 1 pit for B)
 - 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 2-24-2023