

## **2024 REGIONALS and STATE - GENERAL MEET REGULATIONS**

Deadlines - The final electronic entry completed by noon on Athletic.net on Wednesday, May 15, 2024.  
All athlete changes must be made by noon on Friday, May 17, 2024.

\$4 per athlete for the Regional Meets is due to the Michigan District Office by Friday, May 17.  
You can pay this electronically on the Michigan District Website or mail a check to the office.

**REMINDER - You have to register on our Michigan District Website and have your athletes submitted on Athletic.net for the Regional Meets. You MUST do both! Athletes are automatically registered for the State Meet based off qualifying at Regionals.**

1. A school may enter a team or partial team in any of the four classes. All participants must be enrolled full-time in their Lutheran school.
2. Schools may combine teams provided they were combined for the whole season. Travis Grulke, Superintendent of Schools, should be notified.
3. Please leave your pets at home unless it is a service dog.
4. A participant may compete in a maximum of four events (running, field, relay or combination). If a student competes in more than 4 events, all events participated in will be disqualified.
5. A school may enter a maximum of three participants in each event. More individuals or relays may be entered if a coach certifies to the Regional Director that they have all reached the current year's qualifying standards at a prior meet by attaching the meet results to their paperwork. All times qualifying for the State Meet must be run in the *finals*, not a preliminary race at the Regional level.
6. Each school may enter 1 relay team in each class. Relay **substitutes** are allowed if there is an injury or extenuating circumstances. More relay teams may be entered if a coach verifies to the Regional Director that both teams have reached the qualifying standards at a prior meet by attaching the results sheet.

**NOTE: The substitute must adhere to the four-event rule.**

- a. A school may enter a **Class B** participant to compete in a **Class A** relay, but that participant may not compete in a **Class A** individual event. A **Class B** participant **may not** compete in the same relay in both classes.
- b. The "TRACK COMMITTEE" **strongly recommends** that athletes not be placed in back-to-back events.
7. There will be a Team Champion plaque awarded in both the regional and state competitions in each class for boys and girls.
8. **STATE QUALIFICATIONS** The following will be invited to compete:
  - a. **First through Fourth** place finishers at the Regional in the 800, 1600, High Jump and 400 & 800 Relays qualify. **First through fifth** place finishers at regional qualify for State in the Long Jump, Shot Put, 100, 200 and 400. **First through third** place finishers at regionals qualify for State in the 1600 Relay.

- b. Those competitors reaching the qualifying standard at the Regional Meet in the **finals** of an event.
- c. If there are other circumstances that do not allow a student to compete at the regional meet, please bring it to the attention of the regional director.
- d. Absence from regional meet – If an athlete met the time at another meet, the coaches voted to qualify them *with no time*. Thus, they will be in the slow heat.

NOTE: All Regional *qualifiers* are **automatically** entered in the State Meet.

9. All participants must wear gym or track shoes. Molded cleats or bare feet will not be permitted for any event. ¼” spikes or less will be allowed. Jewelry – You can now wear whatever you want including watches. If you wear spandex, the color doesn’t matter. Shorts must be worn above the hip. Athletes should not roll up their shorts or they may risk disqualification. Team uniforms must be worn when athletes compete. A uniform is in school colors and has the school name or logo on it. A P.E. uniform would be acceptable. Relay teams must wear the same jersey; undershirt/leggings color doesn’t matter.
10. No starting blocks of any kind, including human, will be permitted. One “false start” per runner is allowed.
11. It is the responsibility of the participant to be ready for each event. The public address system will be used to keep participants informed. The order of events is also published and available to coaches and athletes. Ultimately, coaches are responsible to make sure their athletes are at the right place at the proper time. Traffic construction or a lack of familiarity with roads is not an acceptable excuse for being late for an event. Athletes arriving after third call for a running event or after their class has competed from a field event, will be unable to compete in that event at both the Regional and State competition. Warm-up activities for athletes late to a field event are at the discretion of the event judge.
12. All running events will be contested in this sequence:  
Even Year - Boys run first (Boys B followed by Girls B then Boys A followed by Girls A)  
Odd Year - Girls run first (Girls B followed by Boys B then Girls A followed by Boys A)
13. The order of events is listed below. During the field events, spectators and coaches may view the competition near the pits. Once running events begin, only participants and meet officials will be allowed on the track.
14. Athletes are reminded you must run on the track and may be disqualified if two consecutive steps are on or inside the white inside lane line. Also, you may not leave the track to pass on the infield or grass.
15. We will seed regional meets by a time. Please include a time when entering your team.

**FIELD EVENTS BEGIN AT 9:00 a.m. (High Jump begins at 8:30)**

**SHOT PUT** Class A and B Girls go first followed by Class A and B Boys.

**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. A and B Girls jump first followed by A and B Boys.

LONG JUMP The long jump schedule is:

- 8:15-8:45 - All Practice
- 8:45-9:00 - Boys Practice
- A and B Boys jump first
- All Girls Practice for 15 minutes upon conclusion of Boys' events.
- A and B Girls jump second

In the long jump, each class will receive a warm-up period prior to competition time.

16. Running events will not start before 11:00 a.m. with the hope that field events are completed. Meet directors will determine the exact start time. Running events will be a 3-command start.

- a. 100 meter prelims (in lanes entire race)
- b. 4 x 200 Meter Relay (4 Turn Stagger, lanes the entire race)
- c. 1600 Meter Run (Boxed, 1 turn stagger, cut in after cones)
- d. 100 Meter Finals (in lanes entire race)
- e. 400 Meter Run (2 turn stagger, stay in lanes the entire race)
- f. 200 Meter Dash (1 turn stagger, stay in lanes the entire race)
- g. 800 Meter Run (Boxed, 1 turn stagger, cut in after cones)
- h. 4 x 100 Meter Relay (2 turn stagger, stay in lanes the entire race)
- i. 4 x 400 Meter Relay (3 turn stagger, second runner cuts in at curve)

NOTE: In the 4x400 the Officials will be looking more closely to verify that the receiving runner starts *in the zone*.

17. We will have a ***closed infield*** in both the regional and state meets. This means you must avoid being in the infield and remind your athletes to stay outside the fence during running events. Pacing will not be allowed for three reasons:

1. Student safety
2. Unintentional advantage
3. It is illegal and addressed in most track rules for meets.

18. There will be three official attempts in the shot put and long jump.

19. Shot put will allow 3 puts. Boys will use an 8 lb. shot and girls will use a 6 lb. shot. See #17 below. We will use high school vectors. IT IS A FOUL IF THE COMPETITOR:

- a. Puts with two hands.
- b. After stepping in the circle, fails to pause before starting.
- c. Allows the shot to drop behind or below the shoulder during the attempt.
- d. Touches the top or end of the stopboard before the throw is marked.
- e. Leaves the circle before the judge calls "Mark".
- f. Fails to exit the back half of the circle.

20. Long jump will allow three attempts. IT IS A FOUL IF THE COMPETITOR:

- a. Has a shoe extend over the scratch line or take off board while attempting a jump.
- b. Crosses the scratch line or scratch line extended without jumping.
- c. In the process of leaving the pit, touches the ground outside the landing pit nearer to the scratch line.

21. There will be preliminaries in all 100 Meter dashes where there are more than eight contestants. Eight will qualify for the finals. An athlete cannot qualify for the state track meet with regional *semi-final* times. Only regional *final* times are eligible for state meet qualification.
22. Batons must be furnished by competing teams. Official, weighed shots will be furnished. Shots should be stamped with, “8 lbs” for boys or “6 lbs” for girls.
23. Ribbons will be awarded to the top six finishers in all individual and teams in all relay events. The state meet will award medals to the top eight finishers.
24. Entries are not accepted without a volunteers list being submitted. If a team doesn’t bring 2 volunteers to the regional meet, they must pay \$100 so we can hire people to man the stations:
  - 4 people/station
    - a. 3 for relay
    - b. 3 for high jump
25. There will be a rules committee appointed by the director at all regional meets. The Director of the State Meet will be responsible for this at the state meet. The committee will include the starter, meet director and two other coaches. All results are final at the conclusion of the meet.
26. Only Scratches are accepted on the day of the meet.
27. The starting heights for high jump will be as follows:
 

<u>REGIONALS</u>		<u>STATE</u>	
Girls A: 3’10”	B: 3’5”	Girls A: 4’0”	B: 3’7”
Boys A: 4’3”	B: 3’7”	Boys A: 4’5”	B: 3’9”

  - 1) Contestants must take off from one foot.
  - 2) It is a foul if the competitor: (a) displaces the bar (b) touches the ground or landing area beyond the plane of the crossbar (c) after clearing the bar contacts the upright and displaces or steadies the bar (d) fails to complete an attempt in the allotted time.
  - 3) A jump must be initiated within 90 seconds of the name being called. When only three competitors are left, each jumper will be allowed three minutes. When one jumper remains, they will be allowed 5 minutes between jumps.

#### POINTS OF EMPHASIS

- 1) The bar will not be lowered after the competition starts.
- 2) Breaking ties:
  - a. The competitor with the fewest misses at the tied height is the winner.
  - b. If the tie remains, the competitor with the fewest total misses throughout the competition is the winner.
  - c. No misses are charged for passing a height.
  - d. If a tie remains after (a) and (b) are applied, the competitors take one more attempt at the failed height. If no decision is reached, the bar will be lowered (if both miss) or raised (if both are successful) by intervals of 1 inch and each competitor will try once at each height until a winner is determined.

**REGION I - Track Meet**

**David King**

**Valley Lutheran High School**

**3560 McCarty Road**

**Saginaw, MI 48603-2239**

**[DMKBlue@gmail.com](mailto:DMKBlue@gmail.com)**

**REGION II - Track Meet**

**Travis Grulke**

**Concordia University**

**4090 Geddes Rd.**

**Ann Arbor 48105**

**[travis.grulke@michigandistrict.org](mailto:travis.grulke@michigandistrict.org)**

**REGION III - Track Meet**

**Tim Siekmann**

**Lutheran High School North**

**16825 24 Mile Rd.**

**Macomb, MI 4804**

**[tsiekmann@trinityutica.com](mailto:tsiekmann@trinityutica.com)**

**Note: The 2024 Michigan Lutheran *State* Track Meet will be held on June 1st.  
@Concordia University, Ann Arbor**