



MIDDLE SCHOOL TRACK

- All meets will be conducted at Houseman Field. Meets will begin at 5:00pm with completion time approximately 7:00pm.
- During the course of the meet, only athletes in uniform, coaches, volunteers and officials will be allowed on the infield. All volunteers and coaches must be properly identified with a school id and/or their volunteer badge.
- No food, sports drinks or bags are allowed on the infield. Only water is allowed on the track. It is suggested that teams set up “camp” at a designated spot in the bleachers upon arrival.
- ¼” spikes only.
- Athletes are not allowed to wear any jewelry while competing. This includes earrings, bracelets, watches, necklaces, or any other adornment. Officials will advise athletes once upon observation of infractions; a second infraction will result in disqualification. Coaches can avoid a lot of problems by practicing preventive coaching. This is a MHSAA and National Federation mandate.
- Athletes must check into events by the second call. The clerk will be located by the start line for the 100m, 55m hurdles, 75m, 200m. He will be at the clerks table for the 400, 800 and 1600. Relay teams must check in with all four runners and batons.
- There will be separate pits for Boys and Girls Long Jump and Shot Put.
- Schedule of events will be as follows:

5:00pm	-	B/G	Shot Put* and Long Jump*
5:15pm	-		Running Events
			55m Hurdles*
			75m Dash* (6 th grade ONLY)
			100m Dash (7 th & 8 th Grade ONLY)
			4 x200m Relay*
			1600m Run (7 th & 8 th Grade ONLY)
			4x100m Relay*
			400m Dash*
			800m Run*
			200m Dash (7 th and 8 th Grade ONLY)

* 6th Grade will run prior to 7th & 8th Grade
- All Contestants will wear numbers. The numbers must be at least 4” tall and 1” thick. The numbers are to be a solid dark color and the numbers are to be attached by three pins: two on top, one on bottom

- An official event line up of athletes in events with numbers must be handed in prior to the meet to the meet manager. This form needs to be perfectly legible. (Form is provided by GRPS).
- Athletes can compete in any 3 events total. Type of event does not matter. A Relay counts as one event.
- School Number assignments:

Riverside	1-29
Alger	30-59
Burton	60-89
SWCC	90 - 119
City	120-149
Ford	150-179
Harrison Park	180 -209
Uprep/ Montessori	210 -239
MLK	240 -269
Sherwood	270 -299
Westwood	300 -329
CA Frost	330 -359

- A roster with numbers for 7th and 8th Grade Boys and Girls and 6th Grade Boys and Girls must be submitted to Dan Ebright. This list is to include first and last names and grade. Entries can be sent to Dan.S.Ebright@usdoj.gov. You can add names as the season goes on.
- Please talk with your building athletic directors to help recruit parent volunteers for our track meets. We will need anywhere from 10 -15 parent volunteers. You are the most involved with your student athletes' parents and should be able to rally the troops! Volunteer areas include long jump, shot put and finish line timing. Along approval from the volunteer office, these parent volunteers will be able to ride the bus with the team.

ATHLETIC DEPARTMENT RULES

- All athletes, coaches and parents should demonstrate EXCELLENT sportsmanship at all times
- No sideline coaching from parents or spectators will be tolerated
- Parents will need to arrange transportation home for their child from HOME games. On AWAY games, busing will be provided to bring the athletes back to their home school. Athletes will be able to ride home with their parents from AWAY games ONLY if they have signed their son/daughter out with the coach and/or athletic director.

