

2009

M.I.A.A. SENIOR DIVISION TRACK INFORMATION

Attached is the Senior Division Track Schedule for 2009. Each designated meet will be run concurrently with girls and boys.

PLEASE NOTE: The time for beginning the regular track meets is 4:00 p.m. All coaches will meet at 3:30 p.m. in the press box with the Meet Director; sign in, turn in signed entry forms, athletes guarantee forms, relay cards and receive their duty assignments. Each coach must have his/her team there and ready to run on time.

The M.I.A.A. Championship, league preliminaries, and finals will run in divisions. Large and Small separately.

The following are some general rules pertaining to the track program.

TRACK ASSIGNMENT: There will be a track director/referee, starter, score keeper, clerk of the course and a first place picker assigned for each stadium track. Coaches of participating schools must assist the directors in running the meets. Your full cooperation in this regard will make the track season an enjoyable experience for those athletes who participate. Directors for **2009** track season are:

<u>STADIUM/TRACK</u>	<u>DIRECTOR</u>	<u>PHONE</u>
Fairgrounds	I.J. Graham	743-2906/496-0174
Greenhill	Jackie Ellison	
Halle	Kieron Cochran	367-1544
Raleigh-Egypt	Cecil Moore	361-2398
Whitehaven	TBA	
Kirby	Tamara Stigall	
Crump	Edwin Bell	
Finish lynx Operator	Ronald King	365-9647/233-4334

UNIFORMS: All students competing in any event must wear complete track uniforms including shirts and shoes. Failure to comply with this rule disqualifies the offender from that event.

Jewelry will not be allowed.

NUMBERS OF ENTRIES: A school may enter no more than two girls or two boys in any individual event Participate and Entry limitations rule: **Rule 4 Section 2 Art 1 states:** "A contestant **shall not compete in more than 4 events** including relays. **Art. 2** " A contestant shall not be entered in more than 4 events excluding relays. If a contestant is entered in more than the allowable number of events, meet management shall scratch the contestant from the excess event(s) by following the listed order of events." **Only participants in the events maybe on the field or track. All others must remain in the stands!**

ONE RELAY TEAM: No school may enter more than one relay team in any relay race.

National Federation Rule book Section 9, Art 2 states: "In relay events, no more than six (6) individuals may be listed on the relay card, but only those who actually participate will be considered official entries. Any substitutions must come from those names on the relay entry card." **It is not** necessary to use the same four competitors in the finals who competed in the

preliminary rounds of trials. **Art 3 states:** “The order of running may changed between heats and succeeding rounds or the finals.”

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In hurdle races and sprints an equal number of entries shall be allowed each school according to accommodations available.

<u>SCORING:</u>	<u>NO. of Teams Competing</u>	<u>Individual Scoring</u>	<u>Relay Scoring</u>
	2	5-3-1	5
	3	5-3-2-1	5-3
	4	6-4-3-2-1	6-4-2

M.I.A.A. Senior Division Finals shall be scored as follows:

Individual: 10- 8- 6- 5- 4- 3- 2- 1

Relay: 10- 8- 6-5- 4- 3- 2- 1

ALL-WEATHER TRACKS: The six (7) all-weather tracks and the number of lanes are:

- Fairgrounds- 8 lanes- 42 inches**
- Greenhill- 8 lanes- 36 inches**
- Halle- 8 lanes - 36 inches**
- Raleigh-Egypt- 9 lanes- 42 inches**
- Whitehaven- 8 lanes- 36 inches**
- Kirby- 8 lanes- 36inches**
- Crump- 8 lanes- 42inches**

The Senior High Schools will be able to practice on the all-weather tracks at any time except during the time of a scheduled track meet. Attached to this information sheet is a calendar of track meets scheduled at each stadium.

RULES AND REGULATIONS: It is recommended that each track coach acquire a rule book from the TSSAA or the National Federation of State High School Association.

Please refer to the official handbook from TSSAA for the rules and regulations. Also, refer to the Rules, Regulations and Guidelines for the M.I.A.A. The TSSAA and M.I.A.A. Handbooks are already in your schools.

All infractions must be reports immediately by the Judge in charge to the Referee (Meet Director). All protests must be made in writing to the Referee (Meet Director) no more than thirty (30) minutes after the infraction.

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EVENTS: The approved events for Senior High and the order in which they are run are listed below. The teams involved will run the 3200 meter run at the beginning of the meet with the field events.

ORDER OF EVENTS

BOYS		GIRLS	
<u>RUNNING EVENTS</u>	<u>FIELD EVENTS</u>	<u>RUNNING EVENTS</u>	<u>FIELD EVENTS</u>
3200-meter run		3200-meter run	
110-meter high hurdles	(39") discus(1.6kg.)	100-meter high hurdles(33")	shot putt(4 kg.)
400-meter relay	pole vault(9')	400-meter relay	high jump(3"6)
3200-meter relay	long jump	3200-meter relay	discus(1 kg.)
100-meter dash	high jump(5')	100-meter dash	long jump
1600-meter run	shot putt(12 lb.)	1600-meter run	triple jump
800-meter relay	triple jump	800-meter relay	pole vault(5")
400-meter dash		400-meter dash	
300-meter intermed.	hurdles(36")	300-meter low hurdles(30")	
800-meter run		800-meter run	
200-meter dash		200-meter dash	
1600-meter relay		1600-meter relay	

City Tracks Finals \$5.00

RADIOS AND JAM BOXES WILL NOT BE ALLOWED. THERE WILL BE NO USE OF PROFANITY!!

SCRATCH MEETING

Each coach should bring a completed entry form which would contain the athletes, name, and intended participation event, and his best performances to date.(times, distances).

This information shall be used to set up qualifying heats for the following M.I.A.A. Final Event (League, Division). The National Federation of State High School Associations (NHFS), rule six, shall apply in the setting of these heats.

Relay participants must be entered on the entry form, any six athletes may be listed provided they don't break the participation limit rule, in the finals any other six may be listed, provided they don't break the participation limit rule.

For League and Division preliminaries, three contestants may be entered in each event.

All concerned Coaches must be present, or have a fully empowered designee in *his/her* stead if not, that coach's team will still be allowed to participate if these requirements are met: First if there is space available on the track after the scratch meeting. Secondly the Head coach will not be allowed or coach that meet or attend that meet he/she must designate an assistant or a responsible person to carry the team to the meet alone with a check for \$500.00 made payable to the M.I.A.A officer before the meet in order for them to participate. The preliminary meet (heats, finals, flights) will be set at this (scratch meeting) and no changes in heats, flights, or lane assignments will be allowed.

Coach's duty assignments, and responsibilities, will be made at this meeting.

M.I.A.A. Championship Awards

The **Senior High Schools** awards will be as follows:

Team Plaque (Leagues):

1st Place Boys and Runner-up Boys
1st Place Girls and Runner-up Girls

Individual Awards Leagues:

1st Place Ribbon
2nd Place Ribbon
3rd Place Ribbon

City Championship Awards (Boys and Girls):

Runner up plaques will be awarded, top three individual place medals as described below.

Individual Awards:

1st Place Gold Medal
2nd Place silver Medal
3rd Place Bronze Medal

In the City Championship there will be a male and female chosen as “Outstanding Athlete.” The selection committee will be made up as follows:

- 1. Meet Director**
- 2. Head Finish Judge**
- 3. Head Field Judge**
- 4. AAA Male (one coach)**
- 5. AAA Female (one coach)**
- 6. A-AA Male (one coach)**
- 7. A-AA Female (one coach)**

2009 M.I.A.A. SENIOR HIGH TRACK SCHEDULE**CLASS AAA****AMERICAN**

Cordova
 Craigmont
 Kirby
 Overton
 Ral-Egypt
 Ridgeway
 White Station
 Wooddale

CAPITOL

Central
 East
 Fairley
 Hamilton
 Kingsbury
 Melrose
 Northside
 Whitehaven

CLASS A-AA**NATIONAL**

B.T.W.
 Carver
 Frayser
 Manassas
 Treadwell
 Trezevant
 City Univ
 Douglass

DELTA

Hillcrest
 Middle College
 Mitchell
 Oakhaven
 Sheffield
 Westwood
 River City

WEEK 1**TUESDAY, MARCH 10**

Melrose, River City, Central, Northside (FW)
 Hamilton, Mitchell, Fairley, Whitehaven
 Kingsbury, Ral-Egypt, Frayser, Craigmont
 Ridgeway, Cordova, Wooddale, Kirby

OPEN FOR PRACTICE**OPEN FOR PRACTICE****OPEN FOR PRACTICE**

CRUMP
 WHITEHAVEN
 RAL-EGYPT
 KIRBY
 HALLE
 GREENHILL
 FAIRGROUNDS

THURSDAY, MARCH 12

East, B.T.W, White Station, Middle College
 Treadwell, Sheffield, Overton, (Southwind)
 City Univ, Manassas, Trezevant, Douglass
 Carver, Oakhaven, Hillcrest, Westwood,

OPEN FOR PRACTICE**OPEN FOR PRACTICE****OPEN FOR PRACTICE**

CRUMP
 HALLE
 GREENHILL
 WHITEHAVEN
 KIRBY
 RAL-EGYPT
 FAIRGROUNDS

WEEK 2**TUESDAY, MARCH 24**

White Station, City Univ, Whitehaven, Hillcrest
 Middle College, Melrose, East, Carver (FW)
 Frayser, Manassas, Northside, Treadwell
 Sheffield, Ridgeway, Kirby, Wooddale

OPEN FOR PRACTICE**OPEN FOR PRACTICE****OPEN FOR PRACTICE**

WHITEHAVEN
 FAIRGROUNDS
 RAL-EGYPT
 HALLE
 KIRBY
 GREENHILL
 CRUMP

WEEK 2(CONTINUED)
THURSDAY, MARCH 26

Cordova, Kingsbury, Trezevant, Ral-Egypt
Oakhaven, Mitchell, Westwood, Fairley
Hamilton, Central, Douglass, B.T.W
Craigmont, River City, Overton, (Southwind)
OPEN FOR PRACTICE
OPEN FOR PRACTICE
OPEN FOR PRACTICE

RAL-EGYPT
WHITEHAVEN
FAIRGROUNDS
GREENHILL
KIRBY
HALLE
CRUMP

WEEK 3
TUESDAY, MARCH 31

Frayser, Carver, Douglass, Treadwell
Mitchell, East, Wooddale, Northside, (FW)
Middle College, Trezevant, Oakhaven, Ral-Egypt
Cordova, Kingsbury, White Station (Southwind)
OPEN FOR PRACTICE
OPEN FOR PRACTICE
OPEN FOR PRACTICE

RAL-EGYPT
FAIRGROUNDS
CRUMP
HALLE
KIRBY
WHITEHAVEN
GREENHILL

THURSDAY, APRIL 2

River City, Manassas, Craigmont, Ridgeway
Whitehaven, Westwood, Melrose, City Univ
Hamilton, B.T.W, Central, Sheffield
Overton, Fairley, Kirby, Hillcrest
OPEN FOR PRACTICE
OPEN FOR PRACTICE
OPEN FOR PRACTICE

RAL-EGYPT
WHITEHAVEN
CRUMP
KIRBY
HALLE
GREENHILL
FAIRGROUNDS

SATURDAY APRIL 11 *****

15TH ANNUAL RIVER CITY TRACK AND FIELD CLASSIC (FAIRGROUNDS)

WEEK 4
TUESDAY, APRIL 07

Ral-Egypt, Manassas, Hamilton, City Univ
East, Central, River City
Whitehaven, Craigmont, Fairley, Kirby
Trezevant, Carver, Melrose, (Southwind)
OPEN FOR PRACTICE
OPEN FOR PRACTICE
OPEN FOR PRACTICE

RAL-EGYPT
CRUMP
WHITEHAVEN
GREENHILL
KIRBY
HALLE
FAIRGROUNDS

THURSDAY, APRIL 09

Kingsbury, Hillcrest, Ridgeway, Oakhaven
Frayser, Middle College, Douglass
B.T.W., Sheffield, Northside
Westwood, Overton, Treadwell, Wooddale

OPEN FOR PRACTICE
OPEN FOR PRACTICE

KIRBY
CRUMP
WHITEHAVEN
HALLE
RAL-EGYPT
GREENHILL

THURSDAY APRIL 09 (6PM)

White Station, Mitchell, Melrose, Cordova

FAIRGROUNDS

WEEK 5

TUESDAY, APRIL 14

Cordova, Fairley, Ral-Egypt, Wooddale (FW)
Overton, Mitchell, Trezevant, Kirby
Sheffield, Frayser, City Univ, Douglass (Ripley)
Treadwell, Manassas, Westwood, Oakhaven

OPEN FOR PRACTICE
OPEN FOR PRACTICE
OPEN FOR PRACTICE

FAIRGROUNDS
WHITEHAVEN
GREENHILL
RAL-EGYPT
HALLE
KIRBY
CRUMP

THURSDAY, APRIL 16 6:00pm

Whitehaven, Central, Hamilton, Ridgeway

FAIRGROUNDS

THURSDAY, APRIL 16

Kingsbury, Carver, Northside, East
White Station, Hillcrest, River City, B.T.W.
Craigmont, Melrose, Middle College, (Southwind)

OPEN FOR PRACTICE
OPEN FOR PRACTICE
OPEN FOR PRACTICE

HALLE
WHITEHAVEN
RAL-EGYPT
GREENHILL
KIRBY
CRUMP

SCRATCH MEETING - FRIDAY, APRIL 17TH -M.I.A.A OFFICE 3:00P.M.

MONDAY, APRIL 20

CAPITOL
AMERICAN
DELTA
NATIONAL

LEAGUE PRELIMINARIES

FAIRGROUNDS
RAL-EGYPT
WHITEHAVEN
GREENHILL

TUESDAY, APRIL 21

CAPITOL
AMERICAN
DELTA
NATIONAL

LEAGUE FINALS

FAIRGROUNDS
RAL-EGYPT
WHITEHAVEN
GREENHILL

THURSDAY, APRIL 23
CITY CHAMPIONSHIP

3:00PM
FIELD EVENTS SR

HALLE

SATURDAY, APRIL 25

CITY CHAMPIONSHIP A-AA & AAA RUNNING FINAL 2:00PM

FAIRGROUNDS
FAIRGROUNDS

A-AA PENTATHLON

APRIL 28

FAIRGROUNDS

A-AA DECATHLON

APRIL 28 & 29

FAIRGROUNDS

AAA PENTATHLON

April 28

HOUSTON HS

AAA DECATHLON

April 28 & 29

HOUSTON HS

AAA SECTIONAL

May 11, 12 & 14

ARLINGTON

A-AA SUB-SECTIONAL

MAY 4, 5 & 7

FAIRGROUNDS

A-AA SECTIONAL FINALS

MAY 14TH

USJ

TSSAA DECATHLON

MAY 18 & 19

MURFREESBORO

TSSAA PENTATHLON

MAY 18th

MURFREESBORO

TSSAA STATE MEET

MAY 20-22

MURFREESBORO