

2009

M.I.A.A. MIDDLE SCHOOL DIVISION TRACK INFORMATION

Attached is the Middle School 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. Each coach must have his/her team there and ready to run on time. We also ask that each coach keep their team together during the meet. All coaches will meet at 3:30 p.m. signed entry forms must be turned in at coaches meeting.

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

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

TRACK ASSIGNMENT: There will be a track director and starter 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
Greenhill	Jackie Ellison	368-6865
Halle	Kieron Cochran	367-1544
Raleigh-Egypt	Cecil Moore	361-2398
Whitehaven	TBA	
Kirby	Tamara Stigall	517-6324
Crump	Edwin Bell	
Finishlynx Operator	Ronald King	365-9647

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: "A contestant **shall not be entered** in more than **three events** including relays. **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. Middle 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 Middle 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 Middle Schools and the order in which they are run are listed below.

NOTE: If any Coach / School objects to running any running event with both boys and girls together the event will not be ran together.

ORDER OF EVENTS

BOYS

RUNNING EVENTS

FIELD EVENTS

3200-meter run
100-meter int. hurdles (33")
400-meter relay
1600-meter run
100-meter dash
800-meter relay
400-meter dash
800-meter run
200-meter dash
1600-meter relay

long jump
high jump (3"6)
shot putt (4 kg.)
discus (1 kg.)

GIRLS

RUNNING EVENTS

FIELD EVENTS

3200-meter run
100-meter low hurdles (30")
400-meter relay
1600-meter run
100-meter dash
800-meter relay
400-meter dash
800-meter run
200-meter dash
1600-meter relay

high jump (3"3)
discus (1 kg.)
long jump
shot putt (6 lb.)

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, intended participation event(s), 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 not be allowed 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 **Middle Schools** awards will be as follows:

Team Plaque (Leagues/Divisions):

1st Place Boys
1st Place Girls

Individual Award Leagues/Division:

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. Division I Male (one coach)**
- 5. Division II Female (one coach)**
- 6. Division III Male (one coach)**
- 7. Division IV Female (one coach)**

2009 MIDDLE SCHOOL TRACK SCHEDULE

<u>EAST</u>	<u>CENTRAL</u>	<u>SOUTH</u>	<u>NORTH</u>
Colonial	Airways	American Way	Craigmont
Cordova	Bellevue	Chickasaw	Cypress
Hickory Ridge	Corry	Geeter	Georgian Hill
Kingsbury	Lester	Hamilton	Humes
Kipp	Fairview	Havenview	Ral-Egypt
Kirby	MAHS	J.P. Freeman	Snowden
Ridgeway	Longview/SS	Lanier	Treadwell
White Station	Riverview	Oakhaven	Westside
Wooddale	Sherwood	Walker	Ida B. Wells
	Vance		

NOTE: MAHS is Memphis Academy of Health Science

WEEK 1

WEDNESDAY, MARCH 04

Riverview, Hamilton, Sherwood, Colonial
 I.B Wells, Cypress, Vance, MAHS
 Cordova, Ral-Egypt, Craigmont
 Havenview, Geeter, J.P. Freeman, Lanier
 American Way, Walker, Kirby, Hickory Ridge
 Ridgeway, Wooddale, Airways, Corry
OPEN FOR PRACTICE

**FAIRGROUNDS
 GREENHILL
 RAL-EGYPT
 WHITEHAVEN
 KIRBY
 HALLE
 CRUMP**

FRIDAY, MARCH 06

Snowden, Humes, Lester, Bellevue
 White Station, Longview/SS, Chickasaw
 Kipp, Fairview, Oakhaven, Treadwell
 Kingsbury, , Westside, Georgian Hill
OPEN FOR PRACTICE
OPEN FOR PRACTICE
OPEN FOR PRACTICE

**CRUMP
 FAIRGROUNDS
 KIRBY
 GREENHILL
 HALLE
 WHITEHAVEN
 RAL-EGYPT**

WEEK 2

WEDNESDAY, MARCH 11

Kirby, White Station, Colonial, Hickory Ridge
 Cypress, Westside, Ral-Egypt
 Treadwell, I.B. Wells, Humes
 Oakhaven, Walker, Cordova, Snowden
 Longview/SS, Riverview, Geeter , J.P. Freeman
 American Way, Ridgeway, Sherwood Wooddale,
OPEN FOR PRACTICE

**KIRBY
 GREENHILL
 RAL-EGYPT
 CRUMP
 WHITEHAVEN
 HALLE
 FAIRGROUNDS**

FRIDAY, MARCH 13

Bellevue, Vance, Corry, Airways
Hamilton, Chickasaw, Lanier, Havenview
Kipp, MAHS, Kingsbury
Craigmont, Georgian Hills, Fairview, Lester

OPEN FOR PRACTICE
OPEN FOR PRACTICE
OPEN FOR PRACTICE

FAIRGROUNDS
WHITEHAVEN
CRUMP
GREENHILL
KIRBY
RAL-EGYPT
HALLE

WEEK 3

WEDNESDAY, MARCH 25

J. P. Freeman, Colonial, Kirby, Longview/SS
Snowden, Ridgeway, White Station, Lanier
Chickasaw, Sherwood, Airways, Bellevue
Geeter, Hickory Ridge, Hamilton, Cypress
Vance, Riverview, Ral-Egypt, Kipp
Cordova, Corry, Wooddale, American Way

OPEN FOR PRACTICE

FAIRGROUNDS
CRUMP
WHITEHAVEN
KIRBY
RAL-EGYPT
HALLE
GREENHILL

FRIDAY, MARCH 27

Walker, Havenview, Craigmont
Humes, I.B. Wells, Treadwell,
Fairview, Georgian Hills, Westside
MAHS, Oakhaven, Kingsbury, Lester

OPEN FOR PRACTICE
OPEN FOR PRACTICE
OPEN FOR PRACTICE

KIRBY
GREENHILL
HALLE
WHITEHAVEN
FAIRGROUNDS
RAL-EGYPT
CRUMP

WEEK 4

WEDNESDAY, APRIL 01

Riverview, Hickory Ridge, Lanier, Kipp
Cypress, Corry, Humes, Craigmont
Hamilton, Wooddale, Ral-Egypt,
White Station, Treadwell, Sherwood, Westside
Geeter, American Way, Ridgeway
Walker, Colonial, Havenview,

OPEN FOR PRACTICE

KIRBY
RAL-EGYPT
FAIRGROUNDS
GREENHILL
WHITEHAVEN
HALLE
CRUMP

FRIDAY, APRIL 03

Kirby, Longview/SS, Chickasaw, Airways
J.P. Freeman, Snowden, Cordova, I.B. Wells
Fairview, Vance, Bellevue
Georgian Hills, Kingsbury, MAHS, Lester

OPEN FOR PRACTICE
OPEN FOR PRACTICE
OPEN FOR PRACTICE

WHITEHAVEN
RAL-EGYPT
FAIRGROUNDS
GREENHILL
HALLE
KIRBY
CRUMP

SCRATCH MEETING -- THURSDAY, APRIL 02-- SOUTH AREA OFFICE@ 3:00P.M.

MONDAY, APRIL 06

SOUTH DIVISION	PRELIMINARIES	WHITEHAVEN
NORTH DIVISION	PRELIMINARIES	RAL- EGYPT
CENTRAL DIVISION	PRELIMINARIES	FAIRGROUNDS
EAST DIVISION	PRELIMINARIES	HALLE

WEDNESDAY, APRIL 08

SOUTH DIVISION	FINALS	WHITEHAVEN
NORTH DIVISION	FINALS	RAL- EGYPT
CENTRAL DIVISION	FINALS	FAIRGROUNDS
EAST DIVISION	FINALS	HALLE

<u>FRIDAY, APRIL 17</u>	4:00pm		
CITY CHAMPIONSHIP	FIELD EVENTS	MIDDLE	FAIRGROUNDS

<u>SATURDAY, APRIL 18</u>	2:00pm		
CITY FINALS	TOP TWO FROM EACH DIVISION		FAIRGROUNDS

PENTHALON	TBA	TBA
DECATHALON	TBA	TBA

<u>THURSDAY, APRIL 30</u>	5:00 FIELD EVENTS	5:45 RUNNING EVENTS
TMSAA SECTIONAL MEET		FAIRGROUNDS

**1st ANNUAL TRI-STATE TRACK & FIELD INVITATIONAL
MAY 29-31, 2009 FAIRGROUND STADIUM**