

**EASTERN DIVISIONAL "AA" TRACK MEET
WEST HIGH SCHOOL – BILLINGS
MAY 19 AND 20, 2023**

The 2023 Eastern "AA" Divisional Track and Field Championships for boys and girls will be held at West High School in Billings.

"AA" coaches are requested to meet briefly in the West High Auditorium at 1:00pm on Friday, May 19th. The Auditorium door is located just off the east end of the main parking lot to the right of the school's main entrance from the parking lot. A scratch meeting will take place at this time. NO ADDITIONS ARE ALLOWED. Team packets will be emailed to you by Thursday evening. No hard copies will be provided.

All events will be conducted according to the National Federation Track and Field Rules unless specifically modified by the MHSAA. Please refer to the MHSAA Track and Field Handbook for all information and advancement procedures.

Entries must be in by Wednesday, May 17th at 10:00pm.

ALL ENTRIES ARE DONE ON LINE AT: www.athletic.net

**PLEASE INCLUDE YOUR ENTIRE ROSTER AND CHECK ROSTERS FOR SPELLING
AND GRADE IN SCHOOL!**

If they are not on your original roster, they cannot be added later.

THANK YOU!!

HOW TO DO TEAM ENTRIES ONLINE: www.athletic.net

Register athletes for the 2023 Eastern AA Divisional Track Meet

- Locate **2023 Eastern AA Divisional** on your team's main Track & Field page and click on the meet name.
- Click "**Register Athletes**"
- Click on an event name, or athlete name to begin registering
- Choose the correct division to enter athlete in
- Entries will be saved automatically. For meets that collect entry fees online, be sure to enter payment information if you want your entries to be accepted
- Use the "**Add an Athlete**" buttons to add athletes to your roster, if needed.
- Relays count as one of the 5 events each athlete is allowed to participate in.
- "AA" schools are permitted **FIVE (5) ENTRIES PER EVENT**

- All coaches who wish to use an athletes' qualifying standard must be entered as a competitor in that event at Divisionals. Event limitations for Divisionals are in effect.
- Relay teams must participate at Divisionals in order to advance to state.

Weight Verification form for Pole Vaulters and the signed **Sportsmanship Statement** must be submitted to Kelly Sharp at the coaches meeting. Please make sure rosters are up to date and accurate on Athletic.net.

All running event competitors must report to the marshalling area at least ten (10) minutes before his/her event. Running events take priority over field events.

Field event competitors must check in prior to the start of their event.

EVENT CALLS will be given three times: –1st call at 15 minutes, 2nd call at 10 minutes and the final call at 5 minutes prior to the event.

Competitors must check into their event prior to the start of the event. Failure to do so will result in disqualification.

Field event competitors can check out for another event, but must return in a reasonable amount of time.

For each entry into Athletic.net, please include each contestant's best performance recorded in competition this season.

Ties in the "AA" preliminaries for the 100, 200 and High Hurdles will be run at 10:30am on Saturday morning.

Organization of Heats: (See Policies and Procedures in the State Track Manual)

Field events will be run through to completion.

800 Meter Run two (2) heats: Runners will be seeded by time.

All 6th place ties in the finals will qualify for the state meet. Ties will not be broken.

Running events have priority over field events and the rules governing appearance and reporting will be enforced.

Lynx timing system will be used at the finish line.

Information concerning the "Jury of Appeals" will be provided at the divisional coaches' meeting.

During the Divisional meet, coaches and non-competitors will not be permitted on the field or track. Contestants who are not competing are requested to remain in the stands or their team camp.

Scoring for the Divisional Meet:	Individual Event	Relays
First.....	10 points.....	10 points
Second.....	8 points.....	8 points
Third.....	6 points.....	6 points
Fourth.....	4 points.....	4 points
Fifth.....	2 points.....	2 points
Sixth.....	1 points.....	1 point

IMPLEMENT WEIGH-IN:

FRIDAY	12:00pm – 2:00pm
SATURDAY	8:30 – 9:30am

All implements must be certified prior to use during the Divisional meet. Implements will not be permitted on the field unless properly marked by the weigh-in supervisor. Implements NOT meeting specifications will be retained until that particular field event is concluded. Weigh-ins will take place at the shed on the North end of the West High Track and Field complex.

**EASTERN "AA" DIVISIONAL TRACK MEET
FIELD EVENT INFORMATION**

	<u>HIGH JUMP</u>		<u>POLE VAULT</u>	
	BOYS	GIRLS	BOYS	GIRLS
Starting Heights.....	5'8"	4'6"	11'0"	8'0"

Throwing and Horizontal Jumps:

- Trials – competitors will be placed into flights (5 to 7 per flight).
- Warm-up will be allowed
- Competitors will make their preliminary attempts in single rotation in the order in which they are listed for competition (all flights). The head event judge may change the order for those who may be excused to participate in other events.
- After all competitors in a flight have completed their preliminary attempts, competitors in the upcoming flight will be allowed a maximum of two warm-ups.
- Finals – the top ten (10) will throw or jump in reverse order of performance taking one attempt at a time.
- Please bring Pole Vault Weight Verification Form to the coaches' meeting at 1:00pm on Friday, May 19th. You should also carry a copy with you to the event.

No Radios, cell phones or stereos will be allowed on the in-field.

Reminder: All coaches who wish to use an athletes' qualifying standard must be entered as a competitor in that event at the divisional meet. Event limitation for the divisional meet is in effect.

BUS PARKING, TEAM CAMPS AND SPECTATOR PARKING

School at West High will be in session on Friday, May 19th until 3:00pm. Please use the following instructions for drop off and parking:

- Buses, please travel to St. John's Avenue. Just before you get to the light on 24th Street, pull over and drop off at the big gate located in the South-West corner of the stadium. After drop off, travel directly across 24th Street and park in the large lot across the street from the stadium.
- Team camps can be set-up inside the parking lot fence on the South-East side of the stadium.
- Please ask all spectators to park legally on the nearby streets around the stadium until school lets out at 3:00pm.
- Once school is out, spectators can park in the main lot.

NOTE: THE CHURCH PARKING LOT ACROSS THE STREET, SOUTH OF THE STADIUM, WILL NOT BE AVAILABLE FOR PARKING. PLEASE DO NOT PARK IN THAT LOT EVEN FOR A SHORT TIME. THE CHURCH RESERVES THE RIGHT TO TOW UNAUTHORIZED VEHICLES PARKING IN THEIR LOT.

MAP OF THE WEST HIGH COMPLEX ENCLOSED

ADDITIONAL EVENT INFORMATION

Due to the difficulty of closing off the stadium, admission fees will not be charged.

Concessions will be available throughout the 2-day meet.

A coaches and workers hospitality tent will be located just to the south of the main timing shed. We ask that all coaches, competitors and non-timing workers stay out of the timing shed area as it is cordoned off.

Individual Awards: Individual medals will be awarded to places 1 – 6 in each event. Please have your athletes report to the award stand immediately following their event's final.

Team Awards: A traveling trophy will be awarded to the boys and girls divisional team champion.

Additional information included with this information packet:

- West High bussing and parking map
- AA Divisional Meet Time schedule
- MHSAA Sportsmanship Statement
- Pole Vaulters' Weight Verification Form
- 2023 Girls Eastern AA Divisional Records
- 2023 Boys Eastern AA Divisional Records
- AA Conference Track Guidelines

‘AA’ EASTERN DIVISIONAL TRACK MEET
TIME SCHEDULE
May 19-20, 2023

RUNNING EVENTS – FRIDAY

3:00 Finals 400 Meter Relay – Boys
Finals 400 Meter Relay – Girls

3:20 Trials 110 Meter High Hurdles – Boys
Trials 100 Meter Hurdles – Girls

4:00 Finals 800 Meter Run – Boys (2 heats)
Finals 800 Meter Run – Girls (2 heats)

4:25 Trials 100 Meter Dash -- Boys
Trials 100 Meter Dash -- Girls

5:10 Finals 300 Meter Hurdles -- Boys
Finals 300 Meter Hurdles -- Girls

5:55 Finals 3200 Meter Run -- Boys
Finals 3200 Meter Run – Girls

6:30 Trials 200 Meter Dash – Boys
Trials 200 Meter Dash – Girls

FIELD EVENTS - FRIDAY

2:00 Finals Pole Vault – Boys
Finals Pole Vault – Girls (at conclusion of Boys)

3:00 Finals High Jump – Girls
Finals Javelin – Boys
Finals Long Jump – Girls
Finals Shot Put -- Girls

4:45 Finals Shot Put – Boys
Finals Long Jump – Boys
Finals Javelin – Girls

RUNNING EVENTS – SATURDAY

11:00 Finals 110 Meter High Hurdles – Boys
Finals 100 Meter Hurdles – Girls

11:30 Finals 100 Meter Dash – Boys
Finals 100 Meter Dash – Girls

11:50 Finals 400 Meter Dash – Boys
Finals 400 Meter Dash – Girls

12:35 Finals 1600 Meter Run – Boys (2 heats)
Finals 1600 Meter Run – Girls (2 heats)

1:15 Finals 200 Meter Dash – Boys
Finals 200 Meter Dash – Girls

2:00 Finals 1600 Meter Relay – Boys
Finals 1600 Meter Relay -- Girls

FIELD EVENTS - SATURDAY

10:30 Finals Triple Jump -- Girls
Finals Discus – Boys
Finals High Jump -- Boys

12:00 Finals Triple Jump -- Boys
Finals Discus -- Girls

**GIRLS EASTERN 'AA' DIVISIONAL RECORDS
2023**

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
100 Meter Dash	Jaedean Wolff	Billings West	12.08	2022
*200 Meter Dash	Vicki Sturn	Billings West	24.8	1976
400 Meter Dash	Carlee Clark	Bozeman	55.73	2003
800 Meter Run	Danielle Aragon	Billings Senior	2:10.33	2012
1600 Meter Run	Danielle Aragon	Billings Senior	4:53.51	2012
3200 Meter Run	Heidi Lane	C. M. Russell	10:42.25	2002
100 Meter Hurdles	Morgan Sulser	Billings Senior	14.65	2014
300 Meter. Hurdles	Erika McLeod	Butte High	43.06	2014
Shot Put (4-kilo)	Meg Jones	Helena Capital	46'1"	1983
Discus	Kelli Bruner	Billings West	148'	1988
Javelin	Mary Osborne	Billings West	152'4"	1979
Restricted	Celestia Hammond	Billings Skyview	138'7"	2017
Long Jump	Hailey Coey	Billings West	18'7.75"	2023
High Jump	Pam Spencer	Great Falls High	5'9"	1974
Triple Jump	Dawn Allinger	Bozeman	37'3"	1986
Pole Vault	Katrina Terry	Billings West	12' 6"	2017
400 Meter Relay	Brooke Endy Shea Helterbran Janae Bjorgum Maddie Brockel	Billings West	47.55	2016
1600 Meter Relay	Sonia Antar Coriann Clark Heidi Turner Meagan Davis	Bozeman	3:59.06	2009

(*) Established at English Distance

** Indoor Due to Weather

NOTE: Where times were indicated at hundreds, full electronic timing was used.

**BOYS EASTERN 'AA' DIVISIONAL RECORDS
2023**

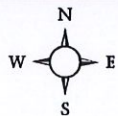
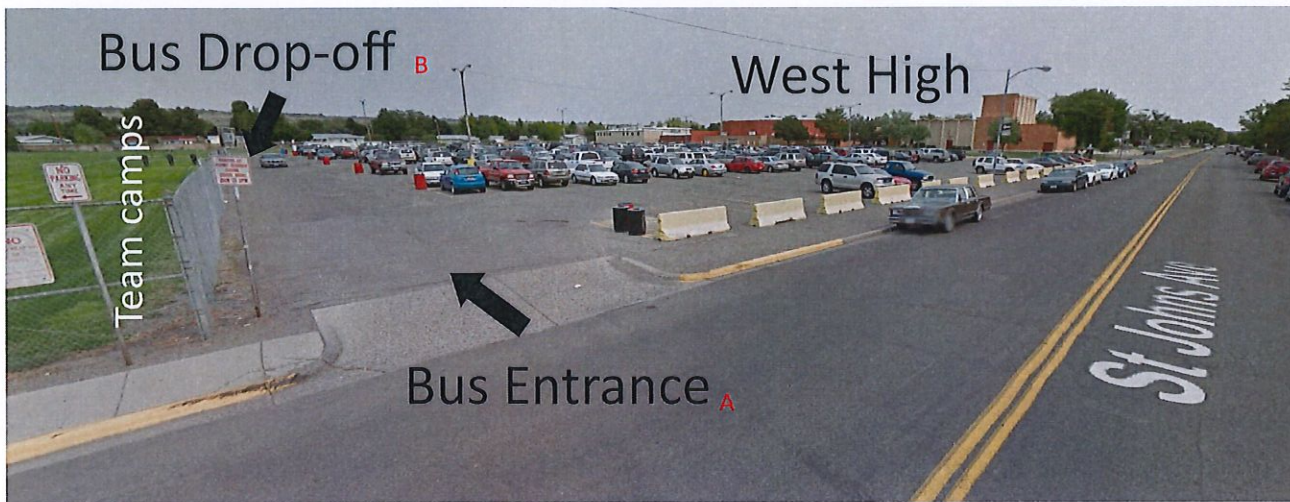
<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
100 Meter Dash	Chris Wilson	C. M. Russell	10.48	2009
200 Meter Dash	Chris Wilson	C. M. Russell	21.33	2009
*400 Meter Dash	Mike Guon	Great Falls High	48.2	1977
800 Meter Run	Dawson LaRance	Billings Senior	1:53.10	2017
1600 Meter Run	Mike Feist	C. M. Russell	4:17.1	1995
3200 Meter Run	Mike Feist	C. M. Russell	9:14.2	1995
*110 Meter. Hurdles	Scott Ferda	Great Falls High	14.2	1976
300 Meter. Hurdles	Jason Brockel	Billings West	37.5	1985
Shot Put	Dennis Black	Great Falls High	67'7"	1991
Discus	Dennis Black	Great Falls High	196'9"	1991
Javelin	Chris Reno	Billings West	221'11"	2005
Long Jump	Dennis Iverson	Billings Senior	22' 11 ¾"	1982
High Jump	Mark Reed	Great Falls High	6'10"	1983
Triple Jump	Darrell Boyd	C. M. Russell	46' 8 ¼"	1977
Pole Vault	Tyler Gurchiek	Billings West	15'4"	2017
400 Meter Relay	Dalton Smith Mike Nguyen Gage Pickering Brandon Pearce	Billings Skyview	41.8	2009
1600 Meter Relay	Dalton Smith Mike Nguyen Garret Bergum Brandon Pearce	Billings Skyview	3:21.74	2009

(*) Established at English Distance

** Indoor Due to Weather

NOTE: Where times are indicated in hundreds, full electronic timing was used.

Due to arrival during school hours, we are asking the following:



POLE VAULTERS' WEIGHT VERIFICATION FORM

TO ALL MEMBER SCHOOLS:

Member schools will be required to process the Pole Vaulters' Weight Verification Form listing each student participating in the pole vault event. *This form is to be on file in the Activities Director's Office prior to a pole vaulter's first interscholastic competition.*

SCHOOL: _____

	Name of Vaulter	Vaulter's Weight*	Pole Rating Weight
1.			
2.			
3.			
4.			
5.			

* Includes full competition uniform and footwear.

Date _____ Signature of Principal _____

Date _____ Signature of Activities Director _____

Date _____ Signature of Head Coach _____

POLE VAULTERS' WEIGHT VERIFICATION FORM

Please review the following National Federation rules regarding the pole vault event.

Rule 6-5-2: The vaulting pole may be of any material and of any length and diameter. It may have a binding of layers of adhesive tape of uniform thickness on the grip end. The plant end of the pole may be protected by layers of tape, PVC, metal, sponge rubber or other suitable material to protect it when placed in the planting box.

Rule 6-5-3: The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of 3/4 inch in a contrasting color located within or above the top handhold position; a 1-inch circular band indicating the maximum top handhold position with the position being determined by the manufacturer. Prior to competition, the coach must verify that all of the school's pole vaulters and poles meet these requirements.

Notes:

1. Etchings, serial numbers etc. that may appear on poles shall not replace the requirement of the manufacturer's pole rating of the minimum 3/4-inch marking in contrasting color on each pole. (7-5-3)
2. Each state association shall determine its own procedure regarding coaches' verification.

Rule 6-5-4: A competitor shall not use a variable weight pole, a pole which is improperly marked, a pole rated below his/her weight or any other equipment that is not legal during warm-up or competition. *Note: Altering the pole in any fashion renders it illegal.* **PENALTY: Disqualification from the event.**

Rule 6-5-27h: It is a foul if the competitor grips the pole above the top handhold band.



SPORTSMANSHIP STATEMENT

All track and field coaches are required to enforce the sportsmanship rules for all team members. Acts meant to demean or to intimidate opposing contestants, teams, spectators and officials are not in the highest ideals of interscholastic education and will not be tolerated. Let this event reflect mutual respect.

EQUIPMENT

Coaches:

Please sign below to certify to the meet referee/meet director that your contestants are legally equipped and uniformed according to National Federation of State Association rules.

Please note:

- *Jewelry can be worn if allowed by NFHS rules or governing body for the sport (USGA or USTA).*
- NFHS Track and Field Rules do not have a policy on jewelry, **so jewelry is allowed in Track and Field.**
- Each competitor must wear a school issued track and field uniform and each uniform must be worn as intended by the manufacturer.
- A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼" is permitted on each top and/or one-piece uniform. Bottoms may have manufacturer's logo/trademark/references larger than 2¼ square inches around the waistband.
- Any visible garment(s) worn underneath the uniform top and/or bottom is now considered a foundation garment and not subject to logo/trademark/reference or color restrictions. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2¼ inches are permitted on the undergarment.
- All relay team member must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments warn as a uniform, that members are from the same team. Any visible garment(s) worn underneath the uniform top and/or underneath the uniform bottom is now considered a foundation garment and not subject to logo/trademark/reference or color restrictions.
- Competitors must wear their assigned, unaltered contestant number.
- Pole vaulters must use a vaulting pole rated for their weight.

Coach's Signature: _____ Date: _____

School: _____

PLEASE RETURN THIS FORM TO MEET MANAGEMENT

MONTANA CLASS "AA" CONFERENCE

2400 - GENERAL RULES – TRACK (Boys and Girls)

- A. This activity shall be conducted in accordance with the by-laws and rules and regulations of the MHSA as printed in the Official Handbook.
- B. In addition to the above, the general rules for this activity; and the specific rules for the "AA" Boys and Girls Track program as printed in the handbook shall also apply unless modified by these guidelines below.

2410 - CONFERENCE RULES

- A. Five (5) athletes from each school will be allowed to participate in an event at Divisional track Meets.
- B. Contestants may participate in **no more than** five events including relays at the Divisional Meet. (See page 151-152 of the 1998-99 MHSA Handbook.)
- C. Only 1/8" spikes will be used this spring for all meets. No needle spikes.
- D. The Eastern and Western Conferences will run the same events on the same day at Divisional track meets. Both conferences will strive to host the Pole Vault Event for both girls and boys on Friday.
- E. The Divisional meet program will be based off of entries submitted by the deadline of the Wednesday night at 7:00pm prior to the Divisional meet. There will be no reseeding after the entry deadline.
- F. The Divisional meets will have a standard set of minimal distances that must be acquired before a throw or jump will be measured. Those distances are set as listed below:

• Javelin	Boys – 130 feet	Girls – 80 feet
• Discuss	Boys – 120 feet	Girls – 90 feet
• Shot Put	Boys – 38 feet	Girls – 29 feet
• Long Jump	Boys – 18 feet	Girls – 15 feet
• Triple Jump	Boys – 38 feet	Girls – 30 feet
• High Jump	Current method is approved	
• Pole Vault	Current method is approved	

G. The State meet will continue on a 3-year rotation as listed below:

- 2022-2023: AA – B and A – C
- 2023-2024: AA – C and A – B
- 2025-2026: AA – A and B – C
- 2026-2027: AA – B and A – C
- 2027-2028: AA – C and A – B
- 2028-2029: AA – A and B – C

H. Following are the guidelines that must be used to determine the time or distance that can be used for a state meet entry:

- The individual's best qualifying time or distance obtained during a qualifying meet.
- If a qualifying standard was not met during any of the regular season FAQ meets, the divisional time or distance that qualifies the individual for state must be used. This time or distance must come from a divisional final heat. Divisional preliminary times or distances cannot be used. NOTE: The divisional time or distance that qualifies an individual for state must be used as the state entry even if it is not as good as that individual's non-qualifying personal record that was obtained during the regular season.
- It is the responsibility of the head coach to ensure that all entries are correct. Incorrect entries have a huge impact on seeding. It takes a lot of time and effort for state meet personnel to review and adjust incorrect entries. Please caution all assistant coaches who have been given the responsibility of completing their own event entries that they must know these guidelines and do their absolute best to ensure that all entries are submitted correctly.

2412 - SEASON RUN TIME

- A. The season shall run in accordance with the MHSA 3-season calendar.

2414 - ADMINISTRATION

- A. Refer to general rules of Track Boys and Girls in the MHSA Handbook and event schedule is as follows.

2416 - AA Eastern and Western Divisional Schedule

RUNNING EVENTS - FRIDAY

3:00	400 M. Relay Final	Boys
	400 M. Relay Final	Girls
3:20	110 M. Hurdles Trials	Boys
	100 M. Hurdles Trials	Girls
4:00	800 M. Run Finals	Boys
	800 M. Run Finals	Girls
4:25	100 M. Dash Trials	Boys
	100 M. Dash Trials	Girls
5:10	300 M. Hurdles Final	Boys
	300 M. Hurdles Final	Girls
5:55	3200 M. Run Final	Boys
	3200 M. Run Final	Girls
6:30	200 M. Dash Trials	Boys
	200 M. Dah Trials	Girls

RUNNING EVENTS - SATURDAY

11:00	110 M. Hurdles Final	Boys
	100 M. Hurdles Final	Girls
11:30	100 M. Dash Final	Boys
	100 M. Dash Final	Girls
11:50	400 M. Dash Final	Boys
	400 M. Dash Final	Girls
12:35	1600 M. Run Final	Boys
	1600 M. Run Final	Girls
1:15	200 M. Dash Final	Boys
	200 M. Dash Final	Girls
2:00	1600 M. Relay Final	Boys
	1600 M. Relay Final	Girls

FIELD EVENTS - FRIDAY

2:00	Pole Vault Warm-up	Girls /Boys
2:30	Pole Vault	Girls /Boys
	High Jump	Boys
	Javelin	Boys
	Long Jump	Girls
	Shot Put	Girls
4:15	Shot Put	Boys
	Long Jump	Boys
	Javelin	Girls

FIELD EVENTS - SATURDAY

10:00	Alternative Pole Vault	Boys\Girls
	Warm-up	
10:30	Alternative Pole Vault	Boys/Girls
	Triple Jump	Boys
	Discus	Girls
	High Jump	Girls
12:00	Triple Jump	Girls
	Discus	Boys

AA Qualifying Standards

In June of 2007, the AA principals moved to accept qualifying standards as a method to qualify for a state AA track meet. This shall begin in the spring of 2009. This measure was taken to ensure that the best athletes are able to participate in the state meet on a yearly basis. The following will serve as procedures for implementation. *Completed June 18, 2008 after input from coaches, MHSAA, and administration input.* After review by the AA Activity Directors and Coaches in the summer of 2010, greater clarity and issues have been resolved. It is our hope that the MHSAA Executive Board accepts qualifying standards on a permanent basis.

Procedures:

1. All meets in which teams compete against another school will be used as a qualifying meet when FAT is used. These qualifying marks will be accepted for the state meet. This is to include the Divisional meet.
2. The Divisional meet manager will provide results to the State meet manager immediately following the meet.
3. If FAT fails in the middle of the meet, all times that are certifiable with FAT can be used to determine if a qualifying standard is met. All field events will be considered certifiable.
4. The top 6 placers at the Divisional meet will advance to State. Ties for 6th place at Divisionals will not be broken. All ties for 6th place will advance to State.
5. All Divisional meet entries for running races must be FAT times. No conversions up or down will be accepted.
6. Seeding for State will be determined by best time/distance from the Divisional meets and qualifying meets, in which a qualifying standard is met. The coach must submit the time or distance via Athletic.net for state by 3 pm on the Sunday following the divisional meet. Only a qualifying mark or the finals time and placing distance/height can be used.
7. Coaches will sign up for State via Athletic.net immediately following the Divisional meet. Signup will close at 3 pm on Sunday following the Divisional meet. Coaches will review heats on Monday morning and have until 3 pm on Monday to correct any errors. No changes will be accepted after this time.
8. Wind gauges will not be required at qualifying meets.
9. Implements that will be used for competition are required to be weighed and certified by both the coach and activities director at the beginning of the season. Implements will be marked with the two school colors.
10. A qualifying meet must have all 17 events unless it is shortened due to weather.

11. Qualifying marks are to be reported to hundredths. No rounding will be accepted.
12. It is the responsibility of meet management to upload all Qualifying Meet Results to athletic.net as soon as possible following a meet. Only qualifying times can be used to advance to the State meet, so meet managers must designate if time are not FAT, (all qualifying standard times must be electronic times. No conversion from hand times to FAT or vice/versa will be allowed). Coaches are responsible to let meet managers know if there was a mistake with results within two (2) full business days.
13. The Athletic.net stats program will post qualifying standards immediately following the correct submission by coaches. Only the top time or best distance for one competitor will be listed.
14. An athlete who meets or exceeds the qualifying standard in a particular event at a regular season qualifying meet or at a divisional meet may enter that event at state. An athlete using a qualifying standard to advance to state in a particular event must be entered in the divisional meet for that event, but is not required to participate. The entry counts toward the event limitation of five per athlete as well as toward the school's limitation of five contestants per event.
15. Relay teams must participate at the Divisional meet in order to advance to the State Meet. Teams that achieved a Qualifying Standard during the year will advance to state as long as they participate at Divisionals, however, all relay teams will advance to the State meet provided they meet the following provisional times (if they haven't achieved a qualifying time during the year) at the Divisional meet: 400 Meter Relay – Girls 52.8, Boys 45.8. 1600 Meter Relay – Girls 4:25, Boys 3:45.
16. Distances in field events from longest/highest to shortest will be seeded from an athlete's best marks. This is to include a Divisional mark or qualifying mark. The top 6 places in the Divisional meet will advance to state.
17. Coaches are responsible for and will be required to enter athletes via an on-line service for all athletes and all events by Wednesday at 7:00pm of divisional week. Divisional meet managers will provide instructions for entering athletes on line. Coaches are required to provide the athlete's best marks. It is imperative that a coach double-checks their entries.
18. Preliminaries will only be run for the 100-meter dash, 200-meter dash, 100-meter hurdles, 110-meter hurdles and the 400-meter relay. The preliminary will only be run if the total number of qualifiers exceeds 10 runners in an event for a 10-lane track or 8 for an 8-lane track. Although unlikely, if there is no need for multiple preliminary races, the first scheduled preliminary race is the final.
19. Races with preliminaries will be seeded by time and will be divided evenly with competitors between the number of heats. The following advancement formula will be

used: The number taken with preliminary races to finals at the Divisional meet and State meet are as follows and will be seeded in the finals by time.

10-lane track

- a. 2 heats - top four places in each heat and next best 2 times
- b. 3 heats - top two places in each heat and next best 4 times
- c. 4 heats - top two places in each heat and next best 2 times
- d. 5 heats=first place and next best 5 times

8-lane track

- e. 2 heats - top three places in each heat and next best 2 times
- f. 3 heats - top two places in each heat and next best 2 times
- g. 4 heats - first-place in each heat and next best 4 times
- h. 5 heats - first-place and next best 3 times

- 20. At the State and Divisional meets, entries and seeding for finals will be determined by times from preliminary races.
- 21. At state, athletes are limited to 5 events plus 2 relays.
- 22. Out of state meets that meet the criteria for a qualifying meet will be considered qualifying meets and it is the responsibility of the team's coach to have the qualifying standard verification form signed by meet management. If there are less than 17 events because the specific state does not sanction the same number or types of events, it is still considered a qualifying meet if FAT is used.
- 23. In the 800 and 1600-meter runs, the field will be allowed a maximum of 30 racers and minimum of 8 racers per heat. For example, if there were 34 athletes in the 1600m race, there will be two heats with 8 athletes in the first heat and 26 in the second heat. The 3200-meter will have one race at the Divisional meet.
- 24. At state and divisional meets, field events finals will be reseeded for flights following preliminaries.
- 25. If an athlete and/or relay team is disqualified for unsportsmanlike conduct at the divisional meet, the athlete and/or relay team cannot use a qualifying mark in the specific event to compete at state.
- 26. In an event where there are timed finals, If the number of athletes is greater than the number of lanes, the last heat will be filled if we have at least 4 runners in the heat preceding. Lane guidelines are as follows:

10 Lane Track

14 athletes on a 10-lane track will have 4 in one heat and 10 in the last heat.

13 athletes on a 10-lane track will have 4 in the first heat and 9 in the last heat. 11 athletes on a 10-lane track will have 4 athletes in the first heat and 7 athletes in the final heat. This is for timed finals.

8 Lane Track

14 athletes on an 8-lane track will have 6 in the first heat and 8 in the last heat. 13 athletes on an 8-lane track will have 5 in the first heat and 8 in the last heat. 10 athletes on an 8-lane track will have 2 athletes in the first heat and 8 athletes in the final heat. This is for timed finals and preliminaries.

27. During preliminary races, athletes from the same team will be separated when there are more than two athletes from the same school in a race. This may not occur if there is only 2 heats and 5 athletes from the same school, there will obviously be 3 athletes in one heat.
28. Seeding of preliminary and final races will be as follows:

10 Lane Track

1st Best Time – Lane 5
2nd Best Time – Lane 6
3rd Best Time – Lane 4
4th Best Time – Lane 7
5th Best Time – Lane 3
6th Best Time – Lane 8
7th Best Time – Lane 2
8th Best Time – Lane 9
9th Best Time – Lane 10
10th Best Time – Lane 11

8 Lane Track

1st Best Time – Lane 4
2nd Best Time – Lane 5
3rd Best Time – Lane 3
4th Best Time – Lane 6
5th Best Time – Lane 2
6th Best Time – Lane 7
7th Best Time – Lane 1
8th Best Time – Lane 8

International Start – all long-distance races including the 800m, 1600m and 3200m races will begin using a double waterfall start with a 1-turn stagger. The fastest 1/3 will start out and will be seeded using the same criteria as if they were in alleys, 1st seed - 3A, etc.

5 Alley Track as follows

Alley	1	2	3	4	5
Seed Rank 1 st Row	5, 10, 15	3, 8, 13	1, 6, 11	2, 7, 12	4, 9, 14
Seed Rank 2 nd Row	20, 25, 30	18, 23, 28	16, 21, 26	17, 22, 27	19, 24, 29

29. Preliminary flights in field events for the shot put, discus, long jump, triple jump, and javelin will range from 6-9 athletes per flight depending on the number of entries. The top 10 preliminary finishers will advance to finals and will participate in the reverse order of their finish. The 10th best preliminary competitor competes first in the finals.
30. Reviewing data from the last 7 years at state, 5-year average from Divisional meets, common sense and coaches' input, the AA Activity Directors created standards in June of 2008. In the summer of 2010, marks were reviewed and established by receiving input from coaches and reviewing the number of qualifiers in each event. This past year, the Activity Directors adjusted standards if the number of qualifiers exceeded 10 or were 4 or less. Relays were the only exception, as the times remained the same as established 2 years ago.
31. Once established, the qualifying standards will be reviewed via the "AA" Activity Directors every 2 years.

		“AA” QUALIFYING STANDARDS		
Previous	GIRLS	Updated 6/21/22	BOYS	Previous
	New 2023- 2024	EVENTS	New 2023- 2024	
	13	100 METERS	11.3	
	26.7	200 METERS	22.8	
	1:00	400 METERS	51.8	51.2
	2.24.0	800 METERS	2.01	
	5:23	1600 METERS	4.34.0	
	11:50	3200 METERS	10:00	
	16.3	100/110 M HURDLES	15.7	
48	48.5	300 M HURDLES	41.5	
	35’3”	SHOT PUT	48”	
	113’	DISCUS	146’	148’
115’	113’	JAVELIN	170’	
5’1”	5’2”	HIGH JUMP	6’2”	
	16’6”	LONG JUMP	21’	
	34’	TRIPLE JUMP	42’	
	10’	POLE VAULT	13’6”	
	50.60	400 METER RELAY	43.8	
	4.12.0	1600 METER RELAY	3.30.0	
		For Class AA, all relay teams will advance to the State meet provided they meet the following provisional times at the Divisional meet.		
	52.8	400 METER RELAY	45.8	
	4:25	1600 METER RELAY	3:42	

DIVISIONAL TRACK & FIELD RELAY CARD

Class: AA

Girls Boys

Event: **400 METER RELAY**

School

Coach's Signature

Please print the names of your relay members and alternates.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

This relay card will be used for both preliminaries and finals.

MHSA STATE TRACK & FIELD RELAY CARD

Class: AA

Girls Boys

Event: **400 METER RELAY**

School

Coach's Signature

Please print the names of your relay members and alternates.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

This relay card will be used for both preliminaries and finals.

DIVISIONAL TRACK & FIELD RELAY CARD

Class: AA

Girls Boys

Event: **1600 METER RELAY**

School

Coach's Signature

Please print the names of your relay members and alternates.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

This relay card will be used for both preliminaries and finals.

MHSA STATE TRACK & FIELD RELAY CARD

Class: AA

Girls Boys

Event: **1600 METER RELAY**

School

Coach's Signature

Please print the names of your relay members and alternates.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

This relay card will be used for both preliminaries and finals.