

2015 STATE CLASS A-C MEET - Laurel

MONTANA HIGH SCHOOL ASSOCIATION

STATE CLASS "A" AND "C"

TRACK & FIELD CHAMPIONSHIPS

MAY 22 – 23, 2015

LAUREL HIGH SCHOOL SPORTS COMPLEX

LAUREL, MT 59044

GENERAL INFORMATION

On behalf of Laurel High School and the community of Laurel, we would like to welcome you to the Montana High School Association State Class A-C Track Meet. We are excited to be hosting the state meet on the sports complex. We look forward to having you attend this year's meet and should there be anything we can do to make your stay better please let us know.

1. The Laurel Sports Complex is a ten lane track. The pole vault and high jump aprons and the long jump and triple jump runways are the same surface as the track. The javelin is a grass runway.
2. It would be best if your team came dressed and ready to compete. However, locker rooms would be available if needed. You will need to provide your own towels. Please contact Danny Wirtzberger if it is necessary to use the locker rooms.
3. **1/8" SPIKES** is the maximum length used in the facility. Absolutely **no needle spikes** will be permitted. **Exception:** Javelin boots, football, soccer, baseball, or softball shoes may be used in the javelin.
4. Each contestant will furnish his/her own throwing implements in the shot put, discus and javelin. Implements will be inspected and approved for each day's events Friday and Saturday mornings from 7:30 AM to 9:30 AM. Implement inspection will take place under the bleachers on the east end under the bleachers. If the implement does not meet specifications, it will be kept until the conclusion of the meet. Implements for events on Saturday's schedule must be inspected Saturday, not the day before.
5. **"A" Entries** – If your athlete's best mark of the year is a qualifying mark, please use that mark to enter your athlete in the state meet. If your athlete's best mark of the year is not a qualifying mark, you must use your athlete's divisional mark to enter your athlete in the state track meet. Coaches will enter athletes for the state meet via **Athletic.net** immediately following divisionals. Entries will close at **3:00 PM on Sunday** following divisionals. Coaches will review data on Monday morning and have until **3:00 PM on Monday** to correct errors.

6. **“C” Entries** will be seeded according to the 2015 MHS A Track and Field Procedures Manual.
7. The track at the Sports Complex will be open for practice on Thursday, May 21, 2015, from 4:00 PM to 6:30 PM. Buses should park in the high school parking lot. The pole vault *competition* will begin on Thursday (weather permitting). Because there will be competition at 4 pm on Thursday in this event, coaches are asked to be especially mindful of their other athletes during the practice session. The pole vault **competition area** will be restricted to athletes and pole vault coaches, but spectators will be allowed in the stands free of charge. Athletes, managers and other coaches who are not *actively* participating in the practice session are asked to watch the pole vault from the stands

PLEASE NOTE: Because the throwing areas for the discus and javelin are located in the same area, it will be necessary when practicing to split the time for safety reasons. Therefore, the practice times will be as follows:

Javelin – 4:00 PM to 5:15 PM

Discus – 5:15 PM to 6:30 PM

8. **Trainers** will be available. The trainers will be located under the tent near the finish line inside the stadium. They will also have an indoor area if needed in the warming room on the west end of the bleachers. Teams will need to provide their own supplies for taping.
9. There will be a **coaches meeting** on Thursday, May 21, 2015, starting at 6:30 PM in the gymnasium or auditorium located in Laurel High School. You may use the doors on either the north or south side of the building. Team packets will be available for pick up at the meeting. Please do your best to pick up the packets at this time. **Additional passes for coaches or administrators may be purchased following the meeting.**
10. Coaches not attending the Thursday evening meeting may pick up their packets at the stadium on Friday morning, May 22, 2015, beginning at 8:00 AM. Packets will be available in the warming room on the west end of the bleachers.
11. During the State A-C Track and Field Championships, neither coaches nor non-competitors will be permitted on the track or field. Participants not competing are requested to remain in the stands.
12. **TENTS:** No tents will be allowed on the infield. If you wish to have a Team Tent set up you will allowed to put those up in the area on the east end of the bleachers. Tents and awnings will **ONLY** be allowed on the top row of the grandstands, but will not be allowed in front of the press box.
13. **AWARDS** will be given immediately after the final of each event. Participants are requested to go to the awards stand area located on the turf in the middle of the field as soon as the event is completed.
14. **BUSES** may park in the high school parking lot located on the north side of the high school. The entrance to the parking lot is located on 1st Avenue and 9th Street. There will be a parking lot attendant there to park your buses. We would ask that you load

and unload your participants from that area as we do have limited parking around the stadium. Please be sure that you either lock your bus or have your bus driver remain with the bus.

15. **PARKING** for meet officials will be available in the lot directly behind the high school on the east side as well as the small parking lot northeast of the high school. If you are not *working* the track meet, you will not be allowed to park there.

16. **LAUREL HIGH SCHOOL SPORTS COMPLEX HOURS:**

Thursday – May 21, 2015	Practice	4:00 PM – 6:30 PM
Friday – May 22, 2015	Meet	7:30 AM – 5:30 PM
Saturday – May 23, 2015	Meet	7:30 AM – 5:00 PM

17. **Participants and meet personnel** will need to use the gate on the east end of the stadium to gain access to the track. This will be the only entrance available for all participants and workers. Your spikes will be checked at this gate to gain entrance as well.
18. Because the infield is artificial turf, no drinks, food, sunflower seeds, or gum is allowed inside the track at any time. Water is allowed.
19. There will be no throwing of the shot put, discus or javelin in the complex other than the designated areas.
20. **Athletes** should not be on the track unless they are warming up for the running event going on at that time or an upcoming event. Athletes will be allowed to warm up and stretch on the backstretch area.
21. We will be using the **Lynx Timing System** for the running events with the FAT Timing System as a backup. We will also have hand held times for all 10 lanes.
22. **Coaches** will be allowed on the infield until 10:00 AM each day. At that time, we will ask you to clear the track infield. There is an exception for pole vault coaches, which will be further addressed at the Coaches' Meeting.
23. If field event contestants must leave for another event, they must report to the event judge where they are going and how long they will be gone. They must be back within a reasonable time. The other competitors must be considered in this case. The order of competition can be changed within a flight or multiple attempts can be taken consecutively, but a contestant in one flight may not compete with another flight. The competitor must be back before the flight is completed. If the bar is changed in the High Jump or Pole Vault while the competitor is gone, the previous height is recorded as a pass.
24. **Uniforms** must be school issued. Any visible garments worn underneath the uniform top and underneath the uniform bottom and extending below the knees, shall be unadorned and of a single, solid color. As per NFHS rules, a single, visible manufacturer's logo and/or a single school name or insignia no more than 2¼ inches are permitted on the undergarment. For relay teams, any visible garments worn by two or more relay team members underneath the uniform top or underneath the uniform bottom extending below the knees, shall be unadorned and of the same

- single, solid color, but not necessarily the same length. Visible items worn under both the top and bottom do not have to be the same color. **Jewelry is prohibited.**
25. **Sportsmanship Form.** There will be a sportsmanship form that each head coach must sign prior to picking up the team packet.
 26. **Track Coaches Note:** Competitors and coaches **MUST** have their badges with them at all times. Contestants **will not** be admitted to the stadium or track wearing their uniforms only. **They must have their badge at all times.**
 27. **State Track and Field Meet Ticket Prices.** The Executive Board has established the following minimum ticket prices for all State Track and Field Meets.

	<u>Adult</u>	<u>Student</u>
Single-Session (Friday or Saturday)	\$9.00	\$7.00
All-Session (both days)	\$17.00	\$12.00

28. **RULES:** The 2015 National High School Federation Track and Field with modifications by the MHSA will apply. Ten athletes will advance to the finals in all events. Please refer to the 2014-2015 MHSA State Track and Field Procedures Manual for the track meet organizational items. Special attention must be given to pages 7–10 of the “State Meet Policies and Procedures.”
29. Only the Meet Referee, John Polich, can officially disqualify a competitor. Any violation should be reported immediately to him. Finish line command will be as follows: Starter, Head Finish Judge, Assistant Starter, Timers, Judges, Inspectors, etc that see controversy.
30. If the automatic timing systems malfunction, hand times will be used by rounding up.
31. In the event of official protests, the Meet Referee will present the information to the Jury of Appeals.
32. Concessions: The concession stand will accept credit cards and PO’s for team meals. Please ask Beth Verlanic and she will set you up. Invoices will be sent to the school. The Laurel Booster Club will be in charge of the concessions.
33. PLEASE pick up the trash in your area upon the conclusion of the meet each day.

Class A State Track & Field Meet Entry Instructions

Reminder: Coaches must complete the entries for their athletes no later than 3 pm on Sunday, May 17.

1. Please go to athletic.net
2. Select Coach Tools and Team Home
3. Add MHSA Class A State Track meet to your calendar
 - a. Click on Add Meet at the top right hand corner of your calendar
 - b. Click Next
 - c. Scroll to the May 22nd date and click on MHSA Class A State Championship
 - d. Click on your team under Add to team
4. Return to Team Home
5. Click on MHSA Class A State Championship Day 1
6. Click on Register Athletes
7. You may register by event or by athlete
8. If registering by athlete, click on the athlete's name
 - a. Click the bubble under the V next to the event(s) the athlete is to be entered in
 - b. If the athlete has met a qualifying performance his or her best performance should already be listed next to his or her name. If that is the case, do not put in an override performance.
 - c. If the athlete has not met the qualifying standard and his/her best performance was at divisionals, the entry performance should be correct. Do not put in an override performance.
 - d. If the athlete has not met the qualifying standard and his/her best performance was **NOT** at divisionals, the entry performance will not be correct. Their divisional performance needs to be their seed at the state meet. If this is the case **DO** override their performance to reflect their divisional mark. If the time was FAT at divisionals mark an a after the override time to indicate to the program no conversion is necessary.
 - e. If the athlete has not met the qualifying standard and the timing system malfunctions at divisionals, enter the hand time given the athlete at the divisional meet. Athletic.net will automatically convert the time to an FAT time when entered. Do not include an a after the time.
 - f. Click Save Changes and move on to the next athlete
9. If registering by event, click on the event name
 - a. Click the Bubble under the V next to the athlete you wish to enter
 - b. Steps b through f above apply in this situation as well
10. When registering relays
 - a. Click on the relay you wish to enter
 - b. Click the bubble under the V next to your first runner's name
 - c. In the dropdown bar that appears highlight A1
 - d. You will be prompted to enter the time of the relay
 - e. In the provided box enter their best qualifying time(FAT), or if they did not meet the qualifying standard, their divisional time
 - f. Click the bubble under the V next to your second runner's name
 - g. In the dropdown bar that appears highlight A2
 - h. Repeat steps f and g for the third and fourth runners highlighting A3 and A4 respectively
 - i. Click Save Changes
 - j. Do not worry about alternates at this time as relay cards will still be used at the state meet and alternates may be listed there.

SCHEDULE OF STARTING TIMES
CLASSES A AND C
LAUREL

FRIDAY - MAY 22, 2015

<u>Time</u>	<u>Running Events</u>	<u>Time</u>	<u>Field Events</u>
10:30	Trials - 400 M Relay - "C" (B) - 2 heats	9:00	Javelin - "C" (B)
10:40	Trials - 400 M Relay - "A" (B) - 3 heats		Shot Put - "A" (B)
10:50	Trials - 400 M Relay - "C" (G) - 2 heats		
11:00	Trials - 400 M Relay - "A" (G) - 3 heats	10:30	Long Jump - "A" (G)
			Long Jump - "C" (B)
11:20	Trials - 110 M Hurdles - "C" (B) - 2 heats		High Jump - "A" (B)
11:30	Trials - 110 M Hurdles - "A" (B) - 2 heats		Javelin - "A" (G)
11:45	Trials - 100 M Hurdles - "C" (G) - 2 heats		
11:55	Trials - 100 M Hurdles - "A" (G) - 2 heats	12:10	<i>PRESENTATION OF COLORS</i>
12:10	<i>PRESENTATION OF COLORS</i>	12:15	Discus - "C" (G)
12:30	Finals - 800 M Run - "C" (B)	1:30	Long Jump - "A" (B)
12:40	Finals - 800 M Run - "A" (B)		Long Jump - "C" (G)
			High Jump - "A" (G)
12:55	Trials - 100 M Dash - "C" (B) - 2 heats		Shot Put - "A" (G)
1:05	Trials - 100 M Dash - "A" (B) - 2 heats		
1:15	Trials - 100 M Dash - "C" (G) - 2 heats	1:45	Discus - "C" (B)
1:25	Trials - 100 M Dash - "A" (G) - 2 heats		
1:40	Finals - 1600 M Run - "C" (G)		
1:55	Finals - 1600 M Run - "A" (G)		
2:10	Trials - 200 M Dash - "C" (B) - 2 heats		
2:20	Trials - 200 M Dash - "A" (B) - 2 heats		
2:30	Trials - 200 M Dash - "C" (G) - 2 heats		
2:40	Trials - 200 M Dash - "A" (G) - 2 heats		
2:50	Finals - 3200 M Run - "C" (B)		
3:10	Finals - 3200 M Run - "A" (B)		
3:30	Finals - 400 M Dash - "C" (B) - 2 sections		
3:40	Finals - 400 M Dash - "A" (B) - 3 sections		
3:50	Finals - 400 M Dash - "C" (G) - 2 sections		
4:00	Finals - 400 M Dash - "A" (G) - 3 sections		

<u>TENTATIVE POLE VAULT SCHEDULE</u>		<u>For Pole Vault Events:</u>
Thursday - "C" Girls	4:00 pm Warm-up for 45-60 minutes, depending on athletes Competition to begin at the end of warm-up	This is an approximate schedule, which is <i>subject to change</i> . Weather permitting the first event will begin Thursday. Meet management, in conjunction with MHSA, may make adjustments.
Friday - "C" Boys	8:30 am Warm-up for 45-60 minutes, depending on athletes Competition to begin at the end of warm-up	
"A" Girls	12:00 pm (approx) Warm-up for 45-60 minutes, depending on athletes Competition to begin at the end of warm-up	
"A" Boys	3:00 pm (approx) Warm-up for 45-60 minutes, depending on athletes Competition to begin at the end of warm-up	
Note for finals: 300m hurdles, 400m dash, 4 x 400m relay are timed finals. 100m dash, 200m dash, 110m hurdles, 100m hurdles and 4 x 100m relay are scheduled for preliminaries and finals. All field events are finals.		

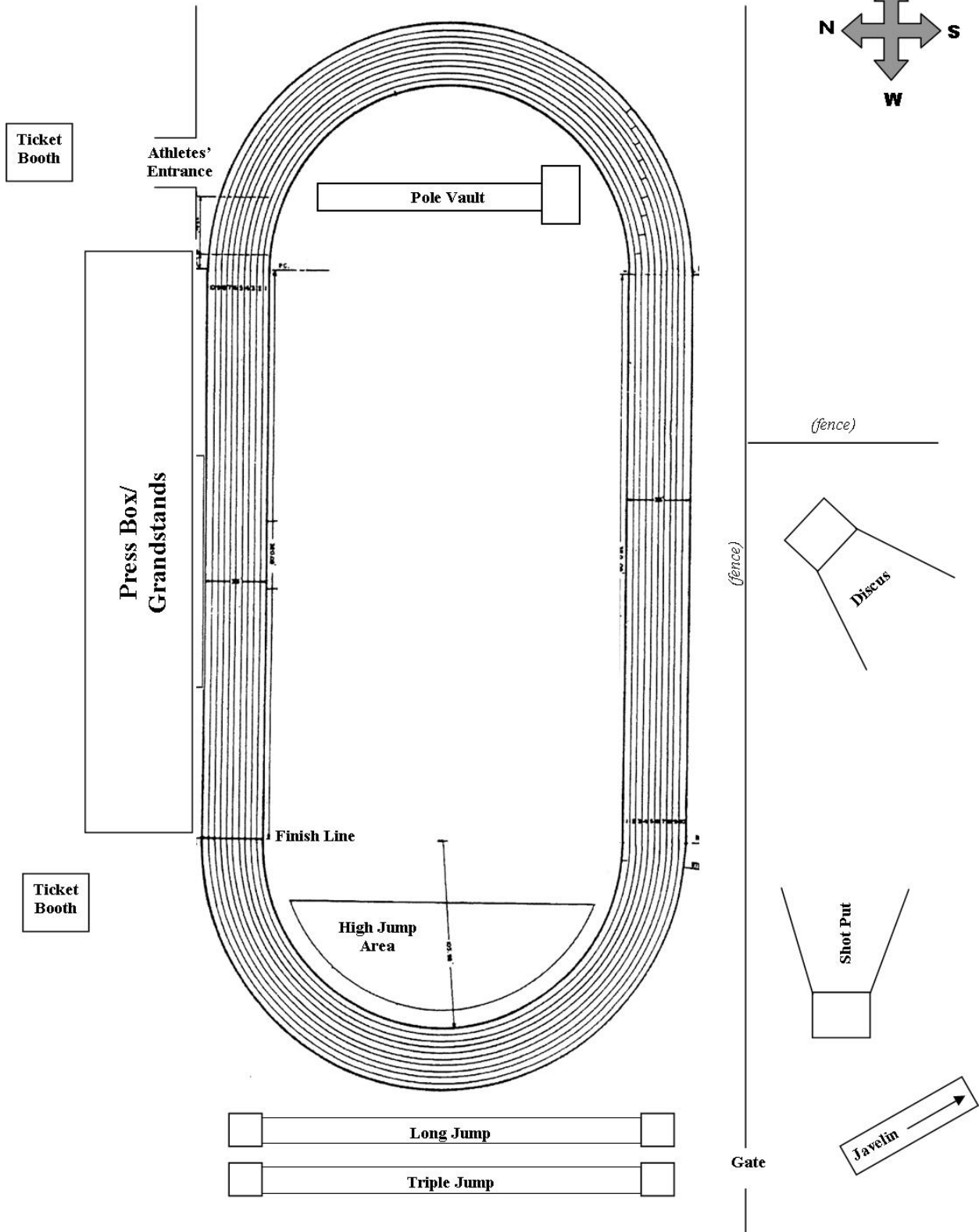
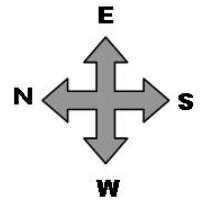
SCHEDULE OF STARTING TIMES
CLASSES A AND C
LAUREL

SATURDAY - MAY 23, 2015

<u>Time</u>	<u>Running Events</u>	<u>Time</u>	<u>Field Events</u>
10:30	Finals - 400 M Relay - "C" (B)	9:00	Javelin - "A" (B)
10:35	Finals - 400 M Relay - "A" (B)		Shot Put - "C" (B)
10:40	Finals - 400 M Relay - "C" (G)		
10:45	Finals - 400 M Relay - "A" (G)	10:30	Triple Jump - "C" (G)
			Triple Jump - "A" (B)
11:05	Finals - 110 M Hurdles - "C" (B)		High Jump - "C" (B)
11:10	Finals - 110 M Hurdles - "A" (B)		Javelin - "C" (G)
11:20	Finals - 100 M Hurdles - "C" (G)		
11:25	Finals - 100 M Hurdles - "A" (G)	11:45	<i>PRESENTATION OF COLORS</i>
11:45	<i>PRESENTATION OF COLORS</i>	12:15	Discus - "A" (G)
12:05	Finals - 800 M Run - "C" (G)	1:30	Triple Jump - "C" (B)
12:15	Finals - 800 M Run - "A" (G)		Triple Jump - "A" (G)
			High Jump - "C" (G)
12:35	Finals - 300 M Int Hurdles-"C" (B)-2 sections		Shot Put - "C" (G)
12:45	Finals - 300 M Int Hurdles-"A" (B)-3 sections		
1:00	Finals - 300 M Low Hurdles-"C" (G)-2 sections	1:45	Discus - "A" (B)
1:10	Finals - 300 M Low Hurdles-"A" (G)-3 sections		
1:25	Finals - 100 M Dash - "C" (B)		
1:30	Finals - 100 M Dash - "A" (B)		
1:35	Finals - 100 M Dash - "C" (G)		
1:40	Finals - 100 M Dash - "A" (G)		
1:50	Finals - 1600 M Run - "C" (B)		
2:05	Finals - 1600 M Run - "A" (B)		
2:20	Finals - 200 M Dash - "C" (B)		
2:25	Finals - 200 M Dash - "A" (B)		
2:30	Finals - 200 M Dash - "C" (G)		
2:35	Finals - 200 M Dash - "A" (G)		
2:45	Finals - 3200 M Run - "C" (G)		
3:05	Finals - 3200 M Run - "A" (G)		
3:25	Finals - 1600 M Relay - "C" (B)-2 sections		
3:40	Finals - 1600 M Relay - "A" (B)-3 sections		
3:55	Finals - 1600 M Relay - "C" (G)-2 sections		
4:10	Finals - 1600 M Relay - "A" (G)-3 sections		

<p>Note for finals: 300m hurdles, 400m dash, 4 x 400m relay are timed finals. 100m dash, 200m dash, 110m hurdles, 100m hurdles and 4 x 100m relay are scheduled for preliminaries and finals. All field events are finals.</p>
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LAUREL SPORTS COMPLEX



Area Map for Laurel Sports Complex

Please be advised that school will be in session at the meet location on Thursday. Parking will be limited when arriving for practice on Thursday.

Spectator parking will be limited, and existing daily school bus zones will be closely monitored.

Team Bus parking will be available between East 6th and East 8th Streets.

