

**Mid State League
MIDDLE SCHOOL – TRACK and FIELD**

ARTICLE I - SCHEDULE

The league will host a Middle School track meet for each division at the end of the season to determine the divisional MS MSL Champion. The meet will be held on the Thursday before the high school has MSL prelims.

Schools must have an eight lane all-weather track to host the meet. In the event that all field events cannot be held at the facility, the Athletic Directors of that division may elect to hold the field events at another site on the Wednesday before the meet is scheduled.

ARTICLE II

Section I – General Rules

The MSL schools agree to abide by the rules of the Ohio High School Athletic Association. The Track and Field Rule book of the NFHS shall be used.

Section 2 -Entries

Each school may enter two (2) participants per individual event; one relay team in relay events.

Entries will be submitted on line using the preferred online website of the meet manager. Deadline for submission will be 8:00 AM one day prior to the start of the preliminaries. Two common online websites are www.baumspage.com and www.athletic.net.

Coaches may not enter athletes with a better seed time than the athlete's best mark. Coaches may not enter relays faster than the school's best time on the year. If a coach is caught entering unrealistic times/marks, meet management may change the entry to NT, NH, or ND.

Section 3 – Scoring/Awards

The league meet will be run and scored by divisions.

The number of schools in each division will determine the team scoring according to National Federation Rule 2-2.

Eight Schools will score eight (8) places in individual events and seven (7) in relays. Individual scoring will be 10-8-6-5-4-3-2-1. Relay scoring will be 10-8-6-5-4-3-2.

Six schools will score six (6) places in individual events and five (5) in relays. Individual scoring will be 10-8-6-4-2-1. Relay scoring will be 10-8-6-4-2.

More than eight schools will score eight (8) places in individual and relay events. All event scoring will be 10-8-6-5-4-3-2-1.

All OHSAA events MUST be run and scored.

Ribbons will be awarded to all scoring places.

Section 4 – Lane/Seed Assignments

All heats/sections will be run slow to fast. All flights will be worst to best. All events will be FINALS.

100 M Dash, 200 M Dash, 400 M, 100/110 M Hurdles, 200 M Hurdles (Finals)

Teammates shall not be placed in the same semi-final/prelim heat in these events.

Lane	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
<i>Section 1 (Seed)</i>			<i>18</i>	<i>15</i>	<i>16</i>	<i>17</i>		
<i>Section 2 (Seed)</i>		<i>13</i>	<i>12</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>14</i>	
<i>Section 3 (Seed)</i>	<i>8</i>	<i>5</i>	<i>4</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>6</i>	<i>7</i>

Relay seeding for 6 or 8 teams

Lane	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
Seed	8	5	4	1	2	3	6	7

Relay seeding for 9 teams.

Lane	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
<i>Section 1</i>			<i>9</i>	<i>6</i>	<i>7</i>	<i>8</i>		
<i>Section 2</i>		<i>5</i>	<i>4</i>	<i>1</i>	<i>2</i>	<i>3</i>		

Section 5- Officials

There will be three officials used for each divisional meet, assigned by the track liaison of the MSL Executive committee. The Officials will be assigned duties as follows:

1. Starter/Referee
2. Head Field Judge
3. Finish Judge

It is recommended that a Fully Automated Time System (FAT) be used for running events.

ARTICLE III TIME SCHEDULE

Section 1 – Field Events

4:30 PM – Field events will start at this time with the order being determined by the meet director based on facilities and announced ahead of time.

All field events will be FINALS with four trials taken in the Shot Put, Discus and Long Jump.

Long Jump will use an open pit for a maximum of one hour for boys and one hour for girls.

***Boys Shot Put, followed by Girls
Girls Discus, followed by Boys
Girls and Boys Pole Vault combined
Boys High Jump, followed by Girls
Girls Long Jump , followed by Boys***

There will be a maximum of 15 minutes between the conclusion of a field event and the beginning of the same field event for the opposite gender.

Section 2 - Running Event Finals:

Running event finals will be held beginning at 6:00 PM and will be conducted using OHSAA and NFHS rules and order of events.

6:00 PM	Girls 100 M Hurdles Boys 110 M Hurdles
6:15 PM	Girls 100 M Dash Boys 100 M Dash
6:30 PM	Girls 1600 M Run Boys 1600 M Run
6:50 PM	Girls 4 x 100 M Relay Boys 4 x 100 Relay
7:05 PM	Girls 400 M Dash Boys 400 M Dash
7:20 PM	Girls 4 x 200 M Relay Boys 4 x 200 M Relay
7:35 PM	Girls 200 M Hurdles Boys 200 M Hurdles
7:55 PM	Girls 800 M Run Boys 800 M Run
8:05 PM	Girls 200 M Dash Boys 200 M Dash
8:20 PM	Girls 4 x 400 M Relay Boys 4 x 400 M Relay

NOTE: The time schedule may become a “rolling” schedule as a result of inclement weather.