

**Mid-State League
TRACK and FIELD -- BOYS/GIRLS**

**ARTICLE I
SCHEDULES**

Section 1 - League Meet

The league meet shall be held on a date to be determined by the Executive Committee of the MSL. (Prelims and Finals) Each division shall have its own league meet.

The league meet will be comprised of two days of competition at the same site; the first day being field events and running preliminaries, the second day being the running event finals. The day of the week will be Tuesday and Friday unless changed by the MSL Executive Committee.

Section 2 – Site

The Executive Committee, on a rotating basis, will determine the site of the MSL meet.

Schools must have an eight lane all-weather track in order to host the meet.

In situations where a school with an eight lane all-weather track does NOT have facilities to run all field events, the Athletic Directors in that division MAY approve said events to be run at an alternate site on the Wednesday of the week of the league meet.

**ARTICLE II
RULES**

Section 1 – 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 National Federation of State High School Athletic Associations shall be used.

Section 2 - Entries

A school may enter two participants in each of the individual events; one relay team in each of the 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.

Scratches or substitutes may be made on the day of the meet.

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.

Official team scores must be posted within 15 minutes of the completion of the meet for inspection by coaches.

Awards: MSL Medals will be given for 1st and 2nd place; ribbons will be awarded for all remaining scoring places.

Section 4 – Lane/Seed Assignments

NFHS Track and Field Rule 5-6 will be the basis for seeding all competitors and forming heats.

The 800M, 1600M, 3200M and 4x800M Relay and all field events – starting line assignments and field event order of competition and flights shall be determined by the games committee by lot using an open draw.

All track events except the 800M, 1600M, 3200M and 4x800M Relay- Runners will be assigned to lanes based upon their seeded position and use the following order:

Pre-lims/Semi Finals:

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>
Heat 1 (Seed)	16	9	8	1	4	5	12	13
Heat 2 (Seed)	15	10	7	2	3	6	11	14

If the above seeding will enter two athletes from the same school in the same heat, one athlete from that school will be switched with the athlete of the same corresponding lane from the other heat. This will be repeated until no athletes from the same school are in the same heat.

Finals

Lane Assignments in high school finals will be according to the following procedure:

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

Qualifying for Finals in running events that conduct Semi-Finals:

Fully Automated Timing (FAT) systems will be used and the fastest eight (8) times will advance to the finals.

Section 5 - Officials

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

Prelims: Starter/Referee, Starter, Finish Judge, Head Field Judge.

Finals: Starter/Referee, Starter, Finish Judge, Clerk.

Fully Automated Timing (FAT) systems are to be used for the during the Prelims and Finals.

ARTICLE III TIME SCHEDULE

Section 1 - Field Events-First day of competition

The schedule will alternate in sequence between boys and girls. The schedule listed below will be followed in EVEN years. In ODD years, the order of boys and girls will be reversed.

4:30 PM Coaches meeting – near the press box of the host facility.

Field Event Preliminaries (Girls /Boys are listed in order of competition.)

4:40 PM: *Girls: Shot Put and Long Jump (Boys to follow)*
 Boys: Discus, High Jump, Pole Vault (Girls to follow)

Flip gender of events on odd years.

Shot put, Discus and Long Jump – *Participants will be placed in flights. Each participant is entitled to three trials (1-1-1). The top nine individuals will advance to the finals for three additional trials. Ties will be resolved with 2nd best attempt as per NFHS rule book.*

Athletes will wait until all individuals in their flight have attempted their corresponding trial/attempt. An athlete may be passed and permitted consecutive trials if they have checked out to another event and is permitted by the event official.

High Jump and Pole Vault: Minimum starting heights will be as follows.

High Jump: Girls, 4'0"; Boys 5' 0"

Pole Vault: Girls 6'0"; Boys 7' 0"

Opening heights will be four inches under the 10th athlete's entering mark in the high jump; six inches in the pole vault. Increments will be finalized by the meet manager and communicated to coaches prior to the start of the meet.

Section 2 - Running Event Preliminaries – First day of competition

Seeding and lane assignments will follow the guidelines outlined Article II – Section IV,

In all events, girls heats run first, followed by boys heats

5:30 4 x 800 M Relay
6:00 100 M Dash
6:15 100 M/110 M Hurdles
6:30 400 M Dash
6:50 300 M Hurdles
7:10 200 M Dash

Section 3 – Finals

Finals will start at 6:00 PM and are to be run according to the OHSAA meet guidelines and the NFHS Rule book.

6:00 PM Girls 100 M Hurdles
Boys 110 M Hurdles
6:10 PM Girls 100 M Dash
Boys 100 M Dash
6:20 PM Girls 4 x 200 M Relay
Boys 4 x 200 M Relay
6:30 PM Girls 1600 M Run
Boys 1600 M Run
6:50 PM Girls 4 x 100 M Relay
Boys 4 x 100 M Relay
7:00 PM Girls 400 M Dash
Boys 400 M Dash
7:15 PM Girls 300 M Hurdles
Boys 300 M Hurdles
7:30 PM Girls 800 M Run
Boys 800 M Run
7:40 PM Girls 200 M Dash
Boys 200 M Dash
7:50 PM Girls 3200 M Run
Boys 3200 M Run
8:30 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.

ARTICLE IV
ALL-LEAGUE HONORS

Refer to the General Regulations Articles I, II, III and IV at the beginning of the Sports Regulations.

An Outstanding Performance plaque will be presented by the league to an individual who earns ***the most points of any athlete*** but may not be the leading scorer for field events or running events. All first place finishes, whether in an individual event or a relay, will be awarded the same number of points when being considered for this award. If a tie exists for this award, multiple plaques will be awarded.

Team trophies will be awarded to boys and girls team champions for each division. .