

# MID-ATLANTIC CHRISTIAN SCHOOLS ASSOCIATION HS TRACK & FIELD GUIDELINES

February 28, 2018

Dear Athletic Director and Senior High Track Coach:

The Senior High MACSA Track Meet is scheduled for Wednesday April 25, 2018, beginning at 8:30 A.M. The meet will again be held at Messiah College. I hope you are preparing now for a great day of track and field competition. **Please go to the [messiah.edu](http://messiah.edu) site if you need directions.**

There are a few reminders listed below which we encourage you to follow to help us run a smooth, orderly meet:

1. Please see the MACSA 2018 High School Track Meet Team Registration form for all information about registering your team and entering your athletes online.
2. Team, event and athlete registration will be done online using: <http://pa.milesplit.com>  
**You will find your team on the state milesplit page in which your school is located. Then go to the pa.milesplit.com to find the meet.**
3. Changing of athletes already registered for events or scratches may be made on race day. Additions to your roster or additions to events **MAY NOT** be made after online registration closes on April 20.
4. The National Federation Rule Book will be used as our guide for continuity and standards. No athlete will be permitted to enter more than four events (including relays).
5. The Senior High meet will only include grades 9-12. No 8<sup>th</sup> graders may participate.
6. Please notice the time schedule for the events. Please be prompt in showing up.
7. The events in Class A and Class B of the Senior High Meet include:

## GIRLS

100 Meter	Class A & B
100 Meter Hurdles	Class A & B
200 Meter	Class A & B
300 Meter Hurdles	Class A only
400 Meter	Class A & B
800 Meter	Class A & B
1600 Meter	Class A & B
3200 Meter	Class A & B
4x100 Meter Relay	Class A & B
4x400 Meter Relay	Class A & B
4x800 Meter Relay	Class A only
Long Jump	Class A & B
High Jump	Class A & B
Triple Jump	Class A & B
Shot Put	Class A & B
Discus	Class A & B
Javelin	Class A & B

## BOYS

100 Meter	Class A & B
110 High Hurdles	Class A & B
200 Meters	Class A & B
300 Meter Hurdles	Class A only
400 Meters	Class A & B
800 Meters	Class A & B
1600 Meters	Class A & B
3200 Meters	Class A & B
4x100 Meter Relay	Class A & B
4x400 Meter Relay	Class A & B
4x800 Meter Relay	Class A only
Long Jump	Class A & B
High Jump	Class A & B
Triple Jump	Class A & B
Shot Put	Class A & B
Discus	Class A & B
Javelin	Class A & B

Finally, please remember we do seed **all races**. When you enter your athletes online, please put their best times next to their names. An athlete without a time may be seeded in a slower lane or a slower heat.

Please note the following:

- (1) A starting height will be used in the High Jump. The following height will be used this year:

A Boys	5'0"	B Boys	5'0"
A Girls	4'0"	B Girls	4'0"
- (2) In the 3200 meters, Class B Boys and Girls will run together followed by the Class A Girls and then the class A Boys. Class A will run separately, if the numbers are too great in class B we may run the boys and girls separate.
- (3) In the 100 meter dash, the finals will be determined by taking the top eight times from preliminaries.
- (4) We will follow the schedule, but we may run ahead of schedule. Pay attention to calls.
- (5) Athletes who do not report to the Clerk of Course 5 minutes before the race may be scratched.
- (6) Athletes in the Long Jump, Triple Jump, Shot, Discus, and Javelin will be given 3 tries in the trials and then the top 7 performers will get an additional 3 tries in the finals. The best mark from the trials will be carried over and will count if it is the athletes best mark overall and to break ties.
- (7) We will have four PIAA officials – two for the track and two in the field events.

## **I Participation**

Each school may enter 3 competitors in each individual event, and relay teams of 4 members. Coaches may use any 4 athletes from the registered roster for relays as long as no athletes competes in more than 4 events.

**II Scoring** - All events 10-8-6-4-2-1 with “10” going to first place finisher and “1” to sixth place.

## **III Awards**

Trophies to:	Class A Girls Champions,	Class A Boys Champions
	Class B Girls Champions,	Class B Boys Champions
Runner-up Trophies to:	Girls and Boys Classes A and B	
Ribbons to:	1 <sup>st</sup> – 6th place relay winners.	
Medals to:	1 <sup>st</sup> – 6th place winners in the individual events.	

## **IV Results**

Official results will be compiled and posted to the web at [pa.milesplit.com](http://pa.milesplit.com)

## **V Rules**

1. National Federation Rules will be used.
2. A participant having one false start is disqualified.
3. A track athlete is eligible to compete if the age of 19 is attained on or before September 1st.  
Students below 9th grade may not compete.
4. No athlete may be entered in more than 4 events (including relays).

## **VI Scorers, Timers, Judges**

Each school is responsible to return the Worker Request form by April 10. This is a MACSA meet run by MACSA schools. **Everyone must help to make the meet a success.**

## **VII Throwing Implements**

All throwing implements must be inspected by the officials prior to the beginning of the meet.

Discus:	HS Boys – 1.6K	HS Girls – 1k
Shot:	HS Boys – 12 lb	HS Girls – 4k
Javelin:	See NFHS rulebook	

## **VIII Entry Forms and Registration**

1. Send a copy of your Team Registration form to declare your classifications to Cherie Ramsey by April 10. Email [macsatrack@gmail.com](mailto:macsatrack@gmail.com) or 435 S York Rd Dillsburg PA 17019
2. Register your team on <http://pa.milesplit.com> by April 10. **(You will find your team on the state milesplit page in which your school is located. Then go to the pa.milesplit.com to find the meet.)**
3. Send Worker list to Cherie Ramsey by April 10
4. **Finalize roster and entries on <http://pa.milesplit.com> by April 20. DO NOT MISS THIS DEADLINE!**

## **IX Miscellaneous Information**

- The track is an all weather surface.
- Flats must be worn in shot and discus circles.
- Spikes or flats may be used in long jump, pole vault, high jump, javelin and on the running track. No spikes longer than ¼ inch will be allowed.
- Come dressed for competition.
- Hopefully Messiah will have a concession stand available.
- Be responsible for your own valuables.
- All participants must wear shoes and a jersey during the day even when not participating.
- Athletes not competing and coaches not working an event must stay out of the infield.

## **X MACSA FEE**

1. **The fee is \$100.00 per school registration plus \$6.00 per athlete.** An additional late fee of \$20 will be assessed to any school that does not register their team for the meet on <http://pa.milesplit.com> by April 10. **(You will find your team on the state milesplit page in which your school is located. Then go to the pa.milesplit.com to find the meet.)** If we do not have your team registered on <http://pa.milesplit.com> by April 11, then the fee is \$120 plus \$6.00 per athlete. Checks may be mailed OR can be brought to the meet. Please make check payable to “MACSA.”

## **XI Items enclosed in this packet:**

- A MACSA 2018 High School Track Meet Registration
- B Worker Request Form
- C Schedule of Events
- D HS Track & Field Guidelines

If you have any questions, please e-mail me at [macsatrack@gmail.com](mailto:macsatrack@gmail.com) You may email or mail forms to 435 South York Road, Dillsburg, PA 17019. I'm looking forward to an excellent meet on April 25th. Hope to see you there.

Sincerely in Christ,

Cherie Ramsey  
MACSA Track Coordinator