

**MACSA MIDDLE SCHOOL  
TRACK AND FIELD CHAMPIONSHIPS  
at  
Messiah College**

**Tuesday April 24, 2018**

The meet is scheduled for **Tuesday, April 24, 2018**. It will begin promptly at 8:45 A.M. and is usually over by 5:00 P.M., so please make every effort to be on time.

Some rules you should be aware of:

1. Only athletes in grades 6-8 are eligible to participate. No student who is in 9th grade is eligible for the Jr. High Meet regardless of their age. Students who have or will reach their 16th birthday prior to June 1st are ineligible.
2. An athlete may participate in no more than four events (a relay would count as an event).
3. A school may not enter more than three participants in any event.
4. A school may enter two relay teams, but only the top team will score points and earn ribbons.
5. All team class declarations must be received by Cherie Ramsey by April 10, 2018.
6. Teams must be registered on <http://pa.milesplit.com/> by April 10. Please follow instructions on the Registration page to register and pay for the meet. **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.**
7. Online individual/event registration will take place on [pa.milesplit.com](http://pa.milesplit.com). **Team Registration must be completed by April 10. You will have until April 20 to enter/revise your athletes and select events.**
8. Return the worker request form to Cherie Ramsey by April 10.
9. Scratches and replacements will be allowed on race day. No additions to events or to rosters will be permitted after April 20.
10. The scoring will conform to the National Federation Rules (10-8-6-5-4-3-2-1). However, ribbons will only be awarded for the top six places.
11. Only track spikes (including synthetic) or sneakers are permitted on the track.
12. Shotput and discus – approved common implements will be used. Shot put weights – girls 6lb, boys 4k
13. *Seeding for the 100 finals will be determined by the top eight times in the preliminaries.*

14. Athletes who do not report to the Clerk of Course 5 minutes before the race may be scratched.

**15. Starting height HJ Girls: 3'4" Guys: 4' 0"**

16. Athletes in the Long Jump, Shot, and Discus, will be given 3 tries. Athletes competing in field and track events should report to the field event to check in, go and race, and then return immediately at the conclusion of his/her race to finish the field event.

17. Be responsible for your own valuables.

18. All participants must wear shoes and a jersey during the day even when not participating.

19. Athletes not competing and coaches not working an event must stay out of the infield.

20. Hurdle heights will be 30" for girls and 33" for boys.

**Entry Forms and Registration**

Team registered on <http://pa.milesplit.com> by April 10

Worker Sheet to Cherie Ramsey by April 10

Class Verification sheet to Cherie Ramsey by April 10

Individual/event online registration at [pa.milesplit.com](http://pa.milesplit.com) by April 20

You may email forms to [macsatrack@gmail.com](mailto:macsatrack@gmail.com) or mail them to me at

435 S York Rd, Dillsburg, PA 17019

Fee mailed to MACSA or brought to the meet.