

MID-ATLANTIC CHRISTIAN SCHOOLS ASSOCIATION

TRACK & FIELD GUIDELINES

Dear Athletic Director and Track Coach:

The MACSA Track and Field Championship is open to MACSA member schools only. The meet is scheduled for Wednesday, April 24th, 2024, beginning at **8:00 A.M. (note earlier start time!)** and will again be held at Messiah University. Prepare now for a great day of track and field competition! **Please go to the messiah.edu site if you need directions.**

Note:

- The meet will run on a rolling schedule. This means that once events begin, we will just roll through the order of events. You will not see times for running events, so it is especially important to pay attention to announcements!
- The MS long jump events will be “open pit”. This means that athletes will have a block of time in which they can do their jumps, enabling them to work around their running events. MS long jumpers will need to make sure to complete their 3 jumps within the specified time frame.
- **New: Last year we did not finish the meet due to a thunderstorm. Had it not been for the storm, we probably would have been competing in the field events until 6 or 7 pm! Because of this we will need to limit our field event entries to two per school. If it looks like we are falling behind schedule, we may also opt to only measure only throws that meet a minimum standard – however, every athlete will get a measurement for their first legal throw, regardless. This should help us to finish up in a timely way.**
- Milesplit – Registration is open until April 1st, at 7 p.m. <http://pa.milesplit.com>

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

1. Please be sure that you have completed all preliminary paperwork with Stefanie Yoder in the MACSA office.
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 will no longer be possible on race day. Additions to your roster or additions to events **MAY NOT** be made after online registration closes on April 21st at 7 p.m.
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 8th graders may participate.
6. We will use a rolling schedule this year. Please listen for announced calls for events and be prompt in showing up.
7. The events in the meet include:

MS

100 Meters
100/110 Hurdles
200 Meters
400 Meters
800 Meters
1600 Meters
4x100 Meter Relay
Long Jump
High Jump
Shot Put
Discus

HS

100 Meters
100Hurdles/110 High Hurdles
300 Int. Hurdles
200 Meters
400 Meters
800 Meters
1600 Meters
3200 Meters
4x100 Meter Relay
4x400 Meter Relay
4x800 Meter Relay

HS

Long Jump
High Jump
Triple Jump
Shot Put
Discus
Javelin

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:

MS Boys	4'0"	HS Boys	5'0"
MS Girls	3'4"	HS Girls	4'0"

Starting heights may be adjusted to a lower height at the officials' discretion.

- (2) In the 100 meter dash, the finals will be determined by taking the top eight times from preliminaries.
(3) Athletes who do not report to the Clerk of Course 5 minutes before the race may be scratched.
(4) MS Athletes in the long jump, shot, and discus will be given three tries.
(5) HS Athletes in the Long Jump, Triple Jump, Shot, Discus, and Javelin will be given 3 tries in the trials and then the top 8 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 athlete's best mark overall and to break ties.
(6) We will have six PIAA officials on site.

I Participation

Each school may enter 3 competitors in each individual running event, 2 competitors in each field event, and relay teams of 4 members. Coaches may use any 4 athletes from the registered roster for relays as long as no athlete competes in more than 4 events.

II Scoring - All events 10-8-6-5-4-3-2-1 with "10" going to first place finisher and "1" to eighth place.

III Awards

Team Trophies to:	HS Girls Champions, HS Boys Champions MS Girls Champions, MS Boys Champions
Team Runner-up Trophies to:	HS Girls and HS Boys, MS Girls and MS Boys
Team Third place Trophies to:	HS Girls and HS Boys
Ribbons to:	MS: 1 st – 6 th place winners in all events. HS: 1 st – 8 th place relay winners.
Medals to:	HS: 1 st – 8 th place winners in the individual events.

IV Results

Official results will be compiled and posted to the web at pa.milesplit.com

V Rules

1. National Federation Rules will be used.
2. A participant having one false start is disqualified.
3. A HS 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 in the HS competition.
4. MS students in grades 6 – 8 are eligible to participate. No student who is in 9th grade is eligible for the Middle School meet regardless of their age. Students who have or will reach their 16th birthday prior to June 1, 2024 are ineligible. Students above 8th grade may not compete in the middle school competition.
5. Home-schooled and part-time students are permitted to participate on the Middle School teams.
6. No athlete may be entered in more than 4 events (including relays).
7. Replacements will NOT be allowed on race day. No additions to events or to rosters will be permitted after **April 21st, at 7 p.m.**
8. Hurdle heights will be 30" for MS girls, 33" for MS boys, 33" for HS girls, and 39" for HS boys.
9. Schools must provide a Certificate of Insurance. Please send to syoder@macsaonline.org or provide it the day of the meet.

VI Scorers, Timers, Judges

Each school is responsible to provide volunteers for at least one event. Sign ups will once again be done through SignUp Genius, using the following link: [Volunteer Sign Up](#)

If your school does not sign up for a preference, you will be assigned an event that your school must cover in order to participate in the meet. A schedule will be sent out with the schools responsible for running each event. Conversely, if your school is able to provide extra volunteers, this is always appreciated! 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 MS Boys – 1k MS Girls – 1k
Shot: HS Boys – 12 lb HS Girls – 4k. MS Boys – 4k MS Girls – 6 lb
Javelin: See NFHS rulebook

VIII Entry Forms and Registration

1. **Send a copy of your Team Registration form to Stefanie Yoder. This is separate from the registration required by Milesplit (step 2):** Email: syoder@macsaonline
or send to:
MACSA, PO Box 602, Lititz, PA. 17543
2. **You must also register your team on Milesplit:** <http://pa.milesplit.com> by April 21st at 7 p.m. (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. **Each school is responsible to provide volunteers for at least one event. Sign ups will once again be done through SignUp Genius, using the following link:** [Volunteer Sign Up](#)
4. **Finalize roster and entries** on <http://pa.milesplit.com> by April 21st, at 7 p.m. **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.
- 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

The fee is \$120.00 per school registration plus \$8.00 per athlete. An additional late fee of \$20 will be assessed to any school that does not register their team for the meet by sending the registration form to Stefanie Yoder before April 21st. If your team is not registered at the MACSA office by April 21st then the fee will be \$140 plus \$8.00 per athlete. Checks may be mailed OR can be brought to the meet. Please make check payable to "MACSA."

If you have any questions, please e-mail Stefanie Yoder at syoder@macsaonline, or Jennifer Bleecker, MACSA Track & Field Meet Coordinator at jbleecker@lccs.cc or call 717-799-8247. Looking forward to a great meet!