

MID-ATLANTIC CHRISTIAN SCHOOLS ASSOCIATION TRACK & FIELD GUIDELINES

May 2023

Dear Athletic Director and Track Coach:

The MACSA Track Meet is scheduled for Wednesday, April 26th, 2023, beginning at 8:30 A.M. The meet 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.**
- **Milesplit – Registration is open until April 23rd, 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 Joanna Smith 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. New: 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 23rd 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
200 Meters
400 Meters
800 Meters
1600 Meters
3200 Meters
4x100 Meter Relay
4x400 Meter Relay
4x800 Meter Relay
Long Jump
High Jump
Triple Jump
Shot Put
Discus
Javelin

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 Joanna Smith.

Email: jsmith@macsaonline

or

MACSA, PO Box 602, Lititz, PA. 17543

Register your team on <http://pa.milesplit.com> by April 23rd, 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.)

2. Finalize roster and entries on <http://pa.milesplit.com> by April 23rd, 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 Joanna Smith before April 23rd. If your team is not registered at the MACSA office by April 23rd, then the fee is \$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 Joanna Smith at jsmith@macsaonline or call [267-323-0222](tel:267-323-0222) or Jennifer Bleecker, MACSA Track & Field Meet Coordinator at jbleecker@lccs.cc or call 717-799-8247. Looking forward to a great meet!