

**2023 District “3B & 4C”
Track and Field Championships
Baker High School
Thursday, May 11, 2023
9:30 AM**

- 1) **Check-In:** Coaches Packets containing special announcements and instructions, information sheets on assignments for heats, lanes and flights will be available at the coaches meeting at 9:00 AM.
Packets will be available underneath the stadium at the north end.
- 2) **Warm-Up:** The track and field complex will be open for warm-ups at 8:30 AM.
- 3) **Track Facility:** We have an all-weather 8 lane track. All weather runways and pads for the jumps. We have concrete pads for the shot put and discus and a grass runway for the javelin.
- 4) **Scratches and Substitutes (No ADDS):** A scratch meeting will be held at 8:45 AM. This will be in the same place as the packets. I would like to avoid having scratches if at all possible. Lets have things planned before Thursday. Thanks.
- 5) **Dressing Facilities:** We will **NOT** have our locker rooms open. We do have bathrooms at the stadium.
- 6) **Entries:** Limited to 5 competitors per individual event. We are going to use www.athletic.net to set up the meet. Please have entries filled in here by Tuesday, May 11th, at noon. If you have any questions, please contact Tim Robinson at 406-778-3329 or robinsont@baker.k12.mt.us. *Please bring your Pole Vault verification forms also.*
- 7) **Valuables:** Baker High School will not be responsible for any loss of money, goods, valuables or equipment.
- 8) **Marshalling:** *Deryk VanZee* will do the marshalling for the running events. We will marshal at the start of each running event. Running Events take precedence over Field Events.
- 9) **Reporting Time:** Competitors must report 10 minutes before the event at the point of competition. Competitors not reporting on last call will be scratched. (15-10-5)
- 10) **Rules:** MHS A rules will be enforced.
- 11) **Relay Cards:** You will only need a relay card if you make changes to your relay.
 - Concessions will be provided throughout the day.
 - Sew What Custom Embroidery will be selling District T-shirts.
 - BHS will have a trainer available for athletes.

- 12) **Spikes:** No one will be allowed on the track or jump runways unless they have 1/8" spikes. Meet management will be checking spikes.
- 13) **Starting Blocks:** Will be furnished by meet management. We will not allow holding blocks.
- 14) **Meet Implements (Shot/Discus/Javelin):** *BHS Staff* will be in charge of weighing implements. Weighing for implements will begin at 8:30AM and end at 9:15AM. If an implement is not weighed, it cannot be used. If an implement does not meet requirements, it will be stored in the weigh-in area until the conclusion of the meet. This room is located underneath the stadium.
- 15) **Scoring:** 10-8-6-4-2-1 (All placers 1-6 will qualify for Divisional)
- 16) **Awards-Individuals:** Will be provided by MHSA and in accordance with award rules. Contestants placing in the top 6 are requested to report to the award area when called to do so.
- 17) **Awards-Team:** Will be provided by MHSA and in accordance with award rules.
- 18) **Team Camps:** No team camps will be permitted on the track infield.
- 19) **Electronic Devices:** The use of electronic communication devices is permitted during meets in unrestricted areas and coaches' boxes (outside the yellow roped area or in the grandstands) however, they may not be used for any review of a referee's decision or to communicate with an athlete during a race or trial.
- 20) **Limitation of Events:** The Montana High School Association Handbook will be followed in regard to the limitation of events. (5 events per competitor, 5 competitors per school.)
- 21) **100m, 200m, 400m, 100mH, 110mH, 300mH:** These events will be run as finals on a time comparison basis. We will seed according to ability. Lane assignments will be by times submitted.
- 22) **800m, 1600m, 3200m waterfall:** Will be run as finals and from a waterfall stagger start.
- 23) **400m Relay:** Will be run as a final on a time comparison basis. Each team will run in its lane the entire race.
- 24) **1600m Relay:** Will be run as a final on a time comparison basis.
- 25) **Field Events:** In all field events, except the pole vault and high jump, each competitor will receive three jumps or three throws. The top 8 will qualify for finals and three more throws or jumps.
- 26) **Jumping and Throwing Procedures:** Contestants will be placed in flights. Throws or jumps must be completed within the flight. Contestants for which no qualifying heights or distances are provided will be placed in the first flights. The best qualifying heights or distances will be placed in the last flights. Competitors in multiple events should report 10 minutes prior to the start of the event and communicate with the event judge. At the end of the preliminaries, the head judge will determine the top 8 qualifiers for the finals who will throw or jump in reverse order—taking one attempt at a time. This procedure should help accommodate those competitors who are entered in more than one event. Each competitor will be given a normal warm-up period prior to the start of the flight.

27) **High Jump and Pole Vault:** Will be run off a continuous flight basis with 5 competitors active at a time. Each of the first group shall be called in order. When one passes a turn, clears the bar or is eliminated, the next competitor in order shall move up so the number of contestants in the active flight remains constant. Successive heights in the pole vault shall be 6'' raises and in the high jump they shall be 2'' raises. When only one competitor remains, he/she can determine the increments.

<u>Warm-up Heights</u>	B's - <u>Boys</u>	B's - <u>Girls</u>	C's - <u>Boys</u>	C's - <u>Girls</u>
High Jump	5'00''	4'00''		
Pole Vault	8' 6''	5'06''		
 <u>Starting Heights</u>	 B's - <u>Boys</u>	 B's - <u>Girls</u>	 C's - <u>Boys</u>	 C's - <u>Girls</u>
High Jump	5'00''	4'00''		
Pole Vault	9' 0''	6' 00''		

28) **Event Judges:** All Schools will be assigned events to work.

29) **Corner Judges:** Please assign one individual from your school as a corner judge for relays.

1st Corner - Baker, Lame Deer

2nd Corner - Forsyth, Colstrip

3rd Corner - St. Labre, Lodge Grass

30) **Event Timing Systems:** Events will be timed with an electronic system with video recorder and will also be manually timed as a back up.

31) **Bus Parking:** Bus drivers can park in Baker High School parking lots.

32) **Lunches will be provided for meet workers by Baker Schools.**

33) **Instructions to the Contestants at the event site:**

- 1) Remind athletes of the "school issued uniform" rules.
- 2) All implements are to be checked and approved before the competition.
- 3) Athletes will exit from the back of the ring at the completion of the throw.
- 4) Unsportsmanlike behavior, such as swearing, will not be tolerated and will lead to disqualification from that event or the entire meet.

34) **Meet Officials:**

Meet Manager/Referee	Tim Robinson
Asst Manager	Jay Hoversland
Marshal	Deryk VanZee
Starters	
Announcer	Sid Parini
Timing and Video	Scott Anderson
Finish Line Judges	Tim Robinson
Scoring/Ribbons	

Jury of Appeals:

Joanne Jilka - St. Labre

Andrew Torgerson - Colstrip

Pat Garneau - Wibaux