

**THE GORDIE RICHARDSON
OAKLAND COUNTY MIDDLE SCHOOL TRACK MEET**

FINAL INSTRUCTIONS

- Meet Director:** When questions arise, please refer them to the meet director or his assistants. His job is to deal with the operations of the meet. If you have any questions about seeding, meet organization, or if you want an official time for an athlete to substantiate a new school record please contact him.
- Meet Monitor:** Coaches with concerns may report to the meet monitor who is located at the entrance to the bullpen area (end zone with the flag pole). The meet monitor will then contact an appropriate official for you. The meet monitor and press box workers and any volunteers are unable to make any rulings.
- Meet Referee:** The referee has the final decision in all rulings.
- Jury of Appeals:** The jury of appeals is advisory to the referee. The referee's decision is final.
- Restricted Areas:** No coach or parent is allowed on the track or in a field event area unless called there by an official. Unless they are involved in an event in that area, any athlete found inside a flagged area will be disqualified.
- Coaches Meeting:** There will be a coaches meeting at 1:00 in the team room located near the track entrance under the concession building.
- Scratches:** Coaches must make scratches by the stated deadlines. If the athlete is not scratched by these stated deadlines or does not show to the clerking area before that runner's position is set, the competitor will be disqualified from that event and that event will count toward the competitor's personal limit. If an athlete participates in more than three events, ALL of the athlete's events are subject to disqualification including relays and field events. So if you did not scratch an athlete, that event still counts as one of the three.
Bring completed scratch forms to the bull pen gate. Deadlines are as follows:
1:00pm Prelim races, field events and 3200m run
4:00 ish (end of 3200) All other running events and relays.
- Courtesy Scratches:** Courtesy scratches STILL COUNT towards the maximum three events for an athlete. We have all been there, an athlete has to leave, gets injured or sick, or we want the athlete to concentrate on a later event. You can help us speed up the meet by sending in any scratches after the 4:00pm deadline. While the event still counts for the athlete, it enables us to possibly have fewer heats, we go home sooner. Please have any courtesy scratches to the bullpen gate at least two events prior to the one you are scratching.
- Running Events:** No substitutions are allowed in any individual running events.
- Relays:** You entered your best guess of your 4 runners online at athletic.net. You may make substitutions up until your relay reports to the bullpen. If you are making a relay substitution, complete the relay card and have one of your relay members hand in the card to the clerk at check in time. Relay cards are only needed if making a substitution.
- Field Events:** No substitutions are allowed in any field events. Competitors in the long jump and shot put may check out with the event judge to compete in another event. It is the athlete's responsibility to return to the field event to complete all three attempts in the time allowed. A high jumper is allowed to check out with the high jump judge to compete in another event when third call is given. Have a stand in report to the bullpen at first call in place of the high jumper so that the high jumper will be seeded properly. The high jumper must return to the high jump within five (5) minutes of the completion of their other event. It is the athlete's responsibility to return to the high jump in the time allowed or risk losing a trial.

- Prelims:** Prelims will begin with 55m hurdles, followed by the 100, 70 and 200 dashes. Advancing to the finals will be the winner of each preliminary heat plus the athletes with the next best times regardless of heat for a total of 16 athletes. The 16 qualifiers will then be seeded by time. The slowest 8 will run in final heat 1. The fastest eight will run in final heat 2. Any athlete from final heat 1 or heat 2 may place/score 1st through 8th. Participation in a preliminary and a final for an event counts as one (1) event. Participation in a preliminary without advancing to the final STILL counts as one (1) event.
- Warming up before prelims:** The track will be open to athletes and coaches until 2:00. Field events will also be open for warm up until they start. NOTE: An athlete may only warm up at a field event if his/her coach is present at the field event area or a meet worker is present at the event. Each athlete must have their own coach present at the field event in order to warm up. Infraction may result in disqualification. See Rule 6-2-12 and 7-2-9.
- Warming up during the meet:** All warm ups are to be done outside the track area during competition. Feel free to use the practice fields outside the stadium. The track will open during the break between the 3200 and the start of the finals.
- Bullpen:** The bullpen is located in the north end zone next to the flag pole. Athletes check in here to be seeded into their heats.
- Call System:** The call system will be: first call – second call – final call.
First Call: Athlete is getting his/her items he/she needs and walking to the bullpen (field event athletes have a “stand in” go report in his/her place)
Second Call: Athlete should already be in the bullpen or is sprinting to the bullpen
Final Call: Any field event athlete should check out and report to the event.
- Track Markings:** Any and all marks your teams may need for the events they are involved in must be made with chalk.
- Spikes:** Spikes greater than 1/4” in length will not be allowed on the track surface. *Coaches make sure your athletes have the proper spikes.* They will be disqualified.
- Equipment:** Teams will provide their own batons. Starting blocks and shots will be provided by Clarkston.
- Trainer:** A certified trainer will be on duty throughout the meet. The trainer will be located at the finish line. If you need his/her assistance, send your athlete down.
- Awards:** Medals will be awarded to 1st, 2nd, and 3rd place finishers. Ribbons will be awarded to 4th – 8th place finishers. Team trophies will be awarded to the top three (3) boys and girls teams.
- Award Ceremony:** Awards will be handed out in between events on the 50 yard line. If you think your athlete made the top eight, make sure they listen to the announcements for when to report. Coaches can pick up awards for absent athletes at the conclusion of the 4 x 100 relay. We will not mail any awards.
- Results:** Complete results to be available at: ocmstrackmeet.com and athletic.net . We will not hand out results at the meet or mail any results to you. Live results during the meet available at: live.ocmstrackmeet.com
- Max Participation:** The M.H.S.A.A. restrictions on participation in a maximum of any three events will be enforced. Example: 1 relay and 1 field event and 1 running event OR 3 running events OR 2 relays and 1 running event OR
- If an athlete participates in a prelim race and does not advance to the finals, that race STILL counts as 1 of the 3 events.
 - If an athlete participates in a prelim race and does advance to the finals, the prelim and final race counts as only a total of 1 event. This athlete may still compete in 2 other events.
 - If an athlete participates in more than three events, ALL of the athlete’s events are subject to disqualification including relays and field events.