

**THE GORDIE RICHARDSON
OAKLAND COUNTY MIDDLE SCHOOL TRACK MEET
THURSDAY, MAY 29, 2025**

COACH'S INFORMATION PACKET

- Location:** Clarkston High School
6093 Flemings Lake Road
Clarkston, MI 48346
- This information also available at:
ocmstrackmeet.com
- Facility:** Eight (8) lane metric track polyurethane surface. The shot put surface is concrete. High jump and long jump also have a polyurethane surface.
- Meet Director:** Jamie Rykse 248.623.5600 Clarkston Junior High School
- Entry Deadline:** **FRIDAY, MAY 23 AT 9:59 PM.**
\$15 late fee per team or \$30 per school if not received by this deadline
- Entry Method:** Go to ocmstrackmeet.com to download the qualifying times and directions for the Athletic.net website. Entries will be submitted online at athletic.net.
- We suggest you log in now to make sure you remember your user ID, etc. You can also start putting in your roster. You can add and remove athletes from events at any time and also change their times as they get faster.
- Schedule:** See the schedule of events (available on the meet website) for approximate times. It is recommended you arrive no later than 12:00 PM.
- The stadium is open for team tents to be set up starting at 8:00 AM on meet day. Please use the designated team areas.
- Coach's Meeting:** There will be a coach's meeting at **12:15 pm**. At least one coach from every school shall attend. Meet at the bullpen. If needed due to weather, meet in the team room under the concession below the black "Wolves Believe" sign.
- Wheelchair Event Entries:** All schools may enter athletes for the wheelchair events regardless of their time. Athletes must have competed in the entered event in at least two of your meets prior to the entry due date.

Entries: Times, heights, and distances must be those established *prior* to the entry due date. Entries will not be accepted when the times given are those a coach “thinks the athlete will run.” Relay “split times” cannot be used for individual event entries.

You must be able to document all entries. Any entry which cannot be verified will result in the disqualification of the athlete from that event. Bring your documentation (e.g. a meet score sheet) with you to the meet in case of a challenge. Electronic documentation is acceptable such as official meet results on athletic.net, scans of meet sheets in PDF format, etc. Coaches must be prepared to verify entry times, heights and distances.

Entered times represent TRUE times. All entries are to represent competitive entries (not from a practice). If you have a seed time not already uploaded to athletic.net, you may enter an override seed. Enter the time exactly as written on your paper meet sheet.

All entries are final. When you register online, be sure to print a confirmation for your records. Bring your printed confirmation with you to the meet. This is your only verification if you think we made a mistake in entries. The MHSAA restrictions on participation in any three events will be enforced.

Substitutions: No substitutions in the individual running events or field events.

Running Event Qualifying: All schools may enter one (1) athlete per event regardless of their time. You may enter two (2) athletes in an event if **BOTH** athletes have met or exceeded the additional qualifying (AQ) time.

The only exception is the 3200 m run. If one (1) athlete entered, that athlete must have met or exceeded the *qualifying* time (Q). If two (2) athletes entered, **BOTH** athletes must have met or exceeded the *additional qualifying* (AQ) time.

Relay Qualifying: All schools may enter one (1) 4 x 100 m relay team regardless of time. All schools may enter one (1) 4 x 200, 4 x 400, and 4 x 800 relay team provided the relay team has met or exceeded the qualifying time.

When registering online, make your best guess of which four athletes will be participating. Substitutions are allowed for relays only. If making a substitution for a relay, a coach will report the substitution PRIOR to the event. Report the substitution to the finish line scratch/substitution table.

Provide your own baton. Chalk will be available in each zone.

Field Event Qualifying: All schools may enter one (1) athlete per event regardless of their performance. You may enter two (2) athletes in an event if **BOTH** athletes have met or exceeded the additional qualifying (AQ) standard.

Long Jump: The long jump format will be open order with no finals. Each competitor will receive three (3) attempts. Each flight will be open for one hour and 45 minutes (1:45). All entrants must finish in the time allowed. The next gender will begin fifteen (15) minutes after the previous gender is finished (see schedule of events for the order). An athlete is allowed to check out with the event judge to compete in another event. It is the athlete's responsibility to return to the long jump to complete all three attempts in the time allowed.

Shot Put: The shot put format will be open order with no finals. Each competitor will receive three (3) attempts. Each flight will be open for one hour and 45 minutes (1:45). All entrants must finish in the time allowed. The next gender will begin approximately fifteen (15) minutes after the previous gender is finished (see schedule of events for the order). An athlete is allowed to check out with the event judge to compete in another event. It is the athlete's responsibility to return to the shot put to complete all three attempts in the time allowed.

**Boys = 4kg
(8 lbs 13oz)**

Girls = 6 lbs

You may choose to bring your own shot or use shots provided by Clarkston. If you bring your own shot, the referee will weigh your shot at the shot put. If your shot does not meet the requirements, you will need to use the Clarkston provided shots.

High Jump: Girls opening height is 4'02". The girls will receive three (3) attempts at each height with two (2) inch raises until the bar reaches 4'06" or there are ten (10) or fewer contestants left, whichever occurs first. Then one (1) inch raises.

Boy's opening height is 4'10". The boys will receive three (3) attempts at each height with two (2) inch raises until the bar reaches 5'02" or there are ten (10) or fewer contestants left, whichever occurs first. Then one (1) inch raises.

Both boys and girls will jump at the same time on two separate pits, one for each gender.

"Five alive" format will be used. At any one time only five athletes will be active in the high jump. E.g. If an athlete misses his first trial for a height, he will only have to wait for four other athletes (not all 40+ contestants) before attempting their second trial at that height. When an athlete clears the height, uses up all their trials, or passes, the next athlete in order is added to the pool of five active jumpers.

A high jumper is allowed to check out with the high jump judge to compete in another event when the third call is given. Have a stand in report to the bullpen to check in with the clerk 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: Preliminary heats will be held for the 55 hurdles, 100, 70, and 200 dash in that order.

Advancing to the finals will be the winner of each prelim heat plus the athletes with the next best times regardless of heat for a total of 16 athletes. Example: 7 prelim heats = 7 winners plus the next fastest 9 times for a total of 16 athletes.

There will be two heats of the finals. Athletes will be seeded based on their time from the prelims. Slowest eight times will run in heat one. Fastest eight times will run in heat two. Athletes will race against the clock for places. Example: Joe Quick was seeded in heat one (the “slow” heat) based on his time from prelims. Joe finishes 2nd in his final heat but his time is 7th overall from both heats. Joe is awarded 7th place.

Participation in a prelim and a final for an event counts as one (1) event.
Participation in a prelim without advancing to the final STILL counts as one (1) event.

Finals: Finals will begin approximately thirty (30) minutes after the completion of the 4x800 relay.

Athletes will be placed in heats based on entry times and will race against the clock for places for: 200m hurdles, 400m dash, 4x100m relay, 4x200m relay, 4x400m relay.

Athletes will be placed in one (1) heat for: 3200m run

Athletes will be placed in two (2) heats for: 4x800m relay, 1600 and 800m run. The slow heat will run first followed by the fast heat. Meet officials will determine the number of teams in each heat after entries are received and scratches completed.

Scratches: Coaches must make scratches by the stated deadlines. If the athlete is not scratched by the stated deadline and 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.

PreMeet:

Premeet scratches completed online beginning on the Tuesday before the meet

Race Day (prelims, field events, 4x800):

Continue to complete scratches online (athletic.net) until noon

Race Day (finals):

The scratch window will open again online (athletic.net) from 1:30 to 3:30 to complete scratches for finals.

Teams Reporting In: Coaches are to pick up a meet informational packet as you enter the track facility. Only athletes in uniform will be admitted into the track area. Bus drivers must be able to identify themselves as such to get their hand stamped for free admittance.

Team Camps: Canopy or “pop up” tents are allowed inside the track facility in designated areas only. The designated tent area is along the black fence behind the home stands or along the fence near the main entrance gate. You have a choice between grass or cement surface. You can bring bungees to strap to the fence or weight bags to hold your tent down. There is limited space. First come first serve.

Teams may also establish a seating area in certain areas of the stands or under the bleachers. Please remind your athletes they are guests at our school and therefore should remove all trash from their area at the end of the meet. No lockers or showers will be available. Teams should dress at home. Music is not allowed to be played from speakers. Personal headphones/earbuds are ok while in the stands but are not allowed inside the track.

See the seating guide diagrams at the end of the coach’s packet for designated areas.

Warming up before prelims: The track will be open to athletes and coaches until 1:15. Field events will be open for warm up until 12:50. NOTE: An athlete may only warm up at a field event if their coach is present at the field event area. 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. No one will be allowed on the track at any time unless competing. The track will open for warm up during the break between the 4x800 relay and the start of the finals.

Restricted Areas: No coach or parent is allowed on the track or in a field event area unless called there by an official. Your athlete will be disqualified. Unless they are involved in an event in that area, any athlete found inside a flagged area will be disqualified.

Designated Coach Areas: There will be designated coach areas marked by cones near the field events. The back stretch of the track will also be a designated area. Please make sure to have your wristband visible so officials and workers can identify you.

Bullpen: The bullpen is located in the north end zone next to the flagpole. Athletes must check in here to be seeded into their heats. Runners in non-lane finishes (800, 1600, 3200, 4x800, 4x400) will also receive their hip number here.

Call System: The call system will be: first call – second call – final call. First call, time to get ready. Athletes are to report to the bullpen by second call of that event. Athletes who report after the deadline will be disqualified. Final call is for athletes in a field event to leave and report or for an athlete finishing the event before.

Track Markings: Any and all marks your teams may need for the events they are involved in must be made with CHALK no larger than 2 inch by 2 inch. Anyone not conforming to this rule will be disqualified.

- Equipment:** Teams will provide their own batons. Starting blocks will be provided by Clarkston.
- Trainer:** An athletic trainer will be available at the meet. The trainer tent is located near the high jump. For athletes who want to do their usual pre-meet taping (like KT tape), our trainer can help but you must bring your own tape.
- Scoring:** 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1 (8 places)
- Awards:** Medals will be awarded to 1st - 8th place finishers. Team trophies will be awarded to the top three (3) boys and girls teams.
- Award Ceremony:** Awards will be handed out 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 400 relay. We will not mail any awards.
- Results:** Results will not be handed out at the meet or mailed to you. A printable version of results for ALL finishers will be available online by noon on Monday on our website.
- Results are also published on athletic.net
- See the link on athletic.net for access to live results during the meet.
- Admission:** Adults \$6.00 Programs \$4.00
- Concession Stand:** The Clarkston Athletic Booster Club will have its concession stand open for the duration of the meet. Visit the concession stand and try a smoked sausage, hot dog, popcorn, pop, or any of the other gastronomical delights.
- T-Shirts:** Oakland County Track Meet shirts will be available for purchase by athletes and spectators. Cost is \$22.
- Bus Parking:** Buses may use the event lot which is located next to the track to drop off. If your bus is staying, your bus will need to temporarily park in the shopping plaza at the corner of Sashabaw and Waldon Roads (~1/2 mile away). At 3:10 your bus is welcome to return to the event lot and park for the rest of the meet.
- Spectator Information:** Please direct your parents to our website for information on the schedule, admission, shirts, where to park, etc. Our school office routinely receives an overwhelming amount of calls the day of the meet when all the questions are answered on our meet website.

Limitations:

- We are encouraging all teams to be dressed in an official team uniform.
- 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.
- One false start is permitted under the Middle School/Junior High rules.

Reminders:

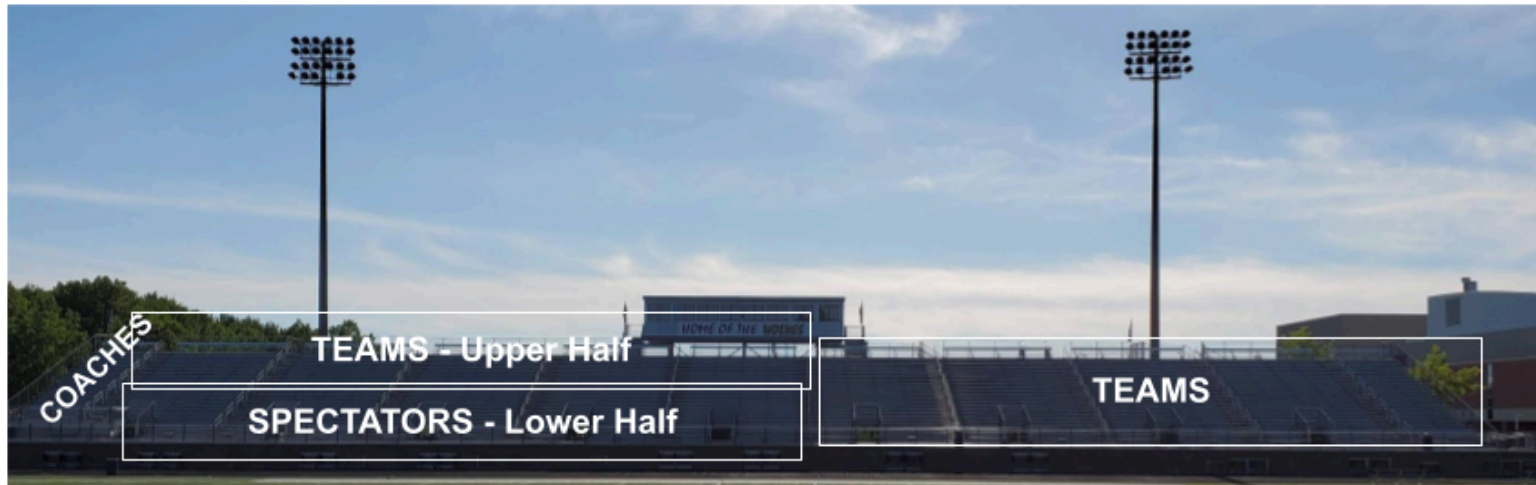
- For all sprint and hurdle races, athletes must stay in their lanes behind the restraining line as they finish and wait to be released by the finish line umpire.
- For the 1600 and 3200, athletes will finish in a cross country style chute after they cross the finish line. They will be given a finish card to bring to a check in table. The card is an unofficial result. The cards are only used in case an issue arises with the finish cameras.
- Athletes must respond immediately to all calls and directions of meet officials. We will not hold up the seeding of heats due to missing athletes. Athletes who report late will be disqualified.
- The meet monitor is located in the press box. Coaches with concerns may report to the meet monitor who will then contact an appropriate official. The meet monitor and press box workers are unable to make any rulings. Appeals and rulings will be dealt with by the appeals committee and the meet referee. The jury of appeals shall serve as the final authority.

TEAM TENT AREAS

Team Tents in the highlighted yellow areas only. Must be along the fence line.
Please make sure your tents are secured.



OTHER TEAM AREA CHOICES



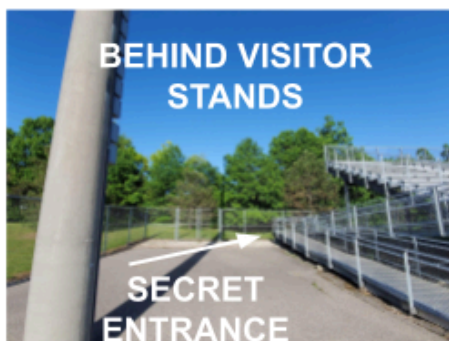
Choose from a variety of locations to set up your team area. NO tents/canopies in the stands. All areas are first come first serve.



Home Stands: Use the designated areas

Visitor Stands: Use any area

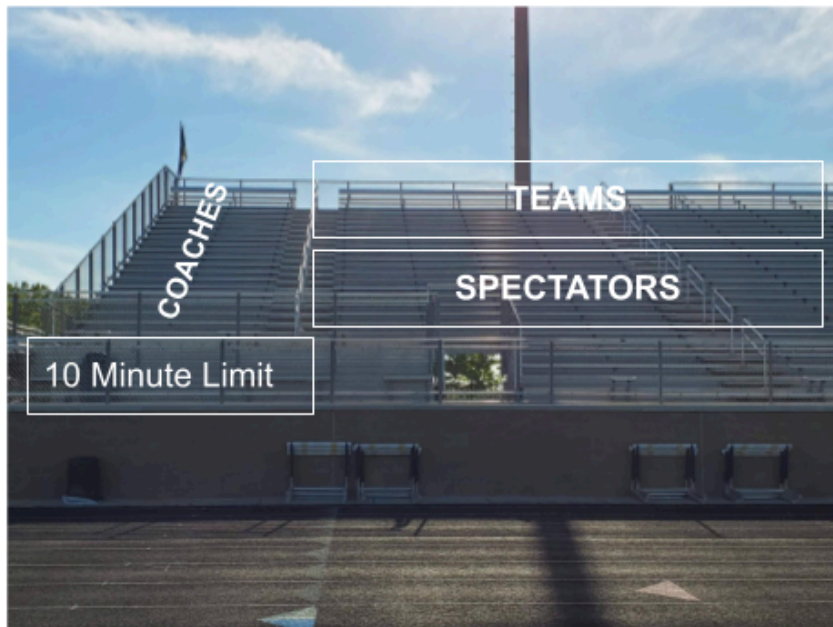
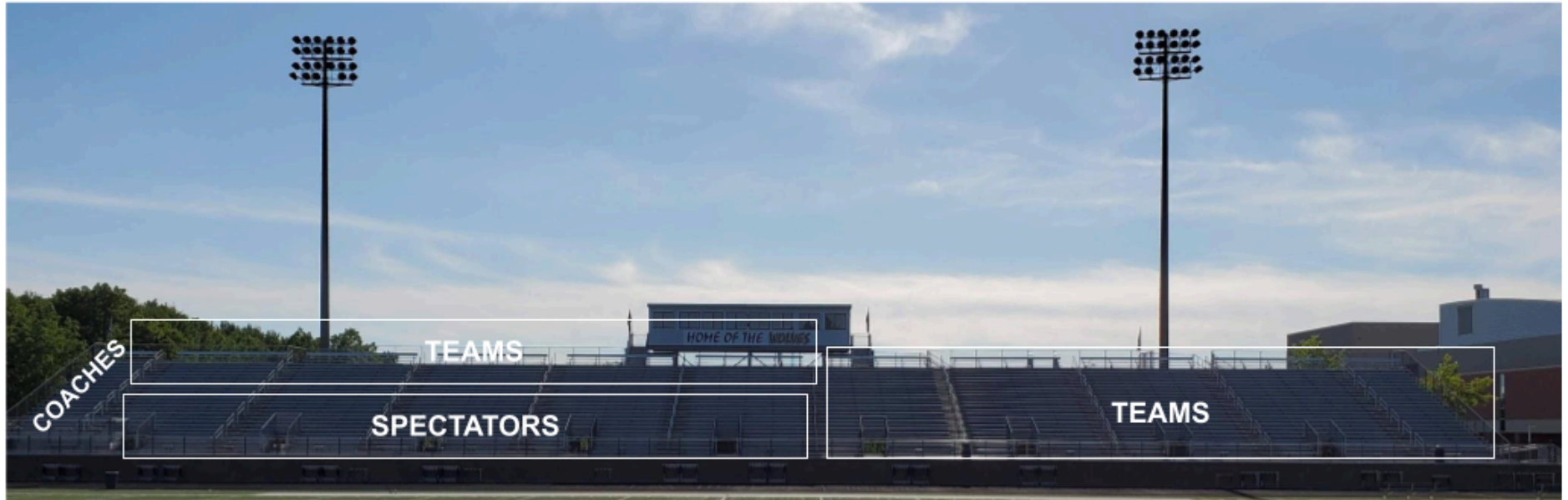
Team Tents: Along the black fence behind the home stands or limited space along the fence near the main admission gate.. Use bungees to secure to the fence or weights to hold your tent down



Under the stands:

- You will want to use a tarp due to the gravel for athletes to sit on.
- Under the home stands, there are 3 locations inside the black fencing. The gates will be open. If using the sidewalk area, please keep against the fencing so others can walk through.
- Under the visitor stands.

HOME STANDS SEATING



To help ensure everyone has a chance for the “best seat” to see their athlete, please use the following guidelines:

Coaches:

Use this section to get your bird’s eye view of the finish line. Please do not have your team sit with you.

Teams:

These are locations you can have your entire team use as their home location. Your parents may also sit with your team.

Spectators:

Please allow this area for spectators whose teams do not have a spot in the home side.

10 Minute Limit: To get a quick finish line photo of your athlete