

Michigan High School Athletic Association, Inc.
CROSS COUNTRY/TRACK AND FIELD REGULATIONS COMMITTEE MEETING MINUTES
January 16, 2018, 9:30 a.m.

Members Present:

Ray Antel, Kentwood
Lewis Clingman, Grand Rapids
Scott Evans, Plainwell
Rudy Godefroidt, ATOM
Jeff Kalember, Gaylord
Greg Lattig, Mason
Karen Leinaar, Bear Lake
Steve Linn, Deckerville
Brian Macomber, Comstock Park

Philip Mahar, Dearborn
Kristi Matuszewski, Brighton
Kyle McKown, Clare
Don Passenger, Grand Rapids
Mike Roberts, Hillsdale
Brian Salyers, Highland
Dave Smith, Petoskey
Fred Smith,
Janine Greco, Ionia Athletic Trainer

MHSAA Staff Present:

Nate Hampton (Recorder)
Cody Inglis

Members Absent:

James Alspaugh, Ionia
Adam Burhans, Clare
Ross Malatinsky, Holt
Matt Warren, Gaylord
Orlando Watkins, Detroit
Dan Wytko, Portage

The committee met for the purpose of reviewing specific National Federation sport rules, MHSAA tournament policies, and interpretations that are applicable to Track and Field and Cross Country during the regular season and MHSAA tournaments. The following is a review of items discussed by the committee as well as recommendations to staff for inclusion in tournament information and recommendations that will advance for Representative Council consideration.

Following the welcome, introductions, statement of committee purpose and the committee relationship to the Representative Council, the committee discussed the following:

1. 2017 Committee Minutes and Recommendations
2. Health and Safety Concerns
 - Heat & Humidity
 - Health & Safety training for coaches
 - Field events venues – supervised
 - Concussion management/MHSAA concussion insurance
3. MHSAA sponsorship Junior High/Middle School Regional/League or Conference Tournament and or special events. MHSAA staff member Cody Inglis, shared information relating to the JH/MS Committees work with presenting sponsorship of already existing events in TR and XC.
4. 2018-19 National Federation Rules and Editorial Changes for Track & Field and Cross Country
5. Cross Country:
 - 2018 LP Final Site- Michigan International Speedway – Sat., Nov. 3, 2018, UP Finals hosted by Munising HS – Sat., Oct. 22, 2018
 - MHSAA Cross Country post season tournament – Regionals Oct. 27-28, 2017
6. Track and Field 2018 Final Sites:
 - Division 1: East Kentwood HS
 - Division 2: Zeeland Stadium
 - Division 3: Comstock Park HS
 - Division 4: Hudsonville Middle School
 - Upper Peninsula – All Divisions Kingsford HS
7. Track and Field/Cross Country official uniforms – The committee discussed at great length the MHSAA/ATOM proposal to eliminate the required red body with yellow sleeve jacket, due to the lack of availability (no supplier). The proposal will require a simple red jacket (body & sleeves) or red shirt. Black or tan pant. Starters will be required to wear a yellow slip on sleeve for the starting arm.
8. Track and Field
 - Committee reviewed the Regional sites and assignments

- 2018 Additional Qualifying Standards for Regionals and Finals
- Reviewed Track Final Time Schedules – morning field events starting at 9:30am, morning running events of the 3200 meter relay at 10:30am and the second session to start at 11:00 with field events and 1:00pm running finals
- Review Participating Team Information
- 2018 NFHS Rules and Editorial Changes

MITCA/ATOM Recommendations to MHSAA Staff

1. Events started in alleys – Change the seeded placements in alleys that will include the following:

ALLEY STARTS	NINE LANE TRACK	THREE ALLEYS
<u>Current</u>		<u>Proposed</u>
	22 lg	24 21
	<u>16 13 10 7 4 1</u>	<u>18 15 12 9 6 3</u>
	23 20	22 lg
	<u>17 14 11 8 5 2</u>	<u>16 13 10 7 4 1</u>
	24 21	23 20
	<u>18 15 12 9 6 3</u>	<u>17 14 11 8 5 2</u>
ALLEY STARTS	EIGHT LANE TRACK	FOUR ALLEYS
<u>Current</u>		<u>Proposed</u>
	21 17	20
	<u>13 9 5 1</u>	<u>16 12 8 4</u>
	22 18	22 18
	<u>14 10 6 2</u>	<u>14 10 6 2</u>
	19	21 17
	<u>15 11 7 3</u>	<u>13 9 5 1</u>
	20	19
	<u>16 12 8 4</u>	<u>15 11 7 3</u>
ALLEY STARTS	SIX LANE TRACK	THREE ALLEYS
<u>Current</u>		<u>Proposed</u>
	19 16 13	18 15
	<u>10 7 4 1</u>	<u>12 9 6 3</u>
	20 17 14	19 16 13
	<u>11 8 5 2</u>	<u>10 7 4 1</u>
	18 15	20 17 14
	<u>12 9 6 3</u>	<u>11 8 5 2</u>

2. Recover MHSAA Junior High/Middle School Handbook language for Cross Country distance. Limiting runs to 3200 meters or two miles.

Recommendations to the Representative Council

1. Adopt the ATOM/MITCA recommendation – that starting in 2020 Regional and Final competitions will be required to use a One turn stagger for the 4x800m relay, 1600m run, 800m and 3200m run (16-1 in favor)
2. Adopt the MITCA recommendation – to change the Middle School order of events to more align with the High School order. (16-1 in favor)

<u>Current Order</u>	<u>Proposed Order</u>
3200 m Run	4x800m Relay (3200 Run)
55m Hurdles	55m Hurdles
4x200m Relay	100m Dash
800m Run	4x200m Relay
1600m Run	1600m Run
100m Dash	4x100m Relay
400m Dash	400m Dash
4x800m Relay	70m Dash

70m Dash
200m Hurdles
200m Dash
4x400m Relay
4x100m Relay

800m Run
200m Hurdles
200m Dash
3200m Run (4x800m Relay)
4x100m Relay

3. Adopt the ATOM recommendation for Track & Cross Country – to change the current required red body with yellow sleeve jacket, due to the lack of availability (no supplier). The proposal will require a simple red jacket, sweater, pullover or red shirt (body & sleeves). Black or tan pant. Starters will be required to wear a yellow slip or sleeve for the starting arm. A red hat or cap is optional. (17-0 in favor)