MAC Gold Division Meet

Lake Shore High School

May 22, 2018

**Schedule of events:**

3:00 pm Implement weigh-in (tent on infield)

3:30 pm Girls discus (boys follow)

Boys shot put (girls follow)

Boys High Jump (girls follow)

Boys & Girls Long jump (time limit of 90 minutes prelims, 45 min finals)

**Pole Vault will be contested at Marysville High School on Monday, May 21 @ 3:00**

**Boys will run first in all running events**

4:00 pm Prelims 100 dash

Prelims 110/100 hurdles

Prelims 200 dash

**We will go from prelims right to finals. Top finisher in each heat plus the next fastest times.**

4:45 pm 4 x 800 Relay FINALS (1 heat)

5:30pm BREAK

5:45 pm National Anthem

**5:50pm FINALS**

110/100 hurdles (1 heat)

100m dash (1 heat)

4 x 200 relay (1 heat)

1600 m run (1 heat)

4x100 relay (1 heat)

400 dash (3 heats)

300 hurdles (3 heats)

800 run (1 heat)

200 dash (1 heat)

3200 run (1 heat)

4 x 400 relay (1 heat)

Championship plaques and medals will be awarded with the results packet. Coaches, please check medals for accuracy before leaving the meet!

**Meet Information**…

**Entries need to be completed on Athletic.net by May 21 at 4:00pm. Scratches only on the day of the meet, no substitutions, unless it is on a relay.**

Medals: 1st – 6th for individual events, 1st – 2nd on relays.

Scoring: 10-8-6-4-2-1 for individual events; 10-8-6-4-2 on relays.

**Field Event Information…**

High Jump:

Girls-Starting height 4’, then 3” raises until 3 competitors left, then 1” raises.

Boys-Starting height 5’, then 3” raises until 3 competitors left, then 1” raises.

Long Jump: Open order, 3 jumps, top 7 to finals and all jumps count.

Pole Vault:

Girls: 6’0, 7’0, 7’6” etc, then 3” raises

Boys: 8’0, 9’0, 9’6” etc, then 3” raises

Shot Put and Discus:

3 flights, 3 throws (2-1), top 7 to finals all throws count (1-1-1)

**Additional Reminders:**

* Please dress at home-no locker room facilities will be available. Restrooms will be available.
* Concessions will be available.
* **Admission charge-$5.00, no MAC passes.**
* Please keep your athletes out of the infield except those competing at their specific events.
* Clerking will be done in the bullpen and events will be called. Please have your athletes at the bullpen no later than 2nd call.
* Instruct athletes to listen to all announcements and calls and report promptly to their events when called. Anyone failing to report before the official clerk or field judge begins forming heats/flights will be disqualified.
* Please make sure your athletes are following the jewelry rules, watches ARE permitted. There will be an official warning given at the beginning of the meet.
* All MHSAA and National Federation rules will be in effect.
* There are places at the southwest end of the track for tents should you wish to bring one.

**WORKERS**

All schools are required to supply 3 workers, or failing that, a check for $25 per missing worker, payable to Lake Shore Public Schools.

Please e-mail us a list of your workers so we can make sure they are not charged admission. You can email Jackie Phillips (girls coach) at jphillips@lsps.org.

Marysville is handling pole vault. Lakeview has volunteered to do one LJ and HJ. Lake Shore will handle the 2nd long jump pit. St. Clair will do either shot put or discus, so if L’Anse Creuse could provide the other throwing workers we will be covered.

Lake Shore will provide the finish line workers. If you have any extra person who would like to participate in timing/picking, we would welcome them.