



## CAAC Game Sheet

### Track & Field (Boys & Girls)

(Established: February 2022)

(Updated: March 2025)

#### Start Times:

- Field Events during the regular season: Blue – 4:00 p.m. and Red & White – 4:30 p.m.
- Running Events during the regular season: Blue – 4:45 p.m. and Red & White – 5:00 p.m.
- Conference Meet start time will be determined by host

#### Pre-Game Warm-up:

- The track will be available 30 minutes prior to the start of the meet

#### Meet Format:

- Meet Electronic entries (from participating schools, as well as the host school) are due to the host school by 7:00 p.m. the day prior to the meet; changes may be made prior to the start of the meet
- Meets will follow the order of events as listed in the NFHS Handbook
- Field events and running events will be scored
  - Three places (5-3-1)
    - Red & White
  - Four places (5-3-2-1)
    - Blue
  - Relays will be scored
    - Red & White (5-0)
    - Blue (6-0)
  - Lane races, scoring will come from heats 1 and 2 only (100 and 200 Meter, 110/100 Hurdles, 300 Hurdles, 400 Meter) when using hand timing; when using FAT timing, scoring may come from any heat, but it is the coach's responsibility to make sure fastest runners are in 1<sup>st</sup> heat
  - Dual meets, the 3200 Meter Relay and 3200 Meter may start boys and girls together
  - Pole vault will be a scoring event
  - The opening height must be cleared for points to be awarded if the host school has pole vault pits
    - If the host school does not have pole vault pits, they will forfeit the points for the event
    - The visiting school(s) must verify before the meet begins as to the number of vaulters they have; if points are awarded in this case, pole vault will count as one event for each individual entered in the event
  - Contestants must be signed in prior to the start of the meet, except in relays; only scratches after the meet has begun; scratches may be re-entered into relays
    - Unlimited entries in dual meets
  - Dual meets, the shot-put, discus, and long jump provide for four trials (no finals)
  - Long jump will run as an open pit for boys and girls together
    - Blue runs separate pits for Varsity, together for JV
  - High jump opening heights are as follows:
    - Boys: 5'0" with 2" raises
    - Girls: 4'0" with 2" raises
  - Pole vault opening heights are as follows:
    - Boys: 8'0" with 1' raises until 9' then 6" raises thereafter
    - Girls: 6'0" with 6" raises thereafter



# CAAC Event Management Policies & Procedures

## Track & Field (Boys & Girls)

(Established: February 2022)

(Updated: March 2025)

### General Procedures:

- When a host school conducts a special activity that will interrupt pregame or the meet, they shall be required to notify the visiting AD and/or coach no later than upon arrival
- No artificial noisemakers will be allowed
- Spectators will be prohibited from forming pep lines or tunnels on the track
- **Playing Rules**
  - All MHSAA and National Federation rules will be followed
- **Make-Up Dates**
  - Postponed meets will be made up on the next available date as determined by participating school ADs & coaches
  - Division meets will take precedence over non-division meets
- **Media**
  - Bona fide media shall be provided access to the facility and press areas
  - Photography restrictions will be established by the host school consistent with similar outdoor events
- **Results**
  - Host school will report results to local media and/or post on social media
- **Host School Expectations**
  - Provide an MHSAA registered starter
  - Provide equipment necessary to run the meet; FAT timing is expected
  - Entry sheets or electronic entries
  - Water and ice for both teams
  - Restroom facilities for the visiting team
  - Certified athletic trainer or doctor (if possible)
  - Host school trainers will tape the visiting team (if asked), and as a courtesy, the visiting team should bring taping supplies
- **Weather Policies & Suspensions**
  - Host school management will determine if a meet is to begin if track/field conditions are affected by weather
  - If a meet is to be cancelled in advance due to weather and/or poor track/field conditions, the visiting team shall be notified prior to 2:00 p.m.
  - Once a meet begins, the decision to suspend lies with officials; resumption of play will be determined by host school management
  - If play cannot continue after suspension, the meet will resume from point of suspension

## Division Championship Determination

- **Regular Season**
  - Will count one-half toward the overall championship
  - A win is worth 2 points in the standings, a tie 1 point, and a loss 0 points
  - Regular season champion will get the same number of points as there are teams in the division
  - Points will be awarded to other teams in descending order of finish
- **Division Meet**
  - Will count one-half toward the overall championship
  - Division meet champion will get the same number of points as there are teams in the division
  - Points will be awarded to other teams in descending order of finish
  - Entry deadline will be determined by host school
  - Scratch meeting for running events; scratches for field events are done on-site
  - Field events
    - Long jump is open pit for one-hour for boys and one-hour for girls; 3 jumps each with the top 7 individuals qualifying for 3 more jumps in the finals
    - High jump starting height will be 2" less than height of the 6<sup>th</sup> place seed
    - Pole vault starting height will be 6" less than height of the 6<sup>th</sup> place seed
    - Discus and shot put will have 2+1 attempts with top 7 advancing to finals for 2+1 additional attempts
  - Running events
    - No Preliminaries because FAT timing system must be used
  - One starter for the boys and one starter for the girls
  - One referee for field events and one referee for running events
  - Each school will be allowed 4 entries per event and scratch one at the meet; if 4<sup>th</sup> is not scratched, that will count as one event for that athlete
  - Each school is allowed to enter additional qualifiers in any event who have met the lowest MHSAA Division standard represented in each school's respective CAAC division meet; the school are not limited to the number of additional qualifiers they may have in an entry
  - Scoring will be: 10-8-6-4-2-1
  - Games Committee will be the host school plus the next two schools in alphabetical order; if any of those schools is involved in an appeal, the next school in order will serve
  - Host school must have a FAT timing system
  - Host school may request each school to provide volunteers to work the event
- **Overall Champion**
  - Regular Season points will be added to Division Meet points to determine overall finish
  - The team with the highest point total will be declared the champion (if 2 or more teams earn the same final number of points, they will be named co-champions)

## All-Conference Selection Format

- Each division or combination division will select All-Conference Teams for CAAC recognized sports
- Players will be selected to the CAAC Divisional All-Conference Team
- There will not be a designation of first team or second team
- The athletic director/manager of the Division tournament will provide coaches with medals and the school honoring the student will provide a completed certificate using the supply of certificates annually provided by the CAAC Commissioner, for the athletes placed on the All-Conference Team
- Each school will properly complete certificates for their school and distribute them to the proper student(s)
- The CAAC Commissioner will release All-Conference results to the media when CAAC teams are no longer competing in MHSAA tournaments

## All Conference Awards Determination

- All-Conference: Top 3 in each event
  - Medal and Certificate
- Honorable Mention: 4<sup>th</sup> place in each event
  - Certificate

## Academic All-Conference Award Criteria

- Award will be presented at the end of each season
- Athlete must have a 3.5 cumulative grade point average
- Athlete must have been awarded a Varsity Letter

## MHSAA Handbook Regulations

- A student who, after practicing with (including tryouts) or participating in an interscholastic scrimmage or contest as a member of a high school athletic team, participates in any athletic competition not sponsored by his or her school in the same sport during the same season, shall become ineligible for a minimum of the next three (3) days of competition and maximum of the remainder of that sport season in that school year
  - Track & Field shall apply the limited team membership rule from the point of a student's first participation in an interscholastic scrimmage or contest, rather than practice (p. 55)
- During the high school season in track & field, a member of the school team in that sport may participate in a maximum of two non-school contests in that sport while not representing his or her school; an event held on not more than three consecutive calendar days is considered a single meet
  - Times or records established shall not count toward any qualifying requirement for MHSAA meets (p. 55)
  - Meets entered under the above provision shall not affect the number of games, contests, or days of competition specified for each school team and individual (p. 55)
- A student or team shall participate in no more than four events per meet (National Federation listed events only, but not javelin in any form) (p. 68)
- A student or team shall participate in no more than four interscholastic scrimmages and in no more than 18 days of competition in a season, exclusive of the MHSAA tournament (p. 68)
- Uniforms, Attire, Adornments (p. 119):
  - Should the uniform jersey hang below the waistband of the shorts, jerseys must be tucked in
  - Throwing Events: The event landing areas must be clearly identified and marked with flags or ropes
  - Sunglasses may be worn in competition
- Events (p. 119):
  - A student shall participate in no more than four events per meet (National Federation listed events only but not javelin in any form)
  - Schools may request approval from the MHSAA to modify events for invitationals
  - The 1600-meter run, 3200-meter relay and 3200-meter run at all Lower Peninsula Regional and Final meets will use waterfall and a one-turn stagger