

BIG "8" TRACK BY-LAWS

Adopted: March 3, 1999
Last Revision: April 13, 2005

- I. Purpose of the Big "8" Conference:
 - A. To promote wholesome interscholastic relations between the member schools at all levels of athletic competition.
 - B. To provide consistent and purposeful policies that promote and regulate athletic contests among member schools in harmony with the rules and purpose of the Michigan High School Athletic Association.
 - C. To promote among students a proper competitive spirit, more universal participation in athletics, leadership, ability, good sportsmanship, and high moral and ethical standards of conduct.
- II. Track Committee:
 - A. The chairman will be appointed at the first meeting.
 - B. The chairman will organize the committee and call meetings regularly or as the need arises.
 - C. The chairman should contact an athletic director to attend each meeting.
 - D. All coaches are encouraged to take an active part on the committee.
 - E. The committee has the power to recommend in writing to the executive council any changes in contest provisions.
 - F. Contest provision changes should be presented to the Executive Council prior to the beginning of each track season.
 - G. A written report (including the schools present) of each meeting will be provided to the league secretary and each athletic director.
 - H. Rules governing the dual meets, and the conference meet, not listed in the contest provisions, will be made by the track committee prior to the beginning of each season.
- III. League Contests:
 - A. League schedules shall take precedence over other sport activities of member schools.
 - B. All league meets between varsity teams must be played. They may be postponed only by mutual consent of the two schools involved. Any cancellation of a varsity contest in the league must be approved by the Executive Council.
 - C. Schools should try to reach agreement about calling off a meet due to weather. If they cannot agree, the home team will decide. Any decision should not violate any board policies of either school. Once the meet starts, it will be up to the starter to stop a meet.
 - D. Boys' and girls' meets will be held on the same date at the same site and time, and will use the order of events set up by the M.H.S.A.A. If participation in a field event is not started at the beginning of the meet, at least a ten-minute warm-up will be allowed before competition.
 - E. League meets shall be under the supervision of the administration and athletic director of the school at which each meet is held.
 - F. Each school should provide a safe facility for meets and these facilities should meet M.H.S.A.A. regulations.
- IV. Championships and Awards:
 - A. The league champion will be determined by the total points earned in dual meet competition and the conference meet.
 - B. Dual meet competition:
 1. Two points for a win.
 2. One point for a tie.
 3. Zero points for a loss.
 - A. Conference meet results:
 1. Points will be based on a competitive ranking in the meet; seven points for first place and zero points for last place.
 2. If all schools do not compete in the meet, points shall be dropped corresponding to the number of schools failing to participate.
 - A. The Championship trophy will be presented at the conclusion of the conference meet.
 - B. Medals will be presented to the first six places in each event.
 - C. Only league approved honors will be released to the media.
- V. Officials:
 - A. Varsity officials must be selected from the association bulletin.
 - B. Schools may use their own faculty members to officiate league contests.
 - C. Competent High School students may be used to officiate Middle School meets. Only graduates of 3 years or more shall be able to officiate an event in a High School meet.
 - D. The starter of the dual meets and the conference meet will also serve as referee in all meets unless one is hired.
 - E. The host school will provide the starter.
- VI. Protests:

Protests of any meet must be filed in writing with the executive secretary of the Executive Council within 72 hours of the contest. The meet must be run under protest and with the understanding that it is being run under such conditions. Such a protest must be signed by the Athletic Director and principal. A protest will not be received by the Executive Council when it is based on a judgment decision of an official.
- VII. League Meets:
 - A. All league meets will be run under the rules and regulations of the Michigan High School Athletic Association unless otherwise stated in the by-laws.
 - B. The league dual meets will be run on Mondays and Thursdays at 4:30, with one (1) round of play, following the league's master schedule.
 1. There shall be a minimum of one half hour between the start of the field events and the start of the running events.
 2. Schools should try to start running events within 45 minutes from the start of the field events.
 3. The Monday preceding the conference meet will be left for a make-up day. The make-up date should be left open for league meets.
 - C. The designated home school will send a result sheet, including the first four places in each event, to each league school the day after a league dual meet.

1. Result sheets must be sent by e-mail to the League Web site coordinator.
2. Boys' and girls' result sheets will be sent separately.
3. The result sheet should be neat and complete (use the adopted league result sheet).
4. Include the names of all members of both relay teams.
5. All times should be measured only as low as hundredths of a second.
6. Include first and last names of all first place finishers and competitors having the same last name.

- A. The conference meet will be run on the Wednesday following the Regional Meet.
1. Thursday will be used as a Make-up day for the Conference Meet.
 2. Pole vault will begin at 3:00 p.m.
 3. Field events and preliminaries will start at 3:30 p.m. and 4:30 p.m.
 4. The finals will start one hour after the completion of preliminaries or semi-finals, but not sooner than 6:00 p.m.
- A. Competent adults must be used to officiate all field events and to time and pick all running events.
 B. A team must wear identical uniforms on all relay teams in dual meets and the conference meet.
 C. Finish yarn must be used at all dual meets unless deleted by mutual agreement.

VIII. Dual Meet Organization:

- A. There will be no limit on the number of entries.
 B. Points will be 5, 3, 1, for individual events and 5, 0, for relays.

C. Field Events:

1. Order of field events:

ODD YEARS	EVEN YEARS
girls' discus	girls' shot put
girls' long jump	girls' high jump
boys' shot put	boys' discus
boys' high jump	boys' long jump
boys' pole vault	girls' pole vault

1. A long jump board (8"-24") will be required.
2. The 1 1/2 minute rule will be used in all field events except in the pole vault where the two minute rule will be used.
3. Shot Put, Discus, and Long Jump:
 - a. Each contestant will receive four trials
 - b. Contestants will be allowed to take any number of their trials at a time.
1. High Jump:
 - a. The starting height will be 4'0" for girls and 5'0" for boys.
 - b. The bar will be raised two inches at a time until the field is narrowed to four contestants. The bar will then be raised one inch at a time.
1. Pole Vault:
 - a. The starting height will be 8'6" for boys and 5'6" for girls.
 - b. The bar will be raised six inches at a time for three raises and then will be raised three inches at a time.
 - c. It is strongly recommended that vaulters wear helmets during both practice and competition.

A. Running Events:

1. Four lanes must be available in each running event.
2. The best runners should be put into the first heat.
3. Draw for lane assignments:

"A"	"B"
110-100 m. Hurdles	100 m. Dash
800 m. Relay	1600 m. Run
400 m. Dash	400 m. Relay
300 m. Hurdles	800 m. Run
3200 m. Run	200 m. Dash
3200 m. Relay	1600m. Relay

1. The starter should call all runners to the starting line for instructions.
2. The 400 and 1600 meter relays will all have the first 400 run in lanes.
3. The 800 meter relay will use a four turn stagger.
4. The 200 meter dash will be run on the full turn.
5. The 400 meter dash will be run in lanes.
6. The 3200 meter relay, 800 meter run, 1600 meter run, and 3200 meter run will use the 2 turn stagger.
7. Boys and girls meets are separate meets and a separate coin flip must be made to determine lane assignments for each meet.

IX. Conference Meet Organization:

- A. Each school may enter three contestants and additional qualifiers in each individual event and one team in each relay.
1. The regional meet format will be used in seeding the meet.
 2. In the first round of competition only, if two contestants from the same team fall within the same heat, move the slower runner to another heat by interchanging with a runner of nearest comparable seed and time (weighing seed first, and time second).
 3. Additional qualifiers may be used if they meet the Additional Qualifying Standards.
- A. Points will be 10, 8, 6, 4, 2, 1, for individual events and relays.
 B. The contestants and relay teams will be assigned to heats based on their best time of the season.
1. All times submitted for the conference meet must be converted for metric events.

2. Only times that have been timed by an official timer of a meet may be used on an entry.
 3. Times must be verified by a result sheet.
 4. If times are not verified, only conference times may be used.
- A. The Jury of Appeals shall consist of one starter, the Clerk of the Course, and the Head Finish Judge. Only a misapplication of a rule is subject to appeal. The referee is the final decision maker in the event of an appeal.
- B. Field Events:
1. The 1 1/2 minute rule will be enforced in all field events except in the pole vault where the two-minute rule will be used. Ten minutes will be allowed for each contestant after he has competed in a running event.
 2. Shot Put, Discus, and Long Jump:
 - a. Each contestant will have three trials in the preliminaries. Seven contestants will then qualify for the finals and will get three additional trials.
 - b. Preliminary results will be verified by the meet manager and posted before the beginning of the finals.
 - c. A minimum distance line for measuring attempts in the shot put and discus. The shot put line would be 25' for the girls and 30' for the boys. The discus line would be 60' for the girls and 100' for the boys. Note: One toss or put under the minimum distance can be requested by the competitor to be measured.
 1. High Jump:
 - a. Starts at 4'4" for girls and 5'4" for boys and raises two inches at a time until the field is narrowed to six contestants. One inch at a time from there.
 1. Pole Vault:
 - a. Boys starts at 9'6" and girls start at 6'6" and raises 6" at a time.
 - b. It is strongly recommended that vaulters wear helmets during both practice and competition.
 - c. A coaches box 6' x 12' located 10' from the take off point will be provided.
- A. Running Events:
1. The 400 and 800 meter relays will be run in lanes.
 2. The 1600 meter relay will have the first 400 run in lanes.
 3. When there are more teams than lanes available, there will be two heats of each relay, except the 3200 meter relay, with the fast heat run last.
 4. The dashes and 110 and 100 meter hurdles will have qualifying heats.
 - a. Qualifiers for the semi and/or final heats will be based on place, not time.
 - b. Semi-finals will be held if there are over 18 entries (24 on an 8 lane track).
 - c. In the semi-finals there will be no more heat entries from a team than qualifiers to the finals.
 - d. There must be a minimum of one hour between the semi-finals and the finals.
 1. The 200 meter dash will be run on the full turn.
 2. The 400 meter dash will be run in lanes.
 3. The 400 meter dash and 300 meter hurdles will be run by heats with contestants assigned to heats by time. The fast heat will be run last.
 4. The 3200 meter relay, 800 meter run, 1600 meter run, and 3200 meter run will use a 2 turn stagger. The assignments will be made by time.
 5. The 3200 meter relay will be run after the preliminaries in the Conference Meet
 6. There will be one heat of the 800 meter run unless there are more than 18 entries. When there are two heats of the 800 meter run, the second heat will include the nine fastest times entered.
 7. The coaches will meet the Sunday before the conference meet to establish conference entries.
- X. Lane Assignments for the Conference Meet Finals:
- Lane Assignments for the Conference Meet Finals will be determined by following the MHSAA Regional format.
- XI. League Records will only be established in the Conference Meet.
- Times will be measured only as low as tenths of a second.