

2016-17 MPA CO-ED UNIFIED TRACK & FIELD BULLETIN

(Updated 3/02/17)

UNIFIED TRACK & FIELD SEASON

March 10, 2017	Notice of Intent to Participate (Click here for notification form)
March 17, 2017	Funding Application Due (Click here for funding application)
March 29, 2017	Unified Coaches Meeting (Meeting will utilize Tandberg Equipment)
March 27, 2017	First Practice
April 13, 2017	First Countable Meet
May 16, 2017	Last Countable Meet
May 17, 2017	Electronic Entry (meet events file and directions can be found at www.sub5.com .)
May 18, 2017	Preliminary Entries Posted on the Web – www.sub5.com
May 19, 2017	Final Entries Will Be Posted
May 23, 2017	End-Of-Year Celebration (Site – Lisbon High School)

Schedule Requirements: For the first year of Unified Track and Field the schedule will be embedded within the MPA Outdoor Track season. Schools do not need to submit a separate schedule.

Authorization: The MPA Unified Sports Committee shall administer Unified Track & Field and the rules of the National Federation of State High Schools (NFHS) will govern the sport.

Track Meet Events (2 Track & 2 Field):

Unified Track will consist of four events (100m race, Long Jump, Shot Put and 4 x 100m relay) and will utilize both Unified Student Athletes and Unified Student Partners.

Scoring:

Scoring is done by totaling the times/distances of the Unified Student Athlete and the Unified Student Partner. Relay events must consist of two Unified Student Athletes and two Unified Student Partners.

Host schools will inform participants of the events being offered at that meet.

Official Lineup:

- All athletes will be allowed to compete in no more than four events. Unified Partners shall be allowed to participate in Unified track events, and have the partner's scores/times count in each event. In relays however, the total time of all participants (two Unified athletes and two partners) will count.
- In order to compete in each event, schools must have at least one Unified Pair (1 Unified Student Athlete & 1 Unified Student Partner).
- Relay teams must consist of two (2) Unified Student Athletes and two (2) Unified Student Partners.

Team Rosters: Teams are co-ed. Teams must consist of equal number of Unified Student Athletes and Unified Student Partners.

Equipment:

- Girls Shot Put will be used (8.81lbs)
- In the track events the runners have the option of using or not using the starting blocks.

Field Event Implements: All field event implements must meet specifications for competition.

Post Season Selection:

- To qualify athletes must participate in at least ½ of the scheduled meets.
- End-of-year celebration will be open to all Unified athletes.

Scoring at Meet:

In non-relay events the scores of all partners from a school shall be combined and averaged. The average for that school's partners will be added to the individual unified athlete's scores from their school in those events. Schools cannot enter more partners than athletes in any event. All available partners must participate in as many events as they are allowed (4).

Example: "School A" has three unified partners participate in the 100 meter dash. Those three scores will be averaged for that school in that event. That average number of the partners will be combined with the unified athlete's individual score from that school for a total score in that event.

Special Notes:

- All field event finals and preliminaries will conclude five minutes after the last competitor present has completed their attempts.
- Shot Put circle is concrete.
- Long Jump and running events will be conducted on all-weather surfaces.
- Starter pistol will be used with a flag.

State Meet Entry Information:

All schools will use the Sub5 web site (www.sub5.com) to enter their athletes. Please enter the athlete's full name (no nicknames). An improper entry will not be accepted.

Entries shall be entered to Sub5 by Wednesday May 17, 2017 and Preliminary Entries will be posted on www.sub5.com on Thursday, May 18 and Final Entries posted on Friday, May 19, 2017/

WEATHER CONDITIONS

The safety of athletes (*participants*), spectators, coaches/directors, school personnel, and all others present at an athletic contest must be the first and foremost concern to the contest officials and building administrators.

1. When an interscholastic contest has been scheduled and dangerous playing conditions exist or severe weather is anticipated, the following should be considered:
 - a. Prior to beginning an athletic contest, when severe weather is anticipated, the head contest official and the principals of each school, or their designees, will meet to review the suspension and/or postponement procedures. This would include any playing rule book coverage.
 - b. The host school administrator will be responsible for informing contest officials, visiting school administrators and, if applicable, the individual responsible for public address announcements of designated shelter areas.
 - c. When lightning is observed or thunder is heard in the vicinity of a contest conducted outdoors, play should be suspended.
 - d. If any other life-threatening condition occurs, play should be suspended immediately, and predetermined directions to safe locations will be announced.
2. When a suspension of a contest occurs, the following should be considered:
 - a. If the suspension is forty-five minutes or greater, resuming at a later date should be considered.
 - b. Play shall not be resumed until **30 minutes** after the last flash of lightning or clap of thunder.
 - c. When it appears that weather conditions are no longer a threat to the safety of participants, spectators, or contest officials, administrators from all schools involved will meet with the head contest official to determine if play will continue.
 - d. If play is to be resumed, contestants will be given at least a fifteen-minute warm-up period prior to competition.
3. If evacuation is necessary, the following should be considered:

- a. If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators should evacuate to available safe structures or shelters. A list of the closest safe structures should be announced.
- b. All personnel, athletes and spectators should be clearly informed of available safe structures or shelters in the event a thunderstorm approaches. A list of the closest safe structures should be announced. The person in authority must be aware of the amount of time it takes to get to each structure and the number of persons each structure can safely hold. For large events, time needed for evacuation is increased and there must be a method (i.e., announcement over loud speaker) for communicating the need for evacuation and directing both athletes and spectators to the appropriate safe shelters.
- c. The most ideal structure is a fully enclosed, substantial building with plumbing, electrical wiring and telephone service, which aids in grounding the structure. A fully enclosed automobile with a hard metal roof and rolled up windows is also a reasonable choice. School buses are an excellent lightning shelter that can be utilized for large groups of people. However, it is important to avoid contact with any metal while inside the vehicle.

Avoid using shower facilities for safe shelter and do not use showers or plumbing facilities during a thunderstorm as the current from a local lightning strike can enter the building via the plumbing pipelines or electrical connections. It is also considered unsafe to stand near utilities, use corded telephones or headsets during a thunderstorm, due to the danger of electrical current traveling through the telephone line. Cellular and cordless telephones are considered reasonably safe and can be used to summon help during a thunderstorm.

When caught in a thunderstorm without availability or time to reach safe structures, you can minimize the risk of lightning-related injury by following a few basic guidelines:

- Avoid being the highest object. Seek a thick grove of small trees or bushes surrounded by taller trees or a dry ditch.
- Avoid contact with anything that would be attractive to lightning. Stay away from freestanding trees, poles, antennas, towers, bleachers, baseball dugouts, metal fences, standing pools of water, and golf carts.
- Crouch down with legs together, the weight on the balls of the feet, arms wrapped around knees, and head down with ears covered.

CO-ED UNIFIED TRACK & FIELD CLASSIFICATION

<u>SOUTH</u>	<u>NORTH</u>
1.	1.