

Algonac Track's Muskrat Classic

Algonac High School
5200 Taft Road
Algonac MI 48001
810-794-4911

Dear Coach:

Welcome to the **28th** annual **MUSKRAT CLASSIC 2015** being held this year on Saturday, May 2 beginning at 9 a.m. with a coaches' meeting. In this attachment is meet information and schedule and contract. When you arrive at the meet, **a coaches' packet for your team will be available at the ticket booth.** Inside will be field event and running relay cards for you to fill out for all events. These will be due at first call for each event with the exception of your entries for the 100/110 hurdles, 100 dash, and the 75 meter mascot dash, which will be due at the coaches meeting.

BACK AGAIN THIS YEAR is our popular **Mascot Dash.** This 75 meter, non-scoring event will begin the afternoon session. Our Mr. and Ms. Muskrats are ready to take on all challengers. All participants in the mascot dash receive a complimentary Classic t-shirt. This is great event for a JV runner and is a non-scoring event. Even if you do not have a mascot, we invite you to dress somebody up and participate in this fun event.

OTHER INFORMATION:

Track Surface – eight-lane 400 meter all weather track. Spikes with a maximum ¼ inch are allowed. The long jump, high jump and pole vault surfaces are identical to track. Discus and shot put pads are concrete – no spikes. **No tape is allowed on track or high jump/long jump surfaces.** Please use chalk or sticks.

LOCKERS/REST ROOMS: No dressing facilities will be available. Restrooms will be available in our concession stand. Wonderful porta-potties will also be available.

CONCESSIONS/T-SHIRTS- Our booster club will provide a concession stand throughout the meet. Commemorative shirts will also be on sale with all teams listed.

WARMUPS/PARKING: Warming up on the track will be allowed before 9:30 a.m. and during the break. Warm-ups in the field events must be completed five minutes before the starting times. Buses will be directed to their parking location upon arrival.

ENTRY/RELAY CARDS: will be in your coaching packets when you arrive. **Packets will be at the admission booth.** Simply fill out the athlete (s) competing and estimated performance and have athletes turn them into the clerk after the first call. This includes all field events. **Remember that cards for 100/110 hurdles, 100 dash and mascot dash are due at the coaches meeting.**

TEAM SCORING/AWARDS: Eight places will be scored and medals received in each event. The scoring for all events will be 10-8-6-5-4-3-2-1. In coed relays, both men's and women's teams will receive the total number of points for team scores. Medals will be awarded to every relay team (*all three/four members*) for eight places. Team championship trophies, runners-up trophies for Division I and II will be awarded. A customized baton will be awarded to each first place *running* relay team. All medals and trophies will be awarded at the completion of the meet. Results will also be included in your awards envelopes.

HIGH JUMP RELAY: Three athletes compete with best jumps totaled for places. Men's starting height is 5' and women will start at 4' with three inch raises thereafter. Both will take place in the morning on separate pads, women - south pad by flagpole, men's north pad.

LONG JUMP RELAY: Three athletes compete with best jumps totaled for places. Men will jump from 9:15 a.m. to 11:15, women noon to 2 p.m. a.m. Open order.

SHOT/DISCUS RELAYS: Implements must be weighed by 9:15 a.m. at the tent on the infield. Three athletes competing with best tosses totaled for placement. Three throws, no finals.

POLE VAULT RELAY: Three athletes competing with best jumps totaled for placement. Boys will start at 8' 6" and girls at 6' 6", with 6" raises thereafter. Due to enhanced pit regulations, we will only have one pit this year. Boys' will vault first at 9:15 a.m.; girls' will follow immediately upon completion of boys. As per games committee ruling, bar may be raised and lowered to keep event moving and athletes will have one minute to vault after name is called. This will be strictly enforced.

Schools may still participate in the field events with one or two athletes.

COED EVENTS: Girls will run first in all coed events. Points earned count for both boys' and girls' team scores. **In 800 Field Event Relay, runners must be a member of the shot or discus team and compete in NO other running event.**

SHUTTLE HURDLE RELAY: Ten hurdles, standard distances from starting line and between hurdles; men's 110 meters at 39" while women's height is 33". Restraining zones provided for runners 2, 3, and 4. Same heights and distances for **coed shuttle**.

110/100 HIGH HURDLES/100 DASH: Preliminary heats seeded with top two in each heat advancing plus fastest four overall times. Medals and points same as relays. Entry cards for these events are due at the coaches' meeting.

1600 OPEN: Each school enters three runners. We plan to run this as a cross country race, starting on the infield, out to a loop of our course, and finishing at the normal finish line. Scored cross country style. If we use wooded loop trail, distance is 1.25 miles. If inclement weather puts mile on track, places will be determined by combined times. Athletes will draw for starting line placement. Advise athletes they may want older shoes if we do the loop.

8,000 METER RELAY: A member of your coaching staff will be asked to come down to the finish line to write splits for your team on an official form provided in your coaches packet. This helps us with determining placements.

SPRINT/HURDLE RELAY: Using a four turn stagger, athletes 1 and 3 sprint a 200, athletes 2 and 4 run a 200, hurdling four low hurdles at the 300 hurdle marks. Batons are used in this event.

MHSAA RULES: All track and field rules and limitations will be followed. This includes the uniform rules for relay teams. A video system will be used to assist judges in determining placements of some events.

MEET REFEREE: Our meet referee and other officials will be at the coaches meeting at the starting line at 9 a.m. to address any questions.

COACHING REMINDERS: Coaches may be permitted on the infield; however, athletes must not gather with you. Only athletes competing in the high jump will be allowed on the infield unless reporting to an exchange zone. Remind athletes not to climb the three foot fence that surrounds the track, but use the various gates. No radios or loud players near the track or in the stands. Please urge athletes and spectators not to litter. Teams are welcome to set up tents anywhere outside the three foot fence except for the chute area. PLEASE REMIND YOUR SPECTATORS THAT NO ANIMALS ARE ALLOWED INSIDE THE TRACK COMPLEX. INDIVIDUALS WITH PETS WILL BE ASKED TO LEAVE.

Should you have any questions regarding this meet, please contact Dan Shafer via email at coachdshafer@aol.com or call him at 810-329-9406.

We are looking forward to hosting you and your team at our meet.

Algonac Track Coaching Staff

Competing Teams for 2015: Algonac, Anchor Bay, Austin Catholic Academy, Cardinal Mooney, Clintondale, Cranbrook-Kingswood, Dakota, Farmington Harrison, Macomb Lutheran North, Marine City, Lanse Creuse, Richmond, Rochester Adams, Rochester Stoney Creek, St. Clair Shores Lakeview, Utica

2015 MUSKRAT CLASSIC SCHEDULE

9 A.M. COACHES MEETING

9:15 A.M. FIELD EVENTS BEGIN

Men – discus, high jump (*north pit*), pole vault, long jump

Women – shot put, high jump (*south pit*),

Pole vault immediately after men are completed

9:45 A.M. MORNING RUNNING EVENTS BEGIN

8,000 Meter Relay (1600, 800, 2400, 3200)

High Hurdles Preliminaries

100 Meter Dash preliminaries

Shuttle Hurdle Relay – Women (33”) and Men (39”)

Coed Distance Medley Relay (1200 woman, 600 man, 600 woman, 1200 man)

Coed 800 Meter Field Events Relay

Runners must be members of shot or discus teams, and compete in no other running event - Format: 200 woman, 200 man, 200 woman, 200 man

Coed Shuttle Hurdle Relay Women (33”) and Men (39”)

Noon. Women's long jump

LUNCHBREAK – 12:30 – 1 P.M. –

1 P.M. AFTERNOON FIELD EVENTS BEGIN

Men – Shot

Women – Discus

1:10 P.M. National Anthem

AFTERNOON RUNNING EVENTS

Mascot 75 Meter Dash!

3200 Meter Relay

High Hurdles Finals

100 Meter Dash Finals

800 Meter Relay

1600 Meter Open (3 athletes, scored cross country style)

Rat Relay (100, 200, 300, 600)

400 Meter Relay

800 Sprint/Hurdle Relay

1600 Meter Relay

Coed Classic Relay – 100 woman, 100 woman, 100 man, 100 man,
200 woman, 200 man, 400 woman, 400 man

4:15 P.M. AWARDING OF MEDALS AND CHAMPIONSHIP TROPHIES

Women go first in all running events and coed relays.