

M.H.S.A.A. TRACK STATE FINALS
SATURDAY, MAY 30TH 2009
Zeeland Stadium

We will leave at 7:30am in front of the school. Below is the schedule for the day.

8:00am	Gates Open
9:30am	B/G Long Jump Begins (Open pit 9:30am – 10:45am) B/G Pole Vault Begins
10:00am	Preliminaries – 100M / High Hurdles / 200M Finals – 3200M Relay ---- Estimated time of the 2 nd heat for 4x8 – 10:50am Semi-finals – 100M / High Hurdles / 200M
11:00am	B/G Long Jump Finals
1:25pm	National Anthem
1:30pm	Running Finals Begin
4:30pm	Team Trophy Presentation (approximate time)

MEET INFORMATION

- Team scoring – 10-8-6-5-4-3-2-1
- Top three places in all events – 1st Team All-State / 4th – 6th Place – 2nd Team / 7th & 8th HM
- Admission - \$7.00 / Parking - \$3.00
- Absolutely, no teams or competitors on the infield
- All uniform rules are in effect!

Things to bring: All equipment for events (tape measure, batons, chalk, etc.), uniform, warm-ups, money for food (optional). There will be a concession stand and t-shirts for sale if you're interested. The weather is going to be pretty good for competition (High of 67 degrees). There is a 30% chance of a shower popping up. Make sure you have enough clothes for the temperatures because the morning will be a little chilly. Bring whatever you need for the long day ahead. If we can stay cool, hydrated, and rested, the better we'll perform at the State Finals. It wouldn't be a bad idea to bring a cooler with ice, water, and snacks to keep you comfortable throughout the day.

www.mhsaa.tv will be streaming live video of the meet all day for friends and relatives who can't be here to watch the action. Pass the word around!!!!

Directions: 196 through Grand Rapids and travel West to Exit 55 (Business 196). Follow Bus 196 for 2 miles to State Street and turn right (Burger King on the NE corner). Travel West on State Street through 5 stop lights to Riley Road (baseball field on the left). Turn left on Riley and proceed to the stadium on your left.

STATE FINAL GOALS
Everyone goes home with a medal!!!

17'S IN THE LONG JUMP	4 x 800 – 9:30's – ALL STATE (22-25-25-17)
2:15 – Open 800 PR – ALL STATE	WIN YOUR HEAT 4X400! (62's for everyone)
11' 6" – TOP 3 – ALL STATE	

Your hard work and dedication has earned a spot to the most competitive meet in the state.
Go out and show them why you're here!