

MID-ATLANTIC CHRISTIAN SCHOOLS ASSOCIATION

TRACK & FIELD GUIDELINES

Dear Athletic Director and Track Coach:

The MACSA Track Meet is scheduled for Wednesday, April 23rd, 2025, beginning at 8:30 A.M. The meet will again be held at [Messiah University](#). Prepare now for a great day of track and field competition!

MACSA FEE

NEW! Online payment is now available! The fee is \$150.00 per school plus \$5.00 per athlete. Schools must be registered and paid by Friday, April 20th to be eligible to participate. Please make check payable to “MACSA”, and send to MACSA – Track Meet, PO Box 602, Lititz, PA 17543

ENTRIES

- Team, event and athlete entries will be done online using: <http://pa.milesplit.com>
You will find your team on the state milesplit page in which your school is located. Then go to the pa.milesplit.com to find the meet.
- Entries close on April 20th at 7 p.m. Substitutions and additions **are not** possible after this time.
- Each school may enter 3 competitors in each individual running event, 2 competitors in each field event, and relay teams of 4 members. Coaches may use any 4 athletes from the registered roster for relays as long as no athletes compete in more than 4 events. The meet will run on a rolling schedule. This means that once events begin, we will just roll through the order of events. You will not see times for running events, so it is especially important to pay attention to announcements!

EQUIPMENT

- Spikes of ¼ inch or less may be used for all running and jumping events. Flats must be worn in shot and discus circles.
- All throwing implements must be inspected by the officials prior to the beginning of the meet.

Discus:	HS Boys 1.6k	HS Girls – 1k	MS Boys – 1k	MS Girls – 1k
Shot:	HS Boys – 12 lb	HS Girls – 4k	MS Boys – 4k	MS Girls – 6lb
Javelin:	See NFHS rulebook			
- Hurdle heights:

HS Boys - 39”	HS Girls - 33”	MS Boys - 33”	MS Girls - 30”
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- Starting heights for High Jump.

HS Boys 5’0”	HS Girls 4’0”.	MS Boy. 4’0”.	MS Girls 3’4”
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- Starting blocks are provided that do not need an extra person to hold them down. We encourage their use! Athletes may use their own blocks, but **block holders must accompany the athlete to the check in area.**

SCORING - All events 10-8-6-5-4-3-2-1 with “10” going to first place finisher and “1” to eighth place.

AWARDS

Team Trophies to: HS Girls Champions, HS Boys Champions, MS Girls Champions, MS Boys Champions
Team Runner-up Trophies to: HS Girls and HS Boys, MS Girls and MS Boys
Team Third place Trophies to: HS Girls and HS Boys
Ribbons to: MS: 1st – 6th place winners in all events.
HS: 1st – 8th place relay winners.
Medals to: HS: 1st – 8th place winners in the individual events

RESULTS - Official results will be compiled and posted to the web at pa.milesplit.com

RULES

- The National Federation Rule Book will be used as our guide for continuity and standards.
- The Senior High meet will only include grades 9-12. No 8th graders may participate.
- The events in the meet include:

MS	HS	HS
100 Meters	100 Meters	Long Jump
100/110 Hurdles	100Hurdles/110 High Hurdles	High Jump
200 Meters	300 Int. Hurdles	Triple Jump
400 Meters	200 Meters	Shot Put
800 Meters	400 Meters	Discus
1600 Meters	800 Meters	Javelin
4x100 Meter Relay	1600 Meters	
Long Jump	3200 Meters	
High Jump	4x100 Meter Relay	
Shot Put	4x400 Meter Relay	
Discus	4x800 Meter Relay	

- All races are seeded. When you enter your athletes online, please put their best times next to their names. An athlete without a time may be seeded in a slower lane or a slower heat.
- The meet will run on a rolling schedule. This means that once events begin, we will just roll through the order of events. You will not see times for running events, so it is especially important to pay attention to announcements!
- The MS long jump events will be “open pit”. This means that athletes will have a block of time in which they can do their jumps, enabling them to work around their running events. MS long jumpers will need to make sure to complete their 3 jumps within the specified time frame.
- In the 100-meter dash, the finals will be determined by taking the top eight times from preliminaries.
- Athletes who do not report to the Clerk of Course **by the second call** may be scratched.
- MS Athletes in the long jump, shot, and discus will be given three tries.
- HS Athletes in the Long Jump, Triple Jump, Shot, Discus, and Javelin will be given 3 tries in the trials and then the top 8 performers will get an additional 3 tries in the finals. The best mark from the trials will be carried over and will count if it is the athlete’s best mark overall and to break ties.

SCORERS, TIMERS, AND JUDGES

- Each school is responsible to provide volunteers for at least one event. Sign-ups will once again be done through SignUp Genius, using the following link: [Volunteer Sign Up](#)
- If your school does not sign up for a preference, you will be assigned an event that your school must cover to run the meet. A schedule will be sent out with the schools responsible for running each event. Conversely, if your school can provide extra volunteers, this is always appreciated! This is a MACSA meet run by MACSA schools. **Everyone must help to make the meet a success.**

MISCELLANEOUS

- Messiah will have a concession stand available.
- All participants must wear shoes and a jersey during the day even when not participating.
- Athletes not competing and coaches not working an event must stay out of the infield.
- Stay away from the creek!!

If you have any questions, please e-mail Jennifer Bleecker, MACSA Track & Field Meet Coordinator at jbleecker@lccs.cc or call 717-799-8247. Looking forward to a great meet!

