

**MHSAA Track & Field North State 1A and 6A  
Center Hill High School  
April 26th, 2025**

**Date:** Saturday April 26th, 2025

**Individual Scoring** North / South Mississippi & State Meets  
7 or more (8 scoring) 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1

**Relay Scoring:** 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1

**Preferred Lanes:** 4-5-3-6-2-7-1-8

**Entry Fees:** North State 1A and 6A: \$10.00/athlete payable to host school  
Make checks out to Center Hill High School

**Timing:** BW SPORTS TIMING

**Time Schedule:** Coaches meeting @ 10:30 a.m. and Meet starts @ 11:00 a.m.

**Packet Pick-up:** Will be at the table by the shed near the finish line. Give checks and get your packet at the coaches meeting.

**Implement Weigh In:** Will be at the Shed on the infield of the track facility @ 10:00 a.m.

**Event Check In:** Will be behind the start of the 110 meter Hurdles.

**Meet Contact:** Coach Andy McElyea @ 662-750-8115  
*Email: andy.mcelyea@dcsms.org*

**Admission:** Spectator admission fee will be \$10.00 at track gates. Concessions will be available @ Noon.

1A - 4A North/South State Meets: Winners of first, second, third, and fourth places in a Super Region Meet are eligible to participate in a North or South Mississippi Meet.

5A - 7A North/South State Meets: Winners of first, second, third, and fourth places in a Region Meet are eligible to participate in a North or South State Meet.

**Number of Trials:** In the long jump, triple jump, shot and discus the number of trials shall be:

1. Super Region, North/South State and State Meets: Each competitor shall receive 6 trials.

**High Jump and Pole Vault:** Two (2) inches below the lowest qualifier's seed mark. Pole Vault will begin Six (6) inches below the lowest qualifier's seed mark with a minimum of 8' for boys and 6' for girls. A jumping height may not be lowered unless given a tie breaker for 1st Place.

The crossbar in the high jump shall be raised in increments of two (2) inches and in increments of six (6) inches in the pole vault. Only when one competitor remains in the competition may the competitor determine successive heights of the crossbar.

**Pole Vault Confirmation Sheet:** Competitors competing in the vault must turn in a signed Pole Vault Confirmation Form to the Pole Vault Judge (included in this manual & found in MHSAA Sports Information Manual) in order to compete!

**Throwing Implements:** All throwing implements shall be weighed and checked before competition begins. The host school will determine the time and site for weigh in. Implements not approved should be impounded during competition and may be picked up after the completion of the field events.

Boys Shot 12-lbs. Boys Discus 1.6 kg (3 lbs. 9 oz)  
Girls Shot 4 kg (8 lbs. 13 oz) Girls Discus 1 kg (2 lbs. 3.27 oz)

**3200m:** The Girls event will be after the Boys 4x800m Relay race. The Boys event will be after the Boys 200m. To run in the state meet athletes in the 3200 Meter Run will have to finish in the top four (4) in their respective north/south state meet and have met the qualifying standard listed below during the current 2024 season: **1A Girls: 15:20 and 1A Boys: 12:40/ 6A Girls: 13:40 and 6A Boys: 11:00**

The MHSAA will put a SPECIAL EMPHASIS on the 3200 Meter Run beginning with the 2024 Track & Field Season! An athlete MUST be able to run this race with some degree of effectiveness. Coaches should NEVER enter an athlete into this event without the proper training and required fitness level! During a 2024 Track & Field Meet any athlete that does not display a readiness to compete will be pulled off the track and not allowed to finish the race! This will include walking, stopping or running at a very sub-par pace. The following times can assist meet directors as to when to pull an athlete from a 3200m race:

Gender	Goal Time	Complete 4 Laps by	Complete 7 Laps by
Girls	18:00	9:00	15:45
Boys	14:00	7:00	12:15

**800m:** The 800m races (including 4x800m) will be a staggered start with a breakline after first 100m (White).

**Warm-ups:** The track is for competition only. Warm-ups may only take place on the practice fields. No throwing implements anywhere except throwing event rings.

**North State advancers: Top 4 in each event (with at least minimum mark) qualify for the MHSAA State Championship Meet**

**Ribbons:**

Ribbons for field events will be given away at the field events.

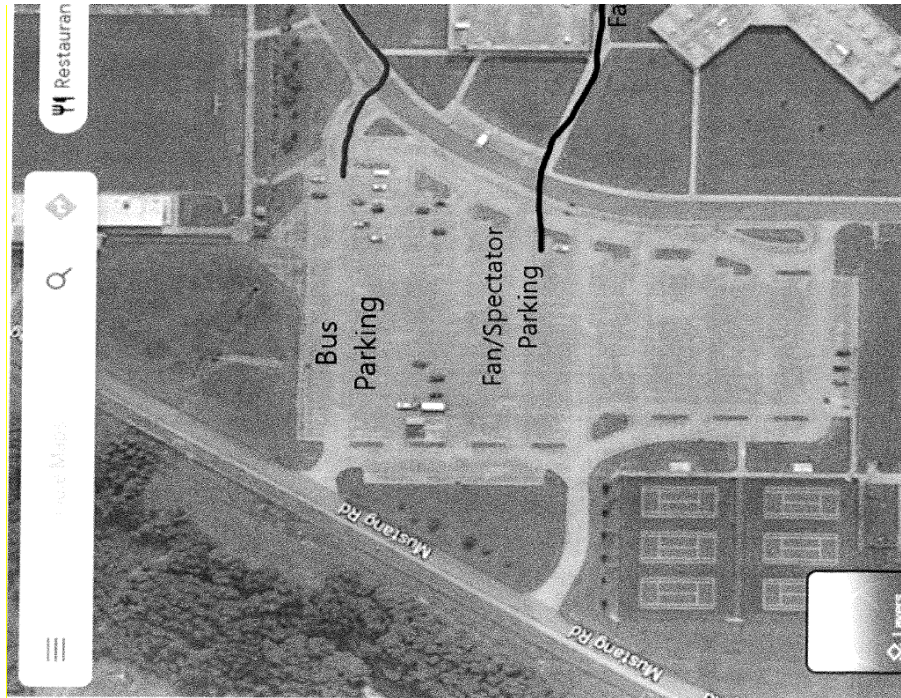
Ribbons for running events will be give away at the end of the race at. Athletes can come pick up their ribbons at the Shed.

**Jury of Appeals: Vicksburg, Tupelo Christian, West Union**

## **Coaches Information Sheet MHSAA North State 1A and 6A**

**Saturday April 26th, 2025**

1. No throwing implements anywhere but at event site.
2. All Athletes report to infield upon hearing 1<sup>st</sup> call.
3. There will be no warm-ups on the track; all warm-ups should be conducted on the infield or practice football field located behind the stands.
4. Only coaches/athletes and meet personal/volunteers will be allowed on the infield
5. The No False Start Rule **will** be in effect.
6. An automatic timing device will be used in all races. Athletes may be recalled at the start if the timing device does not start!!!
- 7.
8. No Athletes are allowed inside Center Hill High School building. All athletes must remain in designated track meet area and supervised by a school representative.
9. Concessions and restrooms are located at the Away side of the football field
10. A Trainer will be available if needed. Please contact Coach McElyea for immediate assistance
11. Spikes: 1/8" or 3/16" ONLY! High jump shoe rear spikes for jumping foot only may have a maximum length of 1/4"
12. **Team parking will be located in the parking lots closest to the football stadium. The road between the track and school will be closed. No parking on the side of the road you must park in a big parking lot in front of the football stadium.**



13. We will run a Rolling Time Schedule, listen for 1<sup>st</sup> and 2<sup>nd</sup> calls.
14. If you have any problems at the meet please come and see Coach McElyea. Do not take matters into your own hands. We will do our best to put on the best meet possible. But we will have to depend on volunteers to help and sometimes problems occur. Thank you for your support.
15. **Tents can be set up on the practice football field.**
16. Please have athletes refrain from loitering in the restrooms.
17. Any offensive language may result in automatic disqualification
18. **In the 3200m races, runners will be asked to drop out if not meeting the time standards after the 4th or 6th lap.**

# MHSAA North State 1A and 6A

*Saturday April 26th, 2024*

## Field Events Schedule:

**10:00 A.M.**            **Discus and Shot Put Weigh In**  
**10:30 A.M.**            **Head Coaches' Meeting on the infield**  
**11:00 A.M.**            **Girls Discus (1A,6A), Boys Discus (1A,6A), immediately following**  
**Boys Shot Put (1A,6A),, Girls Shot Put (1A,6A), immediately following**  
**Boys Long Jump (6A, 1A), Boys Triple Jump (6A,1A) immediately following**  
**Girls Long Jump (6A, 1A), Girls Triple (6A,1A) Jump immediately**  
**following**  
**Girls High Jump (1A,6A) and Boys High Jump (1A,6A) will use both pits at**  
**the same time**  
**Boys Pole Vault (1A,6A) then Girls Pole Vault (1A, 6A)**

## Running Events: (1A,6A Girls then 1A, 6A Boys)

11:00 AM      Girls 4x800m  
                  Boys 4x800m  
                  Girls 3200m

## Track Events Estimated Schedule:

Start time will be around 1:00 PM or the conclusion of boys triple jump

Girls 100H (33 inches)  
Boys 110H (39 inches)  
Girls 100m  
Boys 100m  
Girls 4x200m Relay  
Boys 4x200m Relay  
Girls 1600m  
Boys 1600m  
Girls 4x100m Relay  
Boys 4x100m Relay  
Girls 400m  
Boys 400m  
Girls 300H (30 inches)  
Boys 300H (36 inches)  
Girls 800m  
Boys 800m  
Girls 200m  
Boys 200m  
Boys 3200m  
Girls 4x400m Relay  
Boys 4x400m Relay

## Center Hill Track at Center Hill High School

1. Dress Code- Coaches address what we expect in our Track & Field Atmosphere. We expect both girls and boys to be in appropriate dress code at New Albany School District Facilities.
2. Smoking, Vaping, and smokeless tobacco is prohibited around or on School Campus including the Track & Field Complex.
3. Possession of illegal drugs, beer, and alcoholic beverages and Guns is prohibited on the School premises.
4. Foul and abusive language is unacceptable from Coaches, Student-Athletes and Fans. This will result in automatic disqualification.
5. Athletes/Coaches/Fans are fully responsible for personal items that are lost, stolen, or damaged at the Track & Field Complex.
6. Athletes/Coaches/Fans may not display actions that the Center Hill High School Staff deem unsportsmanlike or rude. This will cause your team to not be allowed back to our track and field complex.
7. All student-athletes should be under the supervision of the coaches in all areas of the facility at all times. No students-athletes are allowed in the Center Hill High School, Football shed or track storage container building. They are only allowed on the track, home & practice field area and home football side bathrooms.
8. Please use only the parking area immediately adjacent to the football field. You will park in the parking lot of the tennis court. Enter the home football gate. No parking between the track and school or behind the school in dock area.
9. I want to remind you of safety in using the shot put and especially in the discus ring. To reduce the risk of serious injuries.
  1. Stay Alert for Flying Objects
  2. Stand at least 10 plus feet back from the Shot put ring and Discus cage/netting
  3. Only one person allowed in the Shot put ring or cage at a time.
  4. Do not stand in front of the Shot put ring or Discus ring/cage/netting.
  5. Do not climb on the cage/netting

## **FIELD EVENT ASSIGNMENTS**

**1A,6A Girls Triple Jump: Saltillo, West Union**

**(1A,6A) Boys Long Jump: Ridgeland, Potts Camp**

**1A,6A Girls Long Jump: Vicksburg, Mississippi School for Math & Science**

**(1A,6A) Boys Triple Jump: Grenada, Myrtle**

**(1A,6A) Girls High Jump: Center Hill, H.W. Byers**

**(1A,6A) Boys High Jump: Olive Branch, Coffeeville**

**1A,6A Boys Shot Put: Lake Cormorant, Strayhorn**

**1A, 6A Girls Shot Put: Columbus, Baldwyn**

**1A,6A Girls Discus: Warren Central, Biggersville**

**1A,6A Boys Discus: Neshoba Central, Tupelo Christian**

**(1A,6A) Girls Pole Vault: Center Hill**

**(1A,6A) Boys Pole Vault: Center Hill**

## **TRACK EVENT ASSIGNMENTS**

**4 x 200m Exchange: Ashland, South Panola**

**4 x 100m Exchange: Olive Branch, Baldwyn, South Panola**

**\*Positions may be altered**