

METRO CLASSIC CONFERENCE
Spring 2026 – Track & Field Guidelines



1. All **WIAA** rules and regulations will be followed.
2. The **National Federation Rules, Order of Events, and Scoring for 8 places** will be followed.
3. The Metro Classic Conference track champion will be determined by the results of one meet, which will be held on the Tuesday or Wednesday before the WIAA Regional meet. If facilities are not available, efforts would be made to hold the meet on the Monday or Wednesday before regionals.
4. The meet manager is responsible for:
 - a. All meet management and crowd control;
 - b. Contracting track meet officials;
 - c. Determining the division of work and the responsibilities for each participating school;
 - d. Sending out information and entry forms at least two weeks before the Metro Classic Meet;
 - e. Reporting the results to the Milwaukee Journal Sentinel, Kenosha News, and Racine Journal Times,
5. An official report of the conference track meet will be sent to the Conference Commissioner and the participating schools no later than two weeks after the conference meet by the meet manager. Official MCC Conference track records are those set at the conference meet.
6. The Games Committee shall have responsibility for making any decisions related to weather conditions. Input will be gathered from head coaches. The Games Committee is chosen at the winter track meeting by the coaches. The potential options are:
 - a. Delay to see if weather improves.
 - b. Change order of events
 - c. Abbreviate meet (move dangerous events inside or cancel them)
 - d. Go to predetermined rain date which would be the very next day.
7. A Jury of Appeals will be established to hear appeals and make final decisions. It will be made up of two coaches from participating schools and a meet official other than the referee, to be determined at winter track coaches meeting.
8. **Coaches and athletes will only be allowed in the infield in the designated warm-up area and is intended only for those athletes who are warming up and is not to be used as a spectator area. Officials will be instructed to hold off starting the event until the infield is cleared of all athletes. Athletes and spectators should be in the stands outside the facility fencing to watch the events when not competing.** Results and a running account of team scores will be announced throughout the meet.
9. All-Conference medals will be awarded to the 1st-3rd place finisher(s) in each event.
10. The workload for the meet will be divided among Metro schools. The work is to be assigned by the Meet Director (Track Guidelines Chairperson) at the preseason track meeting. Schools that cannot provide their assigned amount of workers will pay a fee to the conference so that the allotted workers can be assigned.

11. Entries

Entries must be submitted to PTTiming by **noon ONE day** before the day of the meet.

A school may enter a maximum of:

- One entry in each relay event
- 28 individual entries
- There is a maximum limit of three in any individual event.
- Athletes will be eligible to enter four events but not more than three track or three field events.

***Coaches must submit ONLY meet performances for all events for seeding purposes. No estimations, practice efforts or relay splits for open events are allowed. Exceptions can be made if approved by majority vote of head coaches. Email notice to all head coaches giving detailed reason for exception request must be done 24 hours before entries are due to PT Timing.**

12. **Scratches can be made at the coaches' meeting on the day of the meet. No additions can be made at the scratch session. If, and only if the original entry deadline is met by the school, they will be granted up**

until the day before the meet to make any scratch and replacements due to an injury, illness, or any other extenuating circumstance. Those changes will be submitted to the timing company and copied to the Track AD Chairperson, with a written explanation of the reason for the change. Those changes will then be sent to all schools in the conference for viewing, prior to the meet.

13. Seeding/Finals - Track

- a. If necessary, qualifying semifinal heats will be run in the 100, 100H and 110H. The winner of each heat will automatically qualify for the final. The remaining positions for the final will be determined on time. Seeding for the finals will follow the National Federation Rules. Lane assignments will be made in the seeded order by lanes 4-5-3-6-2-7-1-8.
- b. All other running events will be run in sections against time. The fastest heat will be run last, and the faster runners will be assigned the preferred lanes. The 1600 and 3200 will start with a waterfall start. There will be 8 runners maximum permitted in the 800; 18 runners maximum being permitted in the 1600; 24 runners maximum in the 3200, unless determined otherwise during coaches meeting.

14. Trials/Finals – Field Events

- a. Schools will supply their own shot and discus implements. All implements must be weighed and marked by officials designated by the Metro Conference.
- b. Three trials will be allowed in the shot put, discus, triple jump, and long jump. One more athlete than the number of places will qualify for the finals and will receive three additional attempts. Finals will be conducted in reverse order from performance in preliminary round.
- c. The competitors in the shot put and discus shall be arranged in flights with no more than thirteen competitors in a flight. The flights shall be arranged with the poorest throwers in flight 1 and the best throwers in the last flight with the number one seed throwing last.
- d. The long jump and triple jump will be run cafeteria style during the trials; duration of trials will be determined by the games committee and communicated to the head coaches. The finals of the long jump and triple jump shall be arranged from poorest to best jumpers for the finals. **No practice runs or jumps will be allowed once the long or triple jump has started.**
- e. The starting height for high jump will be determined by counting down using the performance of the eighth best entry and subtracting two increments (4"). The high jump will be raised in 2" increments until there are six competitors left.
- f. The starting height for pole vault will be determined by counting down using the performance of the 8th or lowest entry and subtracting 2 increments (1 foot).
- g. Jumping and throwing order (whether boys or girls go first) will alternate by year.

15. Standardized list of school abbreviations:

DOM	Dominican	RSC	Racine St. Catherine
KSJ	Kenosha St. Joseph	STM	St. Thomas More
ML	Martin Luther	SL	Shoreland Lutheran
RL	Racine Lutheran	TPS	The Prairie School

Head Coach Information

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