

MITCA: 2017-2018

T&F proposal question #1

Should Michigan use a one-turn stagger for races of 800 meters and above for the MHSAA Regional and State meets?

Rationale:

1. 40 of 50 states currently use the one-turn stagger in HS races of 800 meters and above.
2. Colleges and universities use the one-turn stagger for races of 800 meters and above.
3. World Championships and Olympics use the one-turn stagger for races of 800 meters and above.
4. Over 70+% of those that responded to the question on the 2017 MITCA interest survey voted in favor of the concept.
5. An informal survey of some coaches who ran in both HS and College as well as many of their runners said that they preferred the one-turn stagger.

Pros: The top runners get to the front of the race faster and can keep track of their competitors.

Cons: The race might get a little congested in the early going. Probably more in the 1600 (24 in the fast heat) and the 3200 with all competitors in 1 heat.

T&F Proposal #2

In distance races using alleys for the start, should Michigan use the alley 2, position 1 as the preferred position? (It would be seeded as follows- alley 2 position 1, alley 3 position 1, alley 1 position 1, alley 4 position 1, etc).

Rationale:

Similar to seeding in the sprint races, this alley 2 position 1 spot will give the top seeded competitor a good spot from the beginning of the race without being boxed in on the rail right from the gun.

Pros: At the beginning of a distance race, the top runner would not be pushed/forced onto the rail or the gravel on the inside edge of many HS tracks.

Cons: We don't really have any.