

**2009 ATOM Clinic Notes**  
**Doherty Hotel, Clare**  
**Saturday, February 7, 2009**

**MHSAA Rules Meeting (presented by Nate Hampton)**

MHSAA is going to online rules meeting for officials and coaches. There will only be four “in person” meetings for track and field this year. It is unknown how many there will be in future years.

**Points of Emphasis for Michigan**

- Sixth graders may not compete with or against 7<sup>th</sup> and/or 8<sup>th</sup> graders, but may compete in separate races.
- Shot put and discus: each attempt shall be measured before the next attempt is made.
- Continue to impress on school administrators the MHSAA requirement that all referees and starters for Track and Field and Cross Country must be registered officials.

**ATOM Recommendations to MHSAA Staff**

Continue to impress on school administrators the MHSAA requirement that all referees and starters for Track and Field and Cross Country must be registered officials.

**Recommendations to the Representative Council**

- 1) Add cross country to the schedule for coach required online rules meetings.
- 2) When decisions are finalized on seasons calendar, track and field should not have fewer weeks of competition than is presently allowed (13 weeks).
- 3) MITCA made a presentation to the committee seeking to advance a recommendation to the Representative Council a one year exemption for the coaches working with their students during specific school designated summer dead period, should that dead period be scheduled over the Fourth of July week. A United States Track and Field (USATF) Youth National Championship Track and Field Meet will be held at Eastern Michigan University in Ypsilanti, Michigan June 30 – July 5, 2009.  
RATIONALE: The meet is not a local affair or fundraiser road race but rather a National Championship Meet. With the scope of this meet, it is likely that many local high school coaches will be contacted to serve as event officials or volunteers.

**National Federation Rules and Editorial Changes for 2009**

- 3-9-2: Specifies for that gun starts only a closed barreled starter’s pistol may be used by the starter.
- 3-9-6: When fully automatic timing (FAT) is used, timing shall be recorded in one one-hundredths of a second and all ties for place finishes and/or determining qualifiers for a subsequent round shall be broken by using timing to one one-thousandths of a second if the system allows.
- 3-9-9: New: Indoor and outdoor meets using fully automatic timing (FAT) may be started by a .32 or .22 caliber starter’s pistol (closed barrel) or electronic, gunless device for record purposes.
- 6-4-9c, 6-5-9c: A competitor in the throwing events may enter and exit the circle without a foul providing it occurs within the time allowed for the trial and before the competitor starts his/her attempt beginning with the pause.
- 7-4-11, 7-5-18: Deletes the option for the event judge to place a cloth marker on the crossbar for sighting purposes.
- 7-5-3: New: Visible etchings which appear on poles shall not meet the requirement of the manufacturer’s pole rating appearing on the pole in a contrasting color.
- 7-5-29: Clarifies the original intent to permit a competitor in the pole vault to abort the approach and in stopping plant the pole and momentum causes his/her feet to leave the ground without being considered a foul. It is a foul if a vaulter leaves the ground in an attempt and fails to clear the crossbar.

**The New Official – A session for beginners**  
**(presented by Kathy Hutfilz and Jill Sandro)**

Kathy and Jill reviewed a variety of key items that are important to be familiar with as an official.

- 1) Tab, highlight, cross reference and place in ziplock bag your rule and case book.

- 2) Arrive early to walk the track, check each field event, and introduce yourself to finish line personnel.
- 3) Meet with team captains for coin toss and review sportsmanship statement.
- 4) Meet with announcer and discuss what you need their assistance with.
- 5) Be sure vault sheets are signed by each coach.
- 6) Review entry sheets and make note of the number of athletes in each event.
- 7) What to do "At the Line".
- 8) Starting mechanics.
- 9) Stay 30 minutes upon completion of the meet (sign score sheet and list MHSAA number).
- 10) What to do after the meet (clean gun, take care of clothing and footwear, take care of equipment).

### **ATOM Webpage (presented by George Kniola)**

<http://www.atomofficials.com>

George walked clinic attendees through the ATOM website.

- 1) The Home Page (Most recent update, summary of recent updates, ATOM objectives)
- 2) Regional Representative Reports Page (zone reps and contact info)
- 3) Newsletter Page (copy of newsletters, membership application, ATOM roster, meeting dates)
- 4) Clinic Information (dates, location, agenda)
- 5) Constitution and By-Laws
- 6) Track and Field News
- 7) Cross Country News
- 8) Minutes Page (present and past minutes from business meetings)
- 9) Links Page (links to many track and cross sites)
- 10) Clinic Notes Page (current and past clinic notes and presentations)
- 11) Rule Clarifications Page (listing of dates, concerns, and a variety of rulings)
- 12) Final Photos Page (UP and LP photos available) – Everyone is encouraged to submit photos from all divisions of Regional and Final competitions for posting.

George welcomes any suggestions and/or constructive comments for the web site. He would really appreciate more submissions of photos to be posted on the webpage, including the photo with the date, division, gender, and location. Photos and suggestions can be sent to George Kniola at [GHKniola@Comcast.net](mailto:GHKniola@Comcast.net)

### **Cross Country Course Design (Presented by Rich Tompkins)**

Rich discussed the many considerations that must go in to designing a cross country course. Five elements were reviewed:

- 1) Rules (long straight away at start and finish, clearly marked with line and/or flags, gradual turns whenever possible, use of natural barriers whenever possible for turns and markers, wide enough start and finish areas and even the running area)
- 2) Topography (hills or lack of, wide and long start and finish area, natural barriers, running surfaces, crossing roads, traffic concerns, existing trails, courses built for CC)
- 3) Runners (some like it flat and fast; other prefer the challenge, like relief from spectators but still like being close to them, splits, restrooms, relief from elements)
- 4) Spectators (adequate parking close to running area, ease of view of runners, restrooms)
- 5) Meet Administration (parking, power source, copying/printing results, posting of results, concession space, awards area, course maintenance)

### **Track Site Selection (presented by Wayne McDonald)**

Wayne discussed a variety of scenarios and considerations that must be considered when selecting and/or laying out a track site.

- 1) Scenario 1 – equal four quadrant track (consideration of distance, obstructions on inside/outside lanes, explanation of layout in simple terms), which tends to be the most common
- 2) Scenario 2 (track around football and soccer complex, explanation of layout in "simple" terms)
- 3) Scenario 3 – non equal, four quadrant track about both soccer and football fields (pattern 1 [short straights and long curves], pattern 2 [tight beginning/ending of curves and top of curve])
- 4) Other cosmetic and useful items on layout and painting of track
  - a. Verbage/description of races (size and location)

- b. 300m hurdle layout
- c. Cut-in lines (straight vs. curved, not painted in lane 1, color of painted line)
- d. Create alleys for 800m run and 4 x 800m relay
- e. Create mini-waterfalls
- f. Stay with recommended marking colors
- g. Suggested placement of 36" tall lane numbers

### **You Make the Call (presented by John Greathouse)**

John led clinic attendees through a variety of "what if" situations.

### **Awards Presented:**

Bernie Abram's President's Leadership Award: Lyle Berry

Judy Hagman Award: Jill Sandro

Bob Bloomer Award: Das Campbell

Past President's Award: Lyle Berry

Jevet/Jacobs Distinguished Service Award: Jerry Cerrula, Ed Gabrys, Bill Johnson

ATOM Special Appreciation Award: Jackson High School, Host of Mid-West Meet of Champions

Many five, ten, fifteen, and twenty year awards were presented.

\*Dan Johnson was nominated for the 2<sup>nd</sup> vice president position.

\*Many door prizes were awarded, including a starting pistol, gun holster, running themed CDs created by Dennis Hodges, shells, water bottles, CMU merchandise and an embroidered ATOM fleece blanket.