



M. H. S. A. A. TRACK AND FIELD REGIONAL 15-2

MASON HIGH SCHOOL

MAY 21, 2021

Participating Schools: Harper Creek, Pennfield, Charlotte, Coldwater, Eaton Rapids, Hastings, Jackson Northwest, Lakewood, Marshall, Mason, Olivet, Parma-Western, Portland, Thornapple Kellogg, Wayland Union

Entries Due: Tuesday, May 18, 2021 at 4:00 p.m. There is \$50 late fee.

Entries are to be completed online using the athletic.net.

No late entries accepted unless clerical error (\$50 fee). All efforts submitted shall be earned prior to Entry due date.

Officials: Starters - Mike Nestell, Mike French; Referee – Robert Lurie

Clerk: TBD

Admission: 2021 Tournament Admission information TBD.

Trainer: We will have one Certified Trainer on site throughout the meet.

Infield: No one is allowed on the Infield – this is a restricted area during the finals. We ask for the assistance of all coaches.

Workers: We will be very appreciative of any of your people that work meets at your school on a regular basis being involved.

Scoring: 10 – 8 – 6 – 5 – 4 – 3 – 2 - 1

Qualifying Round: Advancing athletes - Heat winners from each heat then the fastest times to fill all remaining lanes.

Parking: Busses are to drop off participants at stadium entering North Gate and then park at the fairgrounds (Kipp and Temple St) until after 3:00 then can park in front of HS on west side.

Locker Rooms: Locker room space will not be available. Restrooms are on the WEST END of the stadium.

Tents: Tents are to be set up outside the stadium and at the NORTH EAST end of the stadium.

Results: Results will be posted on athletic.net after the meet.

Awards: Will be available in the press box at the conclusion of the meet. Check prior to leaving.

Warm-up Area: Located on the grass area/practice fields north of the Soccer field.

Packets: Will be available in the TRACK building at the WEST END of the stadium upon arrival.

Starting Blocks: Will be provided. If you are using the stand up blocks, they must be presented for inspection and approval no later than 3:00 p.m. at the track building.

Track: Polyurethane surface (jumping areas also), metric, eight (8) lanes. Shot Put and Discus circles are concrete.

Spikes: Only track shoes with ¼” or less spikes or running flats will be permitted on the track.

MHSAA Website: Please refer to the www.mhsaa.com for specifics not covered in this communication.

FINAL SCHEDULE

5:45 p.m.

National Anthem

6:00 p.m.

Running Finals

**Girls 100 M Hurdles
Boys 110 M Hurdles**

**Girls 100 M Dash
Boys 100 M Dash**

**Girls 800 M Relay
Boys 800 M Relay**

**Girls 1600 M Run
Boys 1600 M Run**

**Girls 400 M Relay
Boys 400 M Relay**

**Girls 400 M Run
Boys 400 M Run**

**Girls 300 M Hurdles
Boys 300 M Hurdles**

**Girls 800 M Run
Boys 800 M Run**

**Girls 200 M Dash
Boys 200 M Dash**

**Girls 3200 M Run
Boys 3200 M Run**

**Girls 1600 M Relay
Boys 1600 M Relay**

MHSAA REGIONAL TRACK REGIONAL FIELD EVENT INFORMATION

LONG JUMP: Open pit for one hour fifteen minutes. Each athlete will be allowed three (3) jumps. Top nine jumpers advance to the finals and get three (3) additional jumps.

SCHEDULE: Boys open pit: 3:00 – 4:15 p.m. Finals at 4:30 p.m.
Girls open pit: 5:30 – 6:45 p.m. Finals at 7:00 p.m.

SHOT PUT: Each thrower will be allowed three (3) throws. (Two then one) Top nine throwers will advance to the finals and get three (3) additional throws.

SCHEDULE: Girls: 3:30 p.m.
Finals will begin fifteen minutes after each contestant has had her three throws.
Boys: Will begin thirty minutes after the girls' finals are complete. Finals will begin fifteen minutes after each contestant has had his three throws.

DISCUS: Each thrower will be allowed three (3) throws. (Two then one) Top nine throwers will advance to the finals and get three (3) additional throws.

SCHEDULE: Boys: 3:30 p.m.
Finals will begin fifteen minutes after each contestant has had his three throws.
Girls: Will begin thirty minutes after the Boys' finals are completed.

POLE VAULT: Boys Opening Height: 10' 9" Raises: 7", 6", 6", 6"
Girls Opening Height: 7' 6" Raises: 6", 6", 6", 3"

SCHEDULE: Boys: 2:30 p.m.
Girls: One hour after the boys' competition is completed.

HIGH JUMP: Girls Opening Height: 4'7" Raises 3" then 2"
Boys Opening Height: 5'7" Raises 3" then 2"

SCHEDULE: Girls and Boys: 3:30 p.m.