



MHSAA Region 12 Track and Field Championship Friday, May 20th

PARTICIPATING SCHOOLS

Allendale, Coopersville, Fremont, Fruitport, Grant, Hamilton, Holland Christian, Oakridge, Orchard View, Sparta, Spring Lake, Unity Christian, Whitehall and Zeeland East

LOCATION

Zeeland Stadium: 9900 Riley Street, Zeeland 49464

APPEALS COMMITTEE

Josh Vork - Zeeland East Girls Track and Field Coach
Cliff Somers - Fremont Track and Field Coach
Josh Glerum - Tournament Manager
2 officials

ENTRY DEADLINE

Entries must be received on line on or before **4:00 p.m. on Tuesday, May 16, 2022** All times, distances and heights shall have been achieved prior to 4:00 p.m. on the Opt-Out-Date. **All times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by +.24.**

LATE ENTRY

Late entries for the Regional Meet will not be accepted as we have put the deadline as late as possible.

ENTRY LIMITATIONS

One (1) relay team per school team. A maximum of three (3) individuals may be listed by a team in each individual event, no alternates, and no substitutions. **Only two (2) may compete;** however, if three (3) or more entries by a school team in an event have equaled or bettered the times or distances listed for Division 2 Additional Qualifying Times/Distances during the current outdoor season, then all of those entries may enter and compete in that event.

ADDITIONAL QUALIFIERS

If three (3) or more entries by a school team in an event have equaled or bettered the times or distances listed for Division 3 Additional Qualifying Times/Distances during the current outdoor season, then all these entries may enter and compete in that event.

ELIGIBILITY LIST

A copy of your master eligibility list must be faxed, e-mailed or mailed to Zeeland East by the published Opt-Out Date from the MHSAA. Emails may be sent to Athletic Secretary Gina Broekhuis at gbroekhu@zps.org

CALL SYSTEM

To keep the meet running smoothly and efficiently the announcer will use the following system:



First call, second call, and third/final call. Athletes that have not reported to the clerk of the course or field event supervisor by the third and final call will be scratched from that event and it will count toward their four events.

RUNNING TRACK

The track is an eight- (8) lane, 400 meter, polyurethane surface. Only chalk may be used on the surface of the track for marking starts/handoffs. **All spikes must be 1/8" or less.**

RESTRICTED AREAS:

Coaches must be in the bleachers once the running events begin (except those in the coaches box during the distance races), One coach per school per event and when the event is over, coaches must leave the infield. Per decision of the Regional and Final Games committee. Student-athletes will only be allowed on the field if they are warming up.

UNIFORM RULE (4.3.1c)

A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches (only one visible manufacturer's logo/trademark/reference may be on any visible undergarment. Additionally, the only head attire that may be worn during competition is a knit stocking cap, sweatband, ski band, the hood of a one piece suit or undergarment. All must be unadorned single color cloth except for a manufacturers/school logo no more than 2 ¼ square inches. No color restrictions.

DRUG, TOBACCO AND ALCOHOL POLICY

The use of, or being under the influence of, alcohol or tobacco products or any kind of "look alike products" (e cigarettes, etc.) is strictly prohibited at Zeeland Public Schools and by the MHSAA. This also includes narcotics and/or their similar substances.

UNMANNED AERIAL VEHICLE (DRONE) POLICY

The use of unmanned aerial vehicles ("UAV"), also known as drones, is prohibited for any purpose by any persons at MHSAA tournament venues. Tournament management shall refuse admission or entry to anyone attempting to use a UAV; and if necessary, tournament management shall remove anyone attempting to use a UAV and/or confiscate the UAV until the event has been completed.

CONCESSIONS

Will be available on the south and northwest corner of the stadium. .

MHSAA REGIONAL SALES ITEMS

MHSAA regional track and field sales items will be sold by EA Graphics in the northeast corner of the stadium. .

ADMISSION

Pre-sale tickets ONLY and must be purchased through the GoFan app and at the price decided by the MHSAA. Validated tickets will NOT be allowed admission nor will passes will not be honored.

SCORING

10-8-6-5-4-3-2-1 in all events.



STARTING BLOCKS

Traditional starting blocks will be provided. If you bring your own blocks, they must be approved by the meet manager or meet referee. You are responsible for your blocks.

RUNNING EVENT WARM-UP

The track will be available for warm up until 1:15 pm. and again during the break between semis and finals. An area outside the fence, south of the track is provided for warm up at any time.

AWARDS/RESULTS

Results will also be announced as soon as possible. Live results will be posted to FATResults.com pending technical ability. Team awards packets can be picked up following the conclusion of the meet at the awards tent.

PARKING

See the attached diagrams below for spectator and bus parking. Student-athletes are to be dropped off at the southwest corner of the stadium.

FIELD EVENT WARM-UP

The field event areas will be available for warm-up between 12:00-12:30 pm. for the first session. Announcements will be made as each field event is completed so contestants will know the event is open for warm up. One (1) warm up trial will be available between flights.

FIELD EVENTS

High jump pits are located at the ends of the infield. All other field events are located outside the track perimeter on the south and west side. Shot put and discus pads are concrete - spikes are prohibited. Only chalk may be used to mark starts/takeoffs for the high jump, long jump and pole vault areas.

HIGH JUMP

The five alive method will be used. Boys and girls will jump at the same time utilizing separate pits. The boys pit will be on the north end of the field and the girls pit will be on the south end of the field.

LONG JUMP

Open pit format will be used for both semifinals and finals. Boys and girls will jump at the same time utilizing separate runways. Boys will use the west runway and girls will use the east.

SHOT PUT

Throws will be conducted going one-one-one. All implements will be checked and weighed in on the south side of the concession stand. Boys shot will be run first, followed by the girls.

DISC

Throws will be conducted going one-one-one. All implements will be checked and weighed in on the south side of the concession stand. Girls disc will be run first, followed by the girls.

POLE VAULT



Dual pits will be used for boys and girls. Boys will use the west runway and girls will use the east. All poles must be verified and inspected at the event venue. This will be done by athlete, coach and field event referee.

[Additional Qualifying and Vault/Jump Raise Chart](#)

Region 12 Order of Events

12:00pm	Gates Open Team packet pickup will be at the southwest corner of the stadium
12:30pm	Weigh in of shots and discs 1st session scratches due at the timers tent
1:00pm	B/G Pole Vault High Jump Long Jump (open pit to 1:45, Finals at 2:00pm) Girls Discus/Boys Shot Put
2:00pm	Boys 3200m Relay Girls 3200m Relay Boys 100m Dash Girls 100m Dash Boys 110m Hurdles Girls 100m Hurdles Boys 200m Dash Girls 200m Dash
3:30pm	Girls Shot Put/Boys Disc
4:55	National Anthem
5:00pm	Boys/Girls 110/100 Hurdles Finals Boys/Girls 100m Dash Finals Boys/Girls 4 x 200m Relay Boys/Girls 1600m Run Boys/Girls 4 X 100 Relay Boys/Girls 400m Dash Boys/Girls 300m Hurdles Boys/Girls 800m Run Boys/Girls 200m Dash Finals Boys/Girls 3200m Run Boys/Girls 4 X 400m Relay
8:00pm	Trophy Presentation (Approximate Time)



2022 Region 12 TRACK AND FIELD MAP



FIELD EVENT KEY

Yellow lines = team tent areas

1. Entrances
2. Shot Put
3. Pole vault
4. Long Jump
5. Disc
6. High Jump



Region 12 Track and Field Parking



STADIUM ADDRESS

Zeeland Stadium - 9900 Riley Street, Zeeland, MI 49464

PARKING REMINDERS

Overflow parking at Zeeland East and Zeeland West High Schools will NOT open till 3:30

Areas in yellow are spectator parking

The parking lot in red is for coaches that have been given a parking pass

Entrance for the coaches lot is off of Riley Street

Bus parking is at Zeeland West High School. See the starred area on the map.