

**2022 REGIONAL 39-4 TRACK MEET
COLEMAN JR/SR HIGH**

Welcome:

Coleman Community Schools is proud to host the 2022 Track and Field Regional #39-4. Hopefully this information will help you in your preparation for the Regional on Saturday, May 21.

If you have any questions, feel free to call Laurie Bell in the Athletic Office:
office 989.465.6171, cell 989.708.5309, fax 989.465.9222, and/or email at lbell@colemanschools.net.

DATE: Saturday, May 21, 2022

**ALL REGIONAL QUALIFIERS MUST BE ENTERED INTO ATHLETIC.NET BY 11:59PM.
TUESDAY, MAY 17. GO TO MHSAA.COM FOR INSTRUCTIONS.**

SCHOOLS COMPETING:

Beal City	Fulton	Sacred Heart
Big Rapids Crossroads	Merrill	Saginaw Arts & Sciences
Breckenridge	Michigan Lutheran Seminary	Saginaw Nouvel
Carson City	Montabella	Vestaburg
Coleman	Morrice	
Fowler	Portland St. Patrick	

STARTERS/REFEREE:

Starters – Kathy Hutfilz & Jill Sandro
Referee – Dale Brecht

MEET MANAGERS:

Rudy Godefroidt - home 989.642.5830 or cell 989.372.4983
Amy Klopff - cell 989.798.0475 or email aklopff@colemanschools.net

ENTRIES: Enter only 3 athletes in each event unless each one has hit qualifying marks for Regionals. Entries are due by 11:59pm Tuesday, May 17. You must scratch down to 2 athletes Saturday morning unless all have hit qualifying marks. **All times, distances, and heights shall have been achieved prior to 11:59pm on May 17.** Entries for whom times were not submitted or for those who confirmed false times were submitted are to be placed in the last heat or first section without seeding consideration.

FAT CONVERSION: Times must be entered as FAT times to the hundredth (.00) or handheld equivalent (adjusted by +.24).

ADMISSION: Cost TBA by MHSAA. All tickets must be purchased via gofan.co. NO PASSES
GATES WILL BE OPEN TO THE PUBLIC AT 8:00am.

COACHES MEETING: 8:30am in the pole barn

****SCRATCHES ARE DUE FOR THE FIRST SESSION AT 9:00am**
****COACHES PACKETS WILL BE GIVEN OUT AT COACHES MEETING**

WARM-UPS: The track will be available for warm-ups until 10:15am, at which time the track must be cleared. The track will also be available for warm-up during the one hour break before finals and must be cleared fifteen minutes prior to the start of the finals.

FIELD EVENTS: IMPLEMENT WEIGH-IN in the pole barn following the coaches meeting.

ALL FIELD EVENTS ARE SCHEDULED TO START AT 9:30am

THERE WILL BE A ONE HOUR BREAK BETWEEN GENDERS OF THE FIELD EVENTS.

RUNNING EVENTS: Athletes will check in for events at the north end of the track nearest the barn.

We are a FAT Regional and approved to eliminate one round of competition.
ALL PRELIMINARY RACES ARE SCHEDULED TO START AT 11:00am

10:30am 3200 Relay (boys, then girls)
 Preliminaries: 100 meter dash (boys, then girls)
 110 meter hurdles (boys)
 100 meter hurdles (girls)
 200 meter dash (boys, then girls)

Pending heat numbers, advancing from Prelims to Finals shall be this:

- 1 heat - 1 winner plus the fastest 7 times to fill all remaining available lanes
- 2 heats - 2 heat winners, 6 fastest times to fill available lanes
- 3 heats - 3 heat winners, 5 fastest times to fill lanes
- 4 heats - 4 heat winners, 4 fastest times to fill lanes

*Note: Second session scratches are due to the press box fifteen minutes after the last heat of the boys 200 meter preliminary event.

THERE WILL BE A ONE HOUR BREAK AFTER THE PRELIMINARY RACES.

AFTER THE ONE HOUR BREAK - NATIONAL ANTHEM FOLLOWED BY FINALS:

110 Meter hurdles finals (boys)
100 Meter hurdles finals (girls)
100 Meter dash finals (boys, then girls)
800 Meter relay finals (boys, then girls)
1600 Meter run finals (boys, then girls)
400 Meter relay finals (boys, then girls)
400 Meter dash finals (boys, then girls)
300 Meter hurdles finals (boys, then girls)
800 Meter dash finals (boys, then girls)
200 Meter dash finals (boys, then girls)
3200 Meter run finals (boys, then girls)
1600 Meter relay finals (boys, then girls)

LOCKER ROOMS: Will not be available to teams, nor will showers

TRAINER: A trainer or rescue unit will be available throughout the meet, and ice/water will be provided. Teams are welcome to bring their own trainer/ice/water.

PARKING: Buses may drop off teams at the track gate, then park in the lot in FRONT of the school.

TEAM TENTS/CAMPS: Team tents may NOT be set up on the inside of the fenced track area.

Locations will be on a first come first served basis but we have a considerable amount of space for tents around the perimeter of the track and field areas. Please make every effort to keep your tent areas clean of debris.

SECURITY: Teams are reminded not to leave their valuable items unattended. Coleman Community Schools and MHSAA will not be held responsible for lost or stolen items.

DESIGNATED AREAS/RESTRICTIONS: Only athletes warming up or competing are allowed on the infield during competition. *No coaches/parents/spectators/non-competing athletes* are allowed. Designated coaching boxes will be assigned.

RESULTS: All meet results will be uploaded to athletic.net and michigantrackandfield.com. MHSAA will post results on their website at their earliest convenience.

AWARDS/TROPHIES: PRESENTED AT THE CONCLUSION OF ALL EVENTS.

ELIGIBILITY REMINDER: DUE BY TUESDAY, MAY 17 by 11:59pm.