

MHSAA Division 3 Final Meet - Lower Peninsula

Jenison High School

June 1, 2019

GENERAL INFORMATION

1. Stadium Address – 2140 Bauer Rd, Jenison

2. PACKET PICK UP

Friday: Located at the stadium ticket booth: (see site map)

Saturday: Jenison Center of the Arts (JCA)- corner of Bauer Rd & 20th: Under the white 10 x 10 tent: (see site map)

Please note: The coaches packet will have 3 wrist bands and one parking pass. If you have more than 3 coaches or more than one vehicle, you will have to pay for additional tickets.

3. **Team Parking:** All team parking including cars, buses, RV's will park in the JCA parking lot. Parking pass must be visible in the front windshield: (see site map)

1. Gates open at 8:00 on Saturday.

2. Tickets: \$8.00, Parking \$3.00, Programs \$4.00

3. Coaches: You must have your wrist band on in order to enter the stadium. Wrist bands also gain you access to field event areas.

4. Souvenir shirts will be available at the main gate. They will also be on sale Friday, May 31 from 4:00 – 7:00 at the same location.

5. Only athletes in uniform are allowed on the infield. Coaches, you **MUST** remain in the stands or along the fencing for running events or in the designated areas for field events.

6. 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.

7. ¼" spikes only.

8. There are no locker room facilities available – come dressed for competition.

9. Results will be posted online at www.michianatiming.com

10. Formula for advancing from semifinals to the finals will be each heat winner and then the next fastest times as needed to fill the final heat.
11. Tents are allowed along the fence on the south end of the stadium and along the fencing by the pole vault area: (see site map). Yellow lines represent where tents can be setup.
12. Miscellaneous items: No radios, footballs, Frisbees, etc will be allowed into the stadium. Coolers will be allowed in the team tent area only! No sunflower seeds on the artificial turf!
13. There will be an athletic trainer on site throughout the day. Ice and water will be provided.

SPECIFIC TRACK INFORMATION

ENTRIES: A list of entries may be located on the MHSAA website at www.mhsaa.com on the Tuesday following the Regional meet. If you find any errors, or if one of your athletes has been omitted, please call the meet manager by Friday, May 24. Known scratches should be made via athletic.net ASAP after the Regional Meet so heat sizes can be planned. Also, you are asked to declare all four relay athletes expected to compete by Friday, May 24 via athletic.net. This will NOT prohibit day of substitutions for other eligible athletes.

SCRATCHES: 9:00 AM for the morning events and 12:00 for the afternoon events. All scratches are to be written on the official scratch sheet provided at the scorer's table. Scratches must be turned in on time and if you know prior to Saturday, please let the tournament manager know.

BATONS: You must furnish your own batons.

AWARDS: Medals for first 8 places. Trophies will be awarded to the champion and runner-up at the conclusion of the meet.

UNIFORM RULE: The uniform rule will be strictly enforced – please review this rule with your athletes. **This is your warning for all uniform violations.**

Coaches retain the responsibility to not allow competitors to wear items dangerous to themselves or to equipment, such as the landing system in high jump. Jewelry and hair accessories are no longer illegal but an official may ask a competitor to remove an accessory if it is not properly secured or could damage equipment. Watches are legal in all events and religious and medical alert tags are no longer required to be taped to the body unadorned.

RELAY CARDS: Relay athletes will be pre-declared via athletic.net. Relay cards will only be used for substitutions on the day of the meet. You need to only list the substituted

athlete.

CHECKING IN: All athletes must check in with the clerk of the course in the designated staging area after the 1st call and prior to the final call for that event.

MHSAA PARTICIPATING TEAM INFORMATION

Please read over the information found in the Participating Team Information on the MHSAA website. The following are specific points of emphasis:

1. All shots & discs must be weighed and marked approved before they can be used. Illegal equipment will be held until the end of the day. Weigh in will take place at the ticket booth located at the entrance to the stadium: (see site map)
2. Starting heights and raises for the pole vault & high jump.
3. Girls events will be run first
4. 3200 Meter Relay/800m Run 20 or less – one section. 21 or more entries – two sections with the 12 fastest times plus ties in the 2nd heat.
5. 1600m two sections when entries exceed 24 with the fastest 16 plus ties in the 2nd heat.
6. One heat of the 3200m Run for each gender.
7. Alley starts used in the 800m, 1600m, 3200m, & 3200 Relay.
8. 3200m Relay will use a two turn stagger; 1600m Relay will use a three turn stagger.
9. Open pit will be used in the long jump for pre-lims AND finals.
10. Shot & Disc will be conducted in flights (size depends on number of throwers). Throwers will get 3 warm up throws between flights and will be arranged in reverse order.
11. Time limits for all field events will be enforced. If an athlete must leave a field event for another event, he/she MUST inform the event judge of the situation and return to their field event no longer than 10 minutes after the completion of the previous event.

12. VIDEO: Athletes may view videos of their competition but not in the competition area. No electrical outlets will be provided.
13. The stadium will be open from 4:00-7:00 on Friday May 31 for team inspection. The field event venues will be closed. You may mark your steps but the event will remain closed. Please use chalk to mark steps – no tape! Poles can be inspected in the garage and stored overnight if so desired: (see site map)
14. Finishlynx system will be used by Michiana Timing for the finish line.

Meet Manager: Tim Ritsema: Jenison HS AD - 616-667-3362

2019 TIME SCHEDULE

8:00 AM – Gates Open

-Weigh-in of shots & discs

-Pole Inspection

9:00AM – Morning Scratches Due

9:30 – B/G Pole vault, High Jump, Long Jump (Open pit for LJ: 9:30-10:45)

Girls Shot/Boys Discus

9:55AM – NATIONAL ANTHEM

10:00AM – 3200 M Relay

- Semi Finals: 100M/110-100 M Hurdles/200M

11:00 AM – B/G Long Jump Finals – Open Pit

11:30AM – Afternoon Weigh – In (Shots & Discs)

12:00PM – Afternoon scratches due

12:15PM – Boys Shot/ Girls Discus

12:55PM – National Anthem

1:00PM – Running Finals – Finals will begin 1 hour after the completion of the last semifinal race, but not before 1:00

4:45PM – Awards presentation (approximate Time)