



**2021 Track Regional #14 / Division 2  
Friday May 21, 2021**

**Location:** Lakeshore High School (Al Stockman Stadium) - 5771 Cleveland Ave / Stevensville, MI 49127

**Entries Due:** Monday May 17, 2021 at 8:00 PM - electronic submission via [athletic.net](http://athletic.net)

**Teams:**

Allegan	Benton Harbor	Berrien Springs	Dowagiac
Edwardsburg	Hopkins	Niles	Otsego
Paw Paw	Plainwell	South Haven	Lakeshore
Sturgis	Three Rivers	Vicksburg	

**Officials:**

Starter:	Bill Scaletta
Starter:	Phil Whitelaw

**Appeals Committee:** Steve Cvengros/Leo Stampfly - Meet Managers  
Sturgis Boys Coach                      Alternate: Berrien Springs Boys Coach  
Edwardsburg Girls Coach              Alternate: Three Rivers Girls Coach

**Concessions:** Will be available all day

**Trainer:** Dan Tinkey (Lakeshore HS Athletic Trainer)

**Water:** Per MHSAA Guidelines, water will not be provided so please have your athletes plan accordingly.

**Admission:** 2021 Tournament Admission information TBD. (MHSAA will coordinate tickets via GoFan). All spectators must wear a mask at all times while on school property.

**Implement Weigh In:** Maintenance Garage (Red Metal Roof Garage at North East entrance of stadium)

**Coaches Meeting:** Noon - Home Side Bleachers at the finish line

**Bus Parking:** Please drop off athletes at Lakeshore HS - Al Stockman Stadium (then proceed to Kohn Soccer Complex - located on the South End of the Stadium where all busses will be staged)

**Marking Material:** Chalk is the only acceptable marking material for the track and will be available if needed.

**Restricted Areas:** Coaches and non-participating athletes are restricted from the infield and finish line areas (except during the break between the prelims and Finals). We will have an athlete area and a coaching area (for one coach per participant) around the high jump, long jump and pole vault areas. It is the coach's responsibility to make sure non participating athletes are out of the competition area, and to instruct and monitor your parents as to conduct in the spectator area.

**Severe Weather Shelter:** Lakeshore will utilize the Kohn Fieldhouse located at the South end of the stadium as a safety area in the event of severe weather.

**Info and Emergency Updates:** All information will be sent to email addresses associated with athletic.net account for each school. Information will also be posted on the Lakeshore Athletics website ([www.lakeshorelancerathletics.com](http://www.lakeshorelancerathletics.com)) and on the Lakeshore Athletics Twitter Account (@LHSLancerSports)

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

**Awards:** Will be distributed to teams after the meet

**Results:** Available on fatresults.com and will be reported to michigantrackandfield.com immediately following the Event

**Call/Report System:** 1st Call / 2nd Call / 3rd - Final Call

**Starting Blocks:** Traditional starting blocks will be provided. Non-traditional blocks must be approved by the referee/starter.

**Scratches DUE:** All scratches due at the Finish Line Tent at designated times:  
Boys Pole Vault: 11:30am (Finish Line Tent)  
Field Event Scratches: Noon (Coaches Meeting)  
Prelim Scratches: Noon (Coaches Meeting)  
Remaining Scratches 4:00pm (Finish Line Tent)

**Field Event Information:**

**Pole Vault:** Five Alive Method will be used for groupings.  
Starting heights and raises on MHSAA website

**High Jump:** Five Alive Method will be used for groupings.  
Starting heights and raises on MHSAA website

**Long Jump:** 75 Minute "Open Pit" for Prelims - boys and girls simultaneously (2 Pits)  
Athletes will be called in reverse order for Finals (2 Pits)  
Top 9 plus ties to Finals

**Shot Put:** Flights with 10 minutes between flights for warm up  
Prelims: 2 & 1, Finals 1, 1 & 1  
(Each attempt will be measured before next throw is attempted)  
Top 9 plus ties to Finals

**Discus:** Flights with 10 minutes between flights for warm up  
Prelims: 2 & 1, Finals 1, 1 & 1  
(Each attempt will be measured before next throw is attempted)  
Top 9 plus ties to Finals

**Questions:** Please contact Athletic Director Greg Younger:

Email: [gyounger@lpslancer.net](mailto:gyounger@lpslancer.net)

Work: (269) 428-1409

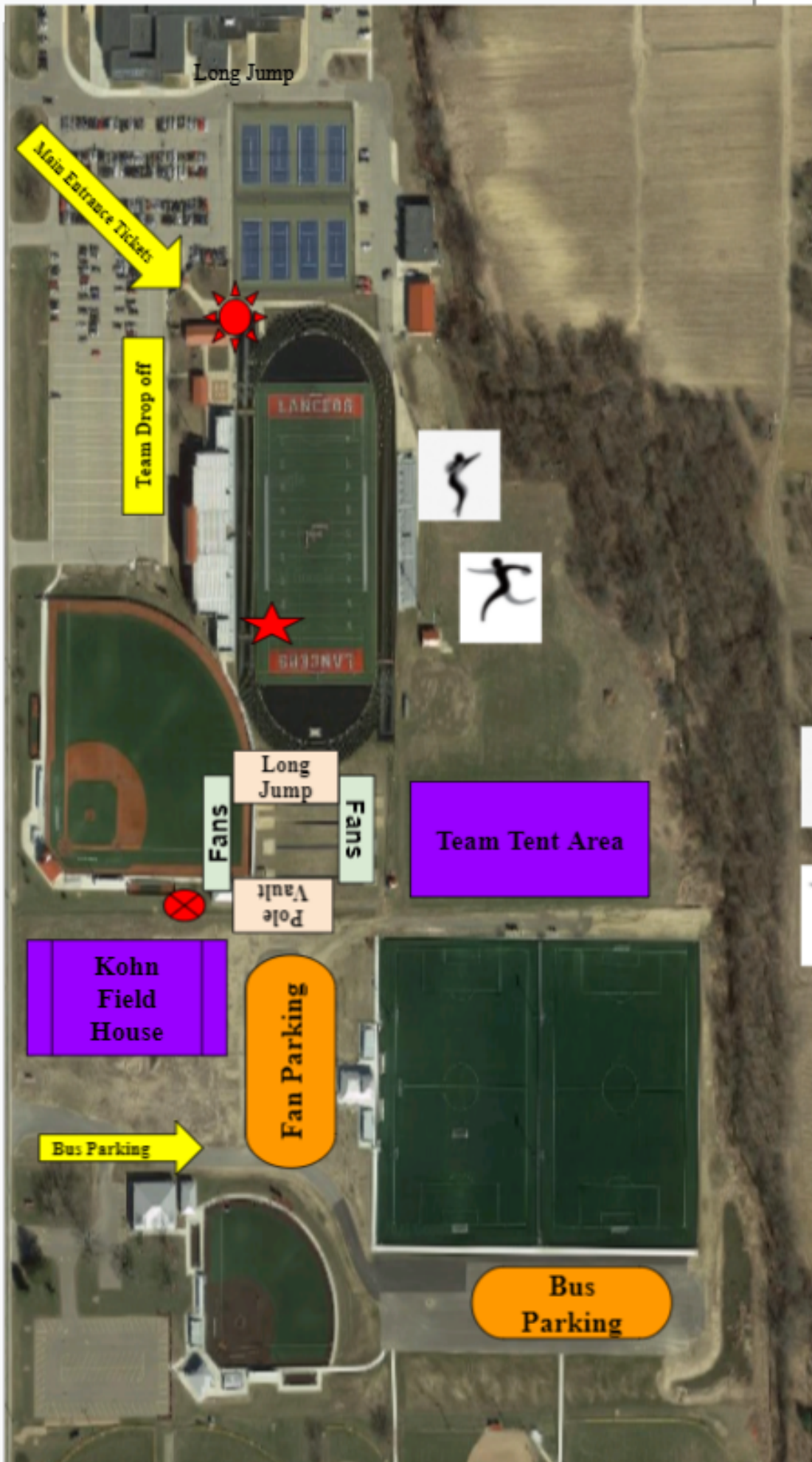
Cell: (269) 876-9985



## REGIONAL TIMELINE FOR EVENTS



Noon - 1:15 PM	Implement Weigh In (Maintenance Garage (Red Metal Roof Garage at North East entrance of stadium)
11:00am	Packet Pickup - Finish Line Tent (Pole Vault Runway open for warm ups)
11:30am	Boys Pole Vault Scratches Due
Noon	Coaches Meeting in the Home Side bleachers at the Finish Line Field Event scratches DUE - at meeting/in the finish line tent Pre-Lim Scratches Due - at meeting/in the finish line tent
12:30pm	Boys Pole Vault
1:30pm	Girls High Jump                      Boys & Girls Long Jump (2 Pits) Open Pit until 2:45pm Girls Shot Put                         Boys Discus
2:30pm	3200 M Relay (4 x 800) (Girls followed by Boys)  Running Prelims (times advance to Finals) Girls 100 M Dash -- Boys 100 M Dash Girls 100 M Hurdles -- Boys 110 M Hurdles Girls 200 M Dash -- Boys 200 M Dash
3:00pm	Boys & Girls Long Jump Finals Begin (2 pits)
4:00pm	Remaining Scratches Due at Finish Line Tent
After Prelims	Athletes may warm up on track (no camping on the infield)
5:10pm	Infield and track closed to non-participating athletes and coaches
5:15 pm	National Anthem
5:20 pm	Running Finals Begin Girls 100 M Hurdles / Boys 110 M Hurdles 100 M Dash 800 M Relay (4 x 200) 1600 M Run 400 M Relay (4 x 100) 400 M Dash 300 M Hurdles 800 M Run 200 M Dash 3200 M Run 1600 M Relay (4 x 400)



Key for Track Events

