



2022 MHSAA TRACK REGIONAL #14

Friday May 20th, 2022

Location: Berrien Springs High School - Sylvester Stadium - 101 Sylvester Ave. Berrien Springs, MI 49103

Entries Due: Tuesday May 17, 2022 at 8:00 PM - electronic submission via athletic.net.

Schools:	Allegan	Benton Harbor	Berrien Springs	Dowagiac
	Edwardsburg	Niles	Otsego	Parchment
	Paw Paw	Plainwell	South Haven	Stevensville-Lakeshore
	Three Rivers	Vicksburg		

Officials: Starters: Pete Anderson and Bill Scaletta

Admission: ADMISSION: \$7.00 Tickets will be sold on the Berrien Springs GoFan site. There is no cash ticketing.
<https://gofan.co/app/school/MI4068>

Concessions: Available at the back of the stadium

Trainer: Andre Hitt (Berrien Springs HS Athletic Trainer/Spectrum Health Lakeland)

Implement Weigh-In: Weigh-in will take place at the south end of the stadium at the roll up door.

Coaches Meeting: 12:00pm at the Finish Line

Bus Parking: Please drop off athletes at Sylvester Stadium (then proceed to the AAC parking lot where all busses will be staged)

Tents/Infield Use: All Tents will be stationed off the infield. Food and drink other than water are not allowed on the turf. Athletes may only use the infield to check in and warm up.

Restricted Areas: Each team may have 3 coaches on the infield. Athletes may check in and warm up on the infield. Athletes are to enter the track from the 100m start area (opposite the scoreboard). They are NOT to interfere with the meet by entering from the stadium tunnel.

Info and Emergency Updates: All information will be sent to email addresses associated with athletic.net accounts for each school. Information will also be posted on the Berrien Springs Athletics Twitter Account (@berriensports). The public address system will be used to communicate what to do in a severe weather or other emergency.

Awards: Will be distributed after the meet.

Call System: 1st Call/2nd Call/Final Call

Scratches DUE: All scratches due at the Finish Line Tent at designated times:

Girls Pole Vault:	11:30am (Finish Line Tent)
Other 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)
3 Jump Prelims, 3 Jumps Finals
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

SCORING: 10-8-6-5-4-3-2-1 All Events.

CONTACT INFO: Joe Stephens, Athletic Director jstephens@homeoftheshamrocks.org
(Cell) 734.558.1077

TIME SCHEDULE FOR THE REGIONAL MEET

11:00am	Gates open for Spectators
11:00am	Packet Pickup - Finish Line Tent (Pole Vault Runway open for warm ups)
11:30am	Girls Pole Vault Scratches Due
Noon - 1:15 PM	Implement Weigh In (South End of Stadium. Roll Up Door)
Noon	Coaches Meeting at the Finish Line Field Event scratches DUE - at meeting/in the finish line tent Prelim Scratches Due - at meeting/in the finish line tent
12:30pm	Girls Pole Vault
1:30pm	Boys High Jump Boys & Girls Long Jump (2 Pits) Open Pit until 2:45pm Boys Shot Put Girls Discus
2:30pm	3200 M Relay (4 x 800) (Boys followed by Girls) 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 Boys 110 M Hurdles/Girls 100 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)

