



## **MHSAA TRACK AND FIELD REGIONAL 15-2**

MASON HIGH SCHOOL

MAY 20, 2022

**Participating Schools:** Harper Creek, Pennfield, Charlotte, Eaton Rapids, Hastings, Hopkins, Jackson Northwest, Lakewood, Marshall, Mason, Olivet, Parma-Western, Portland, Thornapple Kellogg, Gull Lake, Wayland Union

**Entries Due:** Tuesday, May 18, 2021 at 11:59 p.m. There is \$50 late fee.

**Entries are to be completed online using the athletic.net.**

**No late entries accepted unless clerical error (\$50 fee). All efforts submitted shall be earned prior to Entry due date.**

**Officials:** Starters - Mike Nestell, Mike French; Referee – TBD

**Clerk:** TBD

**Admission:** 2022 Tournament Admission will be through GoFan. Ticket link will be sent as the event approaches.

**Trainer:** We will have one Certified Trainer on site throughout the meet.

**Infield:** No one is allowed on the Infield – this is a restricted area during the finals. We ask for the assistance of all coaches. Athletes may use the infield to warm-up, prior to their event.

**Workers:** We will be very appreciative of any of your people that work meets at your school on a regular basis being involved.

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

**Qualifying Round:** Advancing athletes - Heat winners from each heat then the fastest times to fill all remaining lanes.

**Parking:** Busses are to drop off participants at stadium entering North Gate and then park at the fairgrounds (Kipp and Temple St) until after 3:00 then can park in front of HS on west side.

**Locker Rooms:** Locker room space will not be available. Restrooms are on the WEST END of the stadium.

**Tents:** Tents are to be set up outside the stadium and at the NORTH EAST end of the stadium.

**Results:** Results will be posted on athletic.net after the meet.

**Awards:** Will be available in the press box at the conclusion of the meet. Check prior to leaving.

**Warm-up Area:** Located on the grass area/practice fields north of the Soccer field. Infield warm-up is available 3 events prior to scheduled race.

**Packets:** Will be available in the TRACK building at the WEST END of the stadium upon arrival.

**Starting Blocks:** Will be provided. If you are using the stand up blocks, they must be presented for inspection and approval no later than 11:00 AM at the track building.

**Track:** Polyurethane surface (jumping areas also), metric, eight (8) lanes. Shot Put and Discus circles are concrete.

**Spikes:** Only track shoes with ¼” or less spikes or running flats will be permitted on the track.

**MHSAA Website:** Please refer to the [www.mhsaa.com](http://www.mhsaa.com) for specifics not covered in this communication.

**2022 DIVISION II TRACK AND FIELD REGIONAL**  
**Time Schedule for Friday, May 21, 2021**

10:00 a.m.	Gates Open	
10:45 a.m.	Weight Station Opens in girls team room, Pole Inspection at site	
11:00 a.m.	Officials/Coaches Meeting (track building West end of stadium)	
11:15 a.m.	PM Event Scratch Sheets Due in Track building	
11:30 a.m.	Girls Pole Vault Boys Pole Vault will begin one hour after the conclusion of the Girls Pole Vault.	
12:00 p.m.	Field Events	Girls Long Jump Girls Discus Girls and Boys High Jump Boys Shot Put
12:30 p.m.	Finals	Boys 3200 M Relay Girls 3200 M Relay
1:00 p.m.	Qualifying Round	Boys 100 M Dash Girls 100 M Dash  Boys 100 M Hurdles Girls 110 M Hurdles  Boys 200 M Dash Girls 200 M Dash
2:00 p.m.	Final Scratch Sheets are due in the press box fifteen (15) minutes after the completion of the semi-finals.	

## **FINAL SCHEDULE**

2:45 p.m.

**National Anthem**

3:00 p.m.

**Running Finals**

**Boys 100 M Hurdles  
Girls 110 M Hurdles**

**Boys 100 M Dash  
Girls 100 M Dash**

**Boys 800 M Relay  
Girls 800 M Relay**

**Boys 1600 M Run  
Girls 1600 M Run**

**Boys 400 M Relay  
Girls 400 M Relay**

**Boys 400 M Run  
Girls 400 M Run**

**Boys 300 M Hurdles  
Girls 300 M Hurdles**

**Boys 800 M Run  
Girls 800 M Run**

**Boys 200 M Dash  
Girls 200 M Dash**

**Boys 3200 M Run  
Girls 3200 M Run**

**Boys 1600 M Relay  
Girls 1600 M Relay**

## **MHSAA TRACK REGIONAL FIELD EVENT INFORMATION**

**LONG JUMP:** Open pit for one hour fifteen minutes. Each athlete will be allowed three (3) jumps. Top nine jumpers advance to the finals and get three (3) additional jumps.

**SCHEDULE:** Girls open pit: 12:00 – 1:15 p.m. Finals at 1:30 p.m.  
Boys open pit: 2:30 – 3:45 p.m. Finals at 4:00 p.m.

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**SHOT PUT:** Each thrower will be allowed three (3) throws. (Two then one) Top nine throwers will advance to the finals and get three (3) additional throws.

**SCHEDULE:** Boys: 12:00 p.m.  
Finals will begin fifteen minutes after each contestant has had his three throws.  
Girls: Will begin thirty minutes after the girls' finals are complete. Finals will begin fifteen minutes after each contestant has had her three throws.

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**DISCUS:** Each thrower will be allowed three (3) throws. (Two then one) Top nine throwers will advance to the finals and get three (3) additional throws.

**SCHEDULE:** Girls: 12:00 p.m.  
Finals will begin fifteen minutes after each contestant has had her three throws.  
Boys: Will begin thirty minutes after the Girls' finals are completed.

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**POLE VAULT:** Boys Opening Height: 10' 9" Raises: 9", 7", 7", then 6"  
Girls Opening Height: 7' 3" Raises: 9", 6", 6", 3"

**SCHEDULE:** Girls: 11:30 a.m.  
Boys: One hour after the boys' competition is completed.

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**HIGH JUMP:** Girls Opening Height: 4'6" Raises 3" twice then 2"  
Boys Opening Height: 5'7" Raises 3" then 2"

**SCHEDULE:** Girls and Boys: 12:00 p.m.

**2021-22 STANDARD RAISES FOR REGIONAL HIGH JUMP AND POLE VAULT**  
Lower Peninsula

**HIGH JUMP BOYS AND GIRLS ALL DIVISIONS**

<b>BOYS</b>	<b>REGIONAL QUALIFIER</b>	<b>REGIONAL START</b>	<b>1st RAISE</b>	<b>2nd RAISE</b>	<b>3rd RAISE</b>	<b>FINAL QUALIFIER</b>	<b>FINAL START</b>
Div. 1 HJ	5' 10	5' 8	5' 11	6' 1	6' 3	6' 3	6' 0
Div. 2 HJ	5' 9	5' 7	5' 10	6' 0	6' 2	6' 2	5' 11
Div. 3 HJ	5' 8	5' 5	5' 8	5' 10	6' 0	6' 0	5' 9
Div. 4 HJ	5' 6	5' 3	5' 6	5' 9	5' 11	5' 11	5' 8
<b>GIRLS</b>							
Div. 1 HJ	4' 10	4' 8	4' 10	5' 0	5' 2	5' 2	4' 11
Div. 2 HJ	4' 8	4' 6	4' 9	5' 0	5' 2	5' 2	4' 11
Div. 3 HJ	4' 8	4' 5	4' 8	4' 10	5' 0	5' 0	4' 9
Div. 4 HJ	4' 5	4' 2	4' 5	4' 8	4' 10	4' 10	4' 7

**POLE VAULT – BOYS & GIRLS ALL DIVISIONS**

<b>BOYS</b>	<b>REGIONAL QUALIFIER</b>	<b>REGIONAL START</b>	<b>1st RAISE</b>	<b>2nd RAISE</b>	<b>3rd RAISE</b>	<b>4th RAISE</b>	<b>FINAL QUALIFIER</b>	<b>FINAL START</b>
DIV. 1	12' 3	11' 3	11' 9	12' 3	12' 9	13' 3	13' 3	12' 3
DIV. 2	11' 6	10' 9	11' 6	12' 1	12' 8	13' 2	12' 8	11' 8
DIV. 3	11' 0	10' 3	10' 9	11' 3	11' 9	12' 0	12' 0	11' 0
DIV. 4	9' 6	8' 6	10' 0	10' 6	11' 0	11' 3	11' 3	10' 3
<b>GIRLS</b>								
DIV. 1	9' 0	8' 3	8' 9	9' 3	9' 9	10' 3	10' 3	9' 3
DIV. 2	8' 3	7' 3	8' 0	8' 6	9' 0	9' 3	9' 3	8' 6
DIV. 3	7' 6	7' 0	7' 6	8' 0	8' 6	8' 9	8' 9	7' 9
DIV. 4	7' 0	6' 0	7' 0	7' 6	8' 0	8' 3	8' 3	7' 9

\* FINAL QUALIFIER RAISE

**--- ADDITIONAL QUALIFYING STANDARDS ---**  
**2021-22 BOYS AND GIRLS TRACK AND FIELD REGIONAL TRACK MEET**

	DIV. 1		DIV. 2		DIV. 3		DIV. 4	
	B	G	B	G	B	G	B	G
Pole Vault	12'3	9'0	11'6	8'3	11'0	7'6	9'6	7'0
Shot Put	44'0	32'7	42'6	31'0	41'6	30'1	38'0	28'3
High Jump	5'10	4'10	5'9	4'8	5'8	4'8	5'6	4'5
Long Jump	19'11	15'7	19'5	15'0	18'8	14'4	18'1	13'09
Discus	129'0	98'0	120'06	92'0	117'6	87'8	107'0	80'0
3200 M Relay								
110 M 39' HH	16.00		16.90		17.80		19.00	
100 M 33' H		17.00		18.0		18.50		19.80
100 M Dash	11.50	13.20	11.70	13.50	12.0	13.80	12.20	14.10
800 M Relay								
1600 M Run	4:38.00	5:33.00	4:47.00	5:45.00	4:56.00	6:05.00	5:06.00	6:15.00
400 M Relay								
400 M Dash	52.40	1:02.30	53.80	1:04.50	54.80	1:06.50	56.00	1:09.00
300 M I.H.	42.30		44.00		45.20		46.50	
300 M L.H.		50.30		52.10		54.80		56.60
800 M Run	2:02.00	2:27.00	2:07.00	2:35.00	2:10.00	2:40.00	2:15.00	2:48.00
200 M Dash	23.40	27.40	24.0	28.30	24.5	28.8	25.0	29.7
3200 M Run	10:00.00	12:05.00	10:30.00	12:35.00	10:55.00	13:00.00	11:20.00	14:00.00
1600 M Relay								

**ALL TIMES ARE FAT**