

**INFORMATION SHEET – CLASS D REGIONAL TRACK AND FIELD MEET  
Friday, May 20,2022 at North Dickinson beginning at 1:00 PM CST.**

**1. We are using athletic.net to register your athletes. John Burke of Performance Timing will be timing the meet. John's e-mail is [john@performancetiming.com](mailto:john@performancetiming.com) and his phone is 715-218-7883 if you have any questions.**

**2. Enter your entries into athletic.net by scrolling to Michigan then to Region #48. With athletic.net there is no submit button. Once entries are entered they are in the event after you log out. ALL ENTRIES MUST BE SUBMITTED ON ATHLETIC.NET NO LATER THAN 11:59 PM ON TUESDAY, MAY 17, 2022 PER THE MHSAA.**

**3. The following schools will be participating:**

Norway  
Carney-Nadeau  
Forest Park  
North Central  
North Dickinson  
Stephenson  
Watersmeet  
Wilson – Nah Tah Walsh

**4. Starting time (CST)**

Field Events	1:00 PM CST
3200 Meter Relay	1:30 PM CST

<b>5. Number of places to be scored:</b>	<b>Individual Scoring</b>	<b>5-3-2-1</b>
	<b>Relay Scoring</b>	<b>5-3-2-1</b>

**6. Medals will be awarded first through fourth in individual events.**

**7. 1/8" pin spikes will be allowed on our track. Long jumpers should not wear spikes due to the wood board will be slippery.**

**8. Five participants will advance to the finals of the Shot, Discus, and Long Jump. All participants will have three trials. Finalists in these events will get three additional tries.**

**9. The starting height for the Pole Vault for boys and girls will be determined.**

**10. THERE WILL BE NO PRELIMINARIES. Heat assignments will be made by the Games Committee based on time.**

**11. The 400 and 800 RELAYS will be RUN ENTIRELY IN LANES.**

- 12. North Dickinson will provide starting blocks – make sure that each athlete using them has someone to support the blocks. However, you may want to bring your own.**
- 13. Contestants not in uniform must be in stands, not on the infield.**
- 14. Coaches will NOT be permitted on the field during the event. Coaches will NOT be allowed in the Press Box after the start of the meet.**
- 15. A “SCRATCH MEETING” will be held in the bus garage at 12:30 PM CST.**
- 16. TAKE SPECIAL NOTE AND ANNOUNCE TO YOUR ATHLETES:**
  - a. Jewelry and uniform rules will be enforced at this meet.**
  - b. Athletes involved in running and field events are to report to field event judges within five minutes after running events.**
- 17. ADMISSION: \$7.00 for both students and adults as set by MHSAA. Spectators must purchase tickets on GO FAN to be admitted to the Meet. Tickets will not be sold at the gate.**
- 18. Shots and Discus for both boys and girls will be weighed and measured at 12:30 P.M. (CST) in the bus garage.**