

Division 3 Track and Field Regional #25
Hosted by Hillsdale High School

Date	Friday May 21, 2021
Location	Hillsdale High School
Regional Managers	David Pratt, Athletic Director Phone: 517-689-1413 Email: david.pratt@hillsdaleschools.org Clay Schiman, Head Track Coach Phone: 517-610-2611 Email: clay.schiman@hillsdaleschools.org
Entries	<p>Due Tuesday May 18th by 8:00pm. All entries will be done on Athletic.net. Follow all instructions and regulations found on the MHSAA website for track and field under regional entry procedures. Please remember to send in your eligibility lists as well.</p> <p>You may enter three athletes in individual events but must scratch to two unless all entries of three or more have met the additional regional qualifying standards. Please see the additional regional qualifying standards on the MHSAA website</p>
Athletic.net	<p>All times, distances and heights shall have been achieved prior to 8:00pm on May 18. Times must be entered as FAT times to the hundredth (.00) or handheld equivalent – rounded up and then adjusted by +.24. Entries for whom times were not submitted or for whom confirmed false times were submitted will be placed in the first section without seeding consideration. Be sure to put in a seed time for your relays, relay seeds do not automatically pull from the system like individual performances do. Entries will be locked at 8:00pm on Tuesday. Please contact Clay Schiman if you have questions about Athletic.net</p>
Participating Schools Info	Please read all information on the MHSAA website for Track and Field participating school information
Coaches Meeting	There will be a coaches meeting held in the Hillsdale High School “Team Room” at 12:15 (see map for location. The entrance will be the open door by the team camp area)
Preliminary Scratches	Must be turned in at the coaches meeting by 1:00pm
Implement Weigh-in	All implements must weigh-in from 12:30 to 1:45 in the shed at the throwing venue. Any implement that doesn’t pass will be impounded until the throwing competition is complete

Field Event Start Times	1:30	Boys Pole Vault (girls to follow)
	2:30	Girls High Jump (boys to follow) Girls Shot Put (boys to follow) Boys Long Jump (girls to follow) Boys Discus (girls to follow)
4x8 & Preliminary Event Start Times	3:30	3200 Meter Relay
	4:00	Preliminary Running Events, beginning with the 100m dash
Final Scratches	Due by 6:00pm in the press box – please turn these in regardless of having scratches. If a competitor is not scratched by 6:00pm and does not show up to their scheduled event, they will be disqualified and the event will count towards that competitor's 4 event limit.	
Final Running Start Time	6:15pm at the earliest, or a minimum of one hour after the preliminary races	
Starters	Dan Bentschneider and Eric Swihart	
Referees	Ralph Piepkow and Jackie Clarke	
Bus Parking	To help with parking space, buses will drop off at the team camp area and then be parked off-site. We will provide a shuttle at specific times for drivers who would like to watch the meet. Please make sure all athletes and coaches are aware that your bus will not be parked at Hillsdale High School – they should not leave items on the bus that they might need during the meet.	
Admission	Tickets must be purchased through the GoFan app. They will not be available at the gate	
Team Camps	Team camps will be in the field next to the school. Each school will have a specific area painted for them so that we can fit all 15 schools into this area. Please see the attached map.	
Bathrooms	Located in the building at the south side of the track. Portable restrooms will also be located throughout the facility. Locker rooms will not be available.	

Warm-ups	The track/infield will be available for warm-up activity until 3:15pm, at which time participants and coaches must clear the track for competition. The track will be available after preliminary events until 15 minutes before the start of the finals. All other warm-up should be done on the infield in the designated area (between where the hash marks would be if the field were lined for football). Please monitor this area and keep non-competing athletes outside the fence.
Trainer	An athletic trainer will be on site. Ice will be provided.
Inclement Weather	In case of severe inclement weather each school will be assigned a classroom within Hillsdale High School.
Concessions	Concessions will be available. The concession stand is located in the blue building at the south end of the track
Marking Substances	Chalk only – no tape
Spike Size	¼ inch pyramid spikes. No pin or Christmas tree spikes
Timing System	We will use FinishLynx fully automatic timing
Starting Blocks	Schools may furnish their own starting blocks if they choose. We will have blocks available.
Scoring	10-8-6-5-4-3-2-1 for all events
Awards/Results	Medals are awarded for places 1-8 in all events. Duplicate medals will be ordered for tied positions. Medals can be picked up at the open room in the press box approximately 15 minutes after the conclusion of the 1600m Relay – we will make an announcement when they are ready. Results will be posted on the back of the press box throughout the meet. The trophy presentation to the winning teams will take place at the center of the track.
State Qualifiers	The first two placers in each event, plus any contestant who equals or betters the published additional qualifying standard shall qualify to the MHSAA State Meet. Please see the MHSAA website for state qualifying marks. Efforts in the preliminary trials of field events may qualify the competitor to the MHSAA State Meet. State Qualifiers will compete on Saturday, June 5 @ Jenison HS

Seed Lists

Seed lists will be emailed to Athletic Directors and made visible on Athletic.net on Wednesday May 19

Practice Time

The track and field areas **will not** be available for practice before the regional meet

Coaches Box

The flagged area inside the track along the backstretch is the coaching box for running events (if the field were painted for football this area would run approximately from the eastern hash marks to the out of bounds line). Please keep athletes and spectators out of this area. Athlete warm-ups are allowed in the designated area next to this coach's box. Coaches boxes will be painted at each field event.

Check-in Procedure

Check-in is at the NW corner of the track behind the 110 hurdle start line. It is the contestant's responsibility to notify officials if they have to leave one event for another. Running events have precedence over field events. Athletes must report to the clerk after first call. Ten minutes will be allowed for a return to the field event after the contestant has competed in a running event.

Jury of Appeals

Meet Manager – Clay Schiman
Boys Coach – Pete Konetzki (Jonesville)
Girls Coach – Rhonda Hubbard (Onsted)
Head Scorer – Mary Spiteri
Meet Monitor – Josh Perrin
Alternate – Tom Gunnells (Napoleon)

Field Events

Long Jump

The long jump will use an “open pit” format. The pit will be open for one hour; all contestants are allowed 3 preliminary jumps. The finals will begin approximately 10 minutes after the preliminaries and will include the top nine contestants. All ties for ninth place will advance to finals. All coaches, spectators and non-competing athletes must stand outside the fence.

Discus and Shot Put

Flights will be arranged from worst entry performance to best. A brief warm-up period will be allowed between flights. There will be three trials in the preliminaries. The top nine performers will get three additional trials. All ties for ninth place will go to finals. The finals will begin approximately 10 minutes after the preliminaries. All implements must be weighed and labeled during the weigh-in session from 11:30 – 12:45

High Jump

Starting height for girls: 4’5
Starting height for boys: 5’5

Pole Vault

Cards will be available before the meet for coaches to sign and verify pole and athlete weights. All coaches, spectators and non-competing athletes must stand outside the fence.

Starting height for boys: 10’3
Starting height for girls: 7’0

Running Events

One round of preliminaries will be run in the 100m dash, 100/110, hurdles, and 200m dash. Qualifying procedures for finals will be the heat winners plus the next fastest times. Heat winners will get preferred lanes.

The 800m, 1600m, 3200m and 4x800m relay will use a double waterfall start.

The 3200m and 4x800m will have one section per gender.

The 1600m will have one section unless the number of entries is over 24 competitors. If two sections are needed, the last heat (or fast heat) will have 16 competitors including ties.

The 800m will have two heats if there are more than 20 entries. If two sections are needed, the last heat (or fast heat) will have 12 competitors including ties. If there are more than 24 entries, the last heat will have 16 competitors including ties.

The 300m hurdles, 400m, 4x100 relay, 4x200 relay and 4x400 relay will be run in sections with the slowest qualifying times in section one.

Contestants should report to the staging area on first call and no later than second call if involved in a field event. The staging area is located at the NW end of the track behind the 110 hurdle start line.