

# PORTAGE CENTRAL ATHLETIC DEPARTMENT

8135 S. Westnedge Ave.  
Portage, MI 49002

Phone: 269-323-5361  
Fax: 269-323-5360

Joe Wallace - AD  
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Dan Wytko – Head Coach/Meet Manager

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## MHSAA REGION 3 TRACK & FIELD CHAMPIONSHIPS Friday, May 21, 2021

**Location:** McCamley Field, Portage Central High School, 8135 S. Westnedge Ave, Portage, MI 49002

### **Entries**      **All entries need to be made on Athletic.net before 8:00 PM Tuesday, May 18, 2021**

- Each team is allowed 3 entries and must scratch down to 2 contestants. A team may enter more than 3 athletes, provided all athletes have met the regional additional qualifying standards.
- *All performances shall have been achieved prior to 8 p.m. on May 18.*
- *Times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by rounding up to the highest tenth then adding +0.24. (i.e. 12.52 = 12.6 + 0.24 = **12.84**)*
- *Athletes or relay teams that do not have times submitted or with incorrect times submitted, will be placed in the last heat or first section without seeding consideration.*
- *Late Entries for CLERICAL ERRORS ONLY*
  - *\$50 must be paid before the contestant or team will be allowed to participate.*
  - *There are to be no late entries after the Regional individual positions are set.*
  - *The late fee may not be used to change any time, height or distance.*
  - *The only changes which are permitted after 8 p.m. the day of the entry date will be scratches, or clerical errors.*

### **Officials**

- Jerry Spade - Starter
- Frank Gawkowski - Starter
- Dan Higgason - Referee
- Scott Banghart - Referee

### **Appeal Committee**

- Scott Banghart - Referee
- Dan Higgason - Referee
- Dan Wytko – Meet Manager
- Ryan Johnson - Portage Northern
- Stephanie Stephenson - East Kentwood
- If an appeal involves a committee member, the alternate will be Ben Howell (Caledonia).

### **Athlete Check-in**

- Athletes will check-in with the clerks located in the chute at the northwest corner of the stadium.
- Call system: 1st, 2nd, and 3rd (last) call will be used. All athletes must check in by 2<sup>nd</sup> call.
- Athletes that do not check in by 2<sup>nd</sup> call for an event, will be scratched from the event.

### **Starting Blocks**

- Traditional starting blocks will be provided.
- Non-traditional blocks must be approved by the referee/starter, prior to the event.



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## Warm-up Area

- Athletes may use the grass field to the east of the stadium as a warm-up area.
- Warm-ups are not permitted on the infield.

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

## Awards/Results

- Team awards packets may be picked up at the scoring trailer following the conclusion of the meet.
- Results will be posted live online at [fatresults.com](http://fatresults.com) and on [Athletic.net](http://Athletic.net). Results will not be printed.
- MHSAA State Finals qualifier information will be posted on [MHSAA.com](http://MHSAA.com).

## Restricted Areas

- Coaches and non-participating athletes are restricted from the infield and roped off areas.
- Field event coaches will be allowed to coach from designated boxes in each event area.
- Each school will be provided one infield pass. The purpose of the pass is to be able to enter the infield to briefly communicate with an athlete, but not to stay on the infield the entire meet. If you are asked to leave the field, please comply.

## Marking Material

- Chalk is the only acceptable marking material and will be provided.
- Long jump and pole vault – chalk marks are to be on the outside of the runway. There are foot markers to assist with locating starting positions.

## Trainer

- Will be available at the north end of the infield (red tent).
- Taping - If an athlete need to be taped, please bring their taping materials for the trainer to use.

**Water** Water will not available for distribution. Please advise your team to bring their own.

**Concessions** Will be available.

## MHSAA Merchandise

- MHSAA merchandise will be available.
- Cash and checks are accepted. Checks should be made payable to Portage Public Schools, or PPS.

**Admission** TBD. The MHSAA will coordinate tickets.

**Masks** We will follow the protocols put forth by the MHSAA and State of Michigan.

**Bus Parking** Buses may drop off athletes in the parking lot at the entrance of McCamley Field. Buses should park in the Student Parking lot to the east of McCamley Field, in front of Portage Central High School.

**Athlete Parking** All athletes that are driving themselves need to park in the lots on the east side of S. Westnedge Ave.

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## Pole Vault

- **Men** - The opening height will be 11-3 and follow the MHSAA Regional Standard Raises for Pole Vault.
- **Women** - The opening height will be 8-3 and follow the MHSAA Regional Standard Raises for Pole Vault.

## High Jump

- Five Alive method will be used for groupings.
- Men and women will jump at the same time on separate pits. Men will jump on the west pit, and women will jump on the east pit.
- **Men** - The opening height will be 5-8 and follow the MHSAA Regional Standard Raises for High Jump.
- **Women** - The opening height will be 4-8 and follow the MHSAA Regional Standard Raises for High Jump.

## Long Jump

- Men and Women will jump at the same time on separate runways.
- Preliminaries will be open pit for 1 hour and 30 minutes.
- Each athlete will get 3 attempts during prelims.
- The top 9, plus ties, will advance to the finals, which will be 3 more jumps in reverse order.

## Shot Put & Discus

- Flights with 10 minutes between flights for warm-up.
- Preliminaries will be 3 throws (2+1), and finals will be 3 throws (1+1+1)
- The top 9, plus ties, will advance to the finals, and compete in reverse order.
- Women will throw shot put first, followed by men.
- Men will throw discus first, followed by women.

**Implement Weigh-In** Throwing implements will be weighed at the west end of the Concessions building.

**Pole Vault Verification** Poles must be verified by the coach, athlete with the field event referee.

[Additional Qualifying and Vault/Jump Raise Chart \(link\)](#)



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- 9:00 AM **Gates Open**
- Packet pick-up at the visitor's side bleachers.
  - Implement Weigh-in (9:30 to 10:30, west side of the concessions bathroom building)
- 9:30 AM **Coaches Meeting** (visitor side bleachers)
- 10:00 AM **Pole Vault** - Men's and Women's (scratched due at 9:30 AM at site)
- 11:00 AM **Field Events** – scratches due at 10:30 at the event site (you must officially scratch an athlete)
- Men's and Women's High Jump (pending the usage of 2 pits; otherwise, women will be first)
  - Men's and Women's Long Jump
  - Women's Shot Put
  - Men's Discus
  - Men's Pole Vault
- 11:00 AM **Scratches due** at the finish line for the 4x800 m Relay, qualifying heats of 100 m Dash, 100/110 m Hurdles, 200 m Dash
- 11:30 AM **4x800 m Relay Finals** - Women followed by men. (Waterfall start for all events 800 meters and up)
- 12:00 PM **Qualifying Heats for Sprints**
- Women's 100 m Dash followed by the Men's 100 m Dash
  - Women's 100 m Hurdles followed by the Men's 110 m Hurdles
  - Women's 200 m Dash followed by the Men's 200 m Dash
- Advancing athletes to the Finals (9 lanes)
- 1 Heat – heat winner + 8 fastest times to fill lanes
  - 2 Heats – 2 heat winners + 7 fastest times to fill lanes
  - 3 Heats – 3 heat winners + 6 fastest times to fill lanes
  - 4 Heats – 4 heat winners + 5 fastest times to fill lanes
- 1:15 PM\* **Long Jump Finals** - Women & Men (*start as close to 1:15 as possible, after qualifying heats end.*)
- 2:15 PM **Scratches due** for all running finals. Please turn these into the finish line.
- 2:55 PM\* **National Anthem**
- 3:00 PM\* **Running Event Finals** (*or one hour after the final event of the qualifying heats end.*)
- Girls 100 m Hurdles / Boys 110 m High Hurdles  
100 M Dash  
4 x 200 m Relay  
1600 m Run - *2 heats if entries exceed 24, If 2 heats, then the 2nd heat will have the 16 fastest entries.*  
4 x 100 m Relay  
400 m Dash  
300 m Hurdles  
800 m Run - *2 heats if entries exceed 20, If 2 heats, then the 2nd heat will have the 16 fastest entries.*  
200 m Dash  
3200 m Run - *1 heat per gender, regardless of number of entries.*  
4 x 400 m Relay
- 6:30 PM\* **Trophy Presentation** *\*approximate times*

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## McCameley Field @ Portage Central



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## Parking Locations

