



GAYLORD ATHLETIC DEPARTMENT



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MHSAA REGION 11 TRACK & FIELD CHAMPIONSHIPS

Saturday, May 21, 2022

Location: Gaylord Community Field, Gaylord High School, 90 Livingston Blvd, Gaylord MI 49735

Schools: Alma, Bay City John Glenn, Big Rapids, Cadillac, Cheboygan, Essexville Garber, Freeland, Gaylord, Gladwin, Kingsley, Ludington, Midland Bullock Creek, Ogemaw Heights, Petoskey, Remus Chippewa Hills, Shepherd.

Entries: All entries need to be made on Athletic.net before 11:59 PM, Tuesday, May 17, 2022

- All schools must send their updated MHSAA master eligibility to wilsonc@gaylord.k12.mi.us
- 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 11:59 p.m. May 17.*
- *Times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by rounding up to the highest tenth the adding +0.24 (i.e. 12.61 = 12.7+0.24 = **12.94**).*
- *Athletes or relay teams that do not have times submitted or with incorrect times submitted, will be place in the heats and sections with no time (NT) without seeding consideration.*
- *Late Entries for CLERICAL ERRORS ONLY*
 - *\$50 must be paid before the contestant to team will be allowed to participate.*
 - *There are to be not 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 11:59 p.m. the day of the entry date will be scratches, or clerical errors.*

Team Arrival Time:

- **10:30 am**, please **DOT NOT** arrive prior to this time. Drop off at the entrance gate.
- Team packets will be available for pick up upon arrival under the press box, behind home stands.
- Buses to park in lot behind the press box.

Coaches Meeting:

- **11:30 am** Location is garage area, behind press box.
- Hospitality will be available throughout the day on the 1st floor of the press box.

Implement Weigh-In:

- **11:30 a.m. to 12:30 p.m.** Location will be table in the throws area, across the parking lot.

Athlete Check-In:

- Athletes will check-in with the clerk 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 2nd call.
- Athletes that do not check in by 2nd call for an event, will be scratched from the event.

Restricted Areas:

- Field event coaches will be allowed to coach from designated areas in each event area.
- Each school will be provided 3 coaches infield passes per team/gender.
- Athletes are not allowed on the infield, until 2 events prior to their scheduled race.

Track Access:

- Two entrance points to the track, will be the north end of the track (start of 100 and check-in).
- East side of the track on the back stretch.

Starting Blocks

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

Marking Materials:

- Chalk is the only acceptable marking material on the track surface.
- Long jump and pole vault – chalk marks are to be on the outside of the run way, other marking marking devices can be used (i.e. golf tees).

Spike Size: Please use ¼” pyramid spikes.

Trainer: Will be available under tent on the south end of the infield, if athlete needs to be taped, please bring taping material for the trainer to use.

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

Awards/Results:

- Team awards packets may be picked up at the bottom of the stairs to the press box following the conclusion of the meet.
- Results will be live online, website will be provided as soon as we know. Will also be uploaded to athletic.net at the conclusion of the meet.
- MHSAA State Finals qualifier information will be posted on MHSAA.com

Concessions: Will be available.

MHSAA Merchandise:

- MHSAA merchandise will be available.
- Credit cards, cash, and checks are accepted. Checks made payable to Gaylord High School.

Admission: Admission is \$7 for all spectators. Tickets will be purchased on GoFan

Schedule

- 11:55 AM** National Anthem
- 12:00 PM** All field event and preliminary running events, including the 3200-meter relay, **scratch sheets** are due to meet manager
- 12:00 PM** Girls pole vault - starting height 7'3" (Poles must be verified by meet official to compete)
- 1:00 PM** Boys High Jump – starting height 5'7"
Boys Shot Put (across parking lot)
Girls Long Jump (south end of field)
Girls Discus (across parking lot)
- 2:00 PM** **3200 meter relay** – Men followed by women (Waterfall start for all events 800 meters and up).
- 2:30 PM** **Qualifying Heats for Sprints**
- Men's 100m Dash followed by the Women's 100m Dash.
 - Men's 110m hurdles followed by the Women's 100m hurdles.
 - Men's 200m Dash followed by the Women's 200m Dash.
- Advancing athletes to the finals** (8 lanes)
- Heat winners, and the next fastest from all heats.
 - 2 heats will advance the 2 winners and the next 6 fastest overall from all heats.
 - 3 heats will advance the 3 winners and the next 5 fastest overall from all heats.
 - 4 heats will advance the 4 winners and the next 4 fastest overall from all heats.
- 3:00 PM** Long Jump Finals – Women's (tentative)*
- 3:30 PM** **Scratch sheets due** for all running finals. Please turn into finish line.
- 4:25 PM National Anthem*
- 4:30 PM Running Event Finals (*or one hour after the final event of the qualifying heats end*).
- Men's 110m Hurdles/ Women's 100m Hurdles
- 100m Dash
- 4 x 200m Relay
- 1600m Run – (2 heats if final entries exceed 24, If 2 heats, then the 2nd heat will have the 16 fastest entries)
- 4 x 100 Relay
- 400m Dash
- 300m Hurdles
- 800m Run – (2 heats if entries exceed 20, If 2 heats, then the 2nd heat will have the 16 fastest entries)
- 200m Dash
- 3200m Run – (1 heat per gender, regardless of the number of entries)
- 4 x 400 Relay

*Approximate Times

POLE VAULT - (Poles must be verified by meet official to compete)

Girls pole vault – Starts @ 12:00 PM

starting height - 7'3" (Raises 8'0", 8'6", 9'0", then 9'3")

Boy's pole vault – to follow one hour after the completion of the girl's competition.

Starting height - 10'9" (Raises 11'6", 12'1", 12'8", 13'2" (12'8" state qualifying height))

LONG JUMP (open pit for one hour thirty minutes)

➤ **NOTE: WE WILL RUN AHEAD OF SCHEDULE IF PRELIMS FINISH EARLY.**

- Girls will jump from (1:00 to 2:30)
 - Each athlete will be allowed three preliminary jumps
 - Top 9 distances, plus ties to finals, which will be 3 more jumps in reverse order.
 - Girls finals tentatively scheduled for 3:00PM
 - Boy's open pit from (4:00 to 5:30)
 - Boy's finals tentatively scheduled for 6:00PM
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HIGH JUMP - (five alive method will be used for grouping)

Boys will jump first – Starts @ 1:00 PM

Starting height - 5'7" (Raises 5'10", 6'0", then 6'2") (6' 2" state qualifying height)

Girls will follow one hour after the completion of the boy's competition

Starting height – 4'6" (Raises 4'9", 5'0", 5'2") (5' 2" state qualifying height)

SHOT PUT/DISCUS - (Shot Put Boy's start at 1:00) – (Discus girl's start at 1:00)

- Athletes will be divided into equal flights.
 - 15-minute warm ups between flights.
 - Preliminaries will be three throws (2 & 1).
 - Top 9, plus ties, will advance to the finals (1-1-1) reverse order.
 - 30 minutes will be given to start the next gender event.
 - All non-faulted throws will be measured.
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