

ATTENTION: TRACK COACHES AND ATHLETIC DIRECTORS

**REGION 47-3
TRACK AND FIELD MEET
WEDNESDAY, MAY 18, 2022**

PARTICIPATING SCHOOLS:

[Baraga](#)
[Bessemer](#)
[Chassell](#)
[Dollar Bay](#)
[Ewen-Trout Creek](#)
[Lake Linden-Hubbell](#)
[Ontonagon](#)
[Wakefield-Marenisco](#)

PLACE: Lake Linden-Hubbell School
Warner Athletic Field

STARTING TIMES:
Shot & Disc Weigh in 2:30
Scratch Meeting 2:45
Field Events 3:00 P.M. EDT
Running Events 4:00 P.M. EDT

MEET DIRECTOR: Jack Kumpula

Starters: John Sanregret & Sean Jacques

ADMISSION: \$7.00 for Students and Adults
Tickets are available through Gofan.com at
<https://gofan.co/app/events/610915?schoolId=MI19262>

Entries Due on Tuesday, May 17, by 9:00 am EDT

GENERAL INFORMATION – MHSAA Division 3 Region 47 -May 18, 2022

1. Rules stated in the March 2022 M.H.S.A.A. Bulletin will be applied in the meet. In all other situations, the 2022 National Alliance Edition of "Track and Field Rules" will be followed.
2. Entries in all individual events are limited to four and relays are limited to one team.
3. **Completed entry forms must be submitted through the Athletic.net System by 9:00 a.m. EDT on Tuesday, May 17, 2022.** There will be four entries per event. There will be medals given to 1st through 4th places and a trophy to the 1st place team.
4. Number of places to be scored: Individual Scoring 5-3-2-1 – 4 advance to U.P. Finals
Relay Scoring 5-3-2-1 -- 2 advance to U.P. Finals
5. **There will be finals in the shot put, discus, and long jump.** Participants will have 3 trials. Five participants will advance to the finals and have three more trials.
6. A **scratch meeting will be held at approximately 2:45 p.m.** upstairs of the Russ Laurin fieldhouse above the concession stand. Field event information will be discussed and determined at the heat meeting.
7. FAT timing will be done by Superior Timing.
8. The 400-meter dash will be run in lanes for the entire race.
9. The 800 meter run, 1600 meter run, and 3200 meter run and 4x800 meter relay will use a Waterfall start.
10. There will be no preliminary heats.
11. The 4x100 and 4x200-meter relays will be run in lanes the entire race.
12. Teams may change in the locker room facilities at the elementary school behind discus cage. Schools may wish to use their own facilities, however, as space is limited.
13. The track is asphalt, has six (6) lanes, and is 400 meters long.
14. Absolutely no shots or discuses are to be thrown on the football field.
15. **Shots and Discus will be weighed behind the concession stand starting at 2:30.**
16. Coaches will **NOT** be allowed in the press box after the start of the meet.
17. The time schedule will be followed as closely as possible. Events may be moved up.
18. A concession stand will be available.
19. Buses may park along the side of Front Street which runs parallel with the football field/track. **Do not park next to the school that is where our buses load up after school.**
20. **Contestants not in uniform must remain in the stands, not on the infield.**
21. **Admission: \$7.00 for both students and adults as set by the MHSAA.**
22. **PLEASE CLEAN UP YOUR INFIELD AREA BEFORE LEAVING!**