

## 2023 MHSAA JH/MS Track Regionals Pilot program

A school will use Athletic.net to enter their runners, and they must be an MHSAA member school at the JH/MS level to compete in this MHSAA event. This Regional meet DOES NOT count against their season maximum of 10 regular season meets as this is a post-season MHSAA event.

### Further details for the MHSAA JH/MS Track & Field Regionals

- MHSAA JH/MS Regional races can be hosted anytime during May. There will be two Regional meets per Zone. MHSAA member schools can enter one Regional only, which should be closest to their school.
- There is no cost or entry fee for participation in the MHSAA JH/MS Track & Field Regional.
- The Regional events are set per zone to get meets spread geographically around the state (see map).
- Seed times will determine heats and flights based on Athletic.net entries.
- Athletic.net will be used to “sign up” interested schools and the first 25 schools to sign up in each Regional will be allowed to compete. If there is interest beyond the 25 schools, additional meets may be created.
- Athletic.net will “create” the Regional meets once the dates are finalized.
- Field size and heats will be determined by each school being allowed to bring one athlete per event and one relay per relay. If additional athletes meet the qualification standards beyond the one entry, they would also be allowed to enter the field.
- No more than three competitors from any one school would be able to compete in an event regardless of best times, heights, or distances.
- **Meet hosts may adjust heats and races to fit the entries best. This may include limited participation to ensure a meet that can be conducted within a weeknight.**
- Heats/Flights will be determined once the field is set.
- Entry deadlines will be no later than three school days before the event, and deadline times will be set locally.
- Athletic.net will be used as the registration platform for the MHSAA JH/MS Track & Field Regional for schools, teams, and individuals. Those Regional races would be created in Athletic.net and listed on that site for entry.
- The MHSAA JH/MS Regional race will NOT be counted against the schools’ MHSAA contest limit in JH/MS Track & Field.
- MHSAA trophies and medals will be awarded for each gender. Team Champion and medals to the top 6 in each event and top 3 in each relay. Award presentations will be done.
- MHSAA host schools will hire at least two MHSAA registered officials to start and officiate the Regional with other meet workers determined locally.
- MHSAA Admission will be charged for spectators - \$6.00 via GoFan digital ticketing
- While the host school will individually conduct the meets and time schedules determined locally, it is recommended that if a weekday Regional is chosen, Field Events start no later than 2:45 p.m., with Running events starting at 3:30 p.m.
- Regional host schools would complete a financial report form for reimbursement after the event was completed.

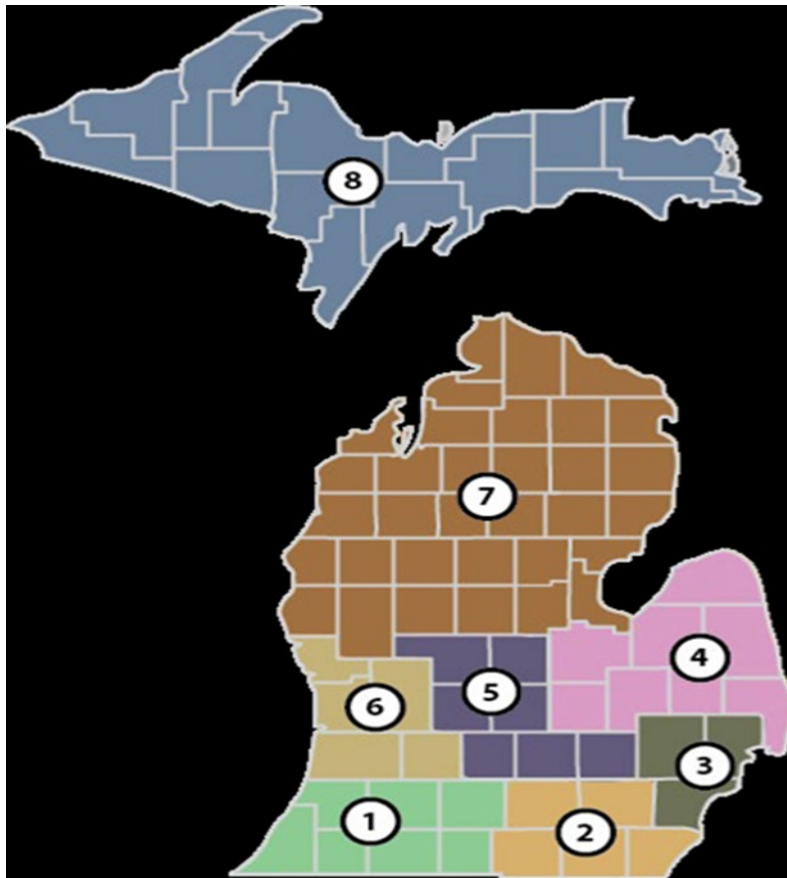
The JH/MS MHSAA Regional Track & Field events will follow MHSAA JH/MS Order of Events

**Junior High/Middle School Order of Events for Boys and Girls**

1. 4 X 800 Meter Relay
2. 55 Meter Hurdles (5 hurdles) (33" boys, 30" girls)
3. 100-Meter Dash
4. 4 X 200 Meter Relay
5. 1600 Meter Run
6. 4 X 100 Meter Relay
7. 400 Meter Dash
8. 70-Meter Dash
9. 800-Meter Run
10. 200 Meter Hurdles (5 hurdles, 35-meter intervals) (30")
11. 200 Meter Dash
12. 3200 Meter Run
13. 4 X 400 Meter Relay

**Field Events**

1. Pole Vault
2. Shot Put (4 Kg. for boys; 6 lb. for girls)
3. High Jump
4. Long Jump



2023 MHSAA JH/MS Track & Field Regional sites

Zone 1

Comstock – May 22

South Haven – May 24

Zone 2

Ypsilanti Lincoln - May 24

Zone 3

Woodhaven - May 22

Zone 4

White Pine MS - Saginaw Township Schools – May 18

Goodrich – May 31

Zone 5

Bath MS/HS - May 18

Zone 6

Grand Rapids Public Schools – May 17

Zone 7

Brethren HS – May 23

Manton HS – May 13

Zone 8

Calumet HS – May 31

St. Ignace HS – May 31

Marquette HS – May 31



## 2023 Junior High / Middle School Track Regional Qualification Standards

	<u>Large School</u>	
<u>Event</u>	<u>Boys</u>	<u>Girls</u>
3200m Relay	9:59.99	11:19.99
55m Hurdles	9.79	10.39
100m Dash	12.59	13.59
800m Relay	1:46.99	1:59.39
1600m Run	5:11.99	5:51.99
400m Relay	49.89	55.99
400m Dash	57.39	1:06.49
70m Dash	9.19	10.09
800m Run	2:22.49	2:38.99
200m Hurdles	28.89	33.79
200m Dash	25.89	29.29
3200m Run	11:24.99	12:54.99
1600m Relay	4:02.99	4:37.99
High Jump	5' 3"	4' 7"
Pole Vault	8'	7'
Long Jump	16' 11"	13' 11"
Shot Put	36' 6"	30' 6"

\* Large Schools are JH / MS that feed into Division 1 & 2 High Schools

	<u>Small School</u>	
<u>Event</u>	<u>Boys</u>	<u>Girls</u>
3200m Relay	10:14.99	11:39.99
55m Hurdles	10.09	10.59
100m Dash	12.89	13.89
800m Relay	1:49.79	2:01.49
1600m Run	5:19.99	5:59.99
400m Relay	50.99	56.99
400m Dash	59.19	1:07.49
70m Dash	9.29	10.19
800m Run	2:22.99	2:41.99
200m Hurdles	30.09	34.09
200m Dash	26.89	29.99
3200m Run	11:39.99	13:04.99
1600m Relay	4:05.99	4:43.99
High Jump	5' 3"	4' 6"
Pole Vault	8'	7'
Long Jump	16' 8"	13' 9"
Shot Put	36' 0"	30' 0"

\* Small Schools are JH / MS that feed into Division 3 & 4 High Schools