



## Division 2 Final

June 3rd, 2023

Hosted by Forest Hills Eastern High School  
at Hawks Stadium 2200 Pettis Ave NE, Ada, MI 49301

### Pre-Meet Schedule Friday, June 2nd

**4:00-7:00pm** Hawk Stadium will be open for teams to inspect. The track will be available for workouts. Field events will be closed for practice but steps may be marked. **All pole vault and long jump markings can not be on the runways, they must be in the grass next to the runway.** Tents may also be set up. Vaulting poles can be inspected and stored overnight.

- Packet pickup will be in the south-west corner outside of the stadium at our tennis building. Enter off of Pettis Ave and packets will be at the tennis building north of the tennis courts. Packets may also be picked up Saturday morning.
- The coaches packet will have **3 wrist bands and one parking pass**. If you have more than 3 coaches or more than one vehicle, you will have to pay for additional tickets.
- Souvenir shirts will also be for sale by EA Graphics from 4-7pm on Friday.

### General Information

**Admission:** Gates open at 8:00 am on Saturday. There will be no passes and all tickets must be purchased through GOFAN, credit cards will be accepted at the gate. The GOFAN ticket link can be found here: [GoFan Ticket Link](#)

All tickets will be \$11 **\*\*Tickets need to validated by gate workers on site for entrance\*\***

**Spectator Parking: \$5 per vehicle - Cash Only.** See the attached map for designated parking areas around the Forest Hills Eastern campus. **We encourage carpooling to the event.**

**Programs:** A limited amount of programs will be available onsite for purchase the day of the meet for \$5.00. All programs will be posted on the MHSAA website and can be viewed for free.

**Stadium rules:** Hawk Stadium is an alcohol and tobacco free facility. All in attendance will be expected to follow these rules.

**Concession:** Will be available at the south end of the stadium. **Cash and Card will be accepted**

**Restrooms:** Will be available under the home stadium, south end of the stadium and porta potties by field events.

## Coach Information

**Athletic Trainer:** There will be athletic trainers and an EMT on site throughout the day. Ice and water will be provided. A field event trainer station will be set up at the tennis courts from 9:00am-1:00 pm.

**Coaches:** You must have your wristband on in order to enter the stadium. Wrist bands also gain you access to field event areas.

**Field Entrance/ Coaches Box:** Only **athletes** in uniform that have an upcoming event are allowed on the infield. Coaches, you **may** utilize the coaches box on the field by wearing your lanyard. **Coaches are to ONLY be in the coaches box while their athletes are competing** and then return to the stands or outside of the fence around the track or in the designated areas for field events. Athletes and coaches may enter the infield on the Northwest corner or at the gate on the Southeast end by concessions.

**Locker room:** There are no locker room facilities available - comes dressed for competition.

**Results:** Results will be posted online at: <https://live.michianatiming.com/>

**Team parking:** School vans and coaches with parking passes will park in the tennis lot south of the tennis courts. You will enter campus from 2 Mile Rd. Buses can drop off at the drive in front of the home bleachers and park on the opposite side of the school in the Middle school parking lot.

**\*\*See attached diagram. White arrows/Lines represent where coaches and vans will park and black outline lot will be where buses park.\*\***

**Team tents:** Tents are allowed outside the fence on the south west end of the stadium in the grass and Under the home bleachers (this is stone so bring blankets).

**\*\*See attached diagram. Yellow Lines represent where tents can be set up.\*\***

**Advancing to Finals:** The formula for advancing from semifinals to the finals will be each heat winner and then the next fastest times as needed to fill the final heat.

### Specific Track Information:

**Awards:** Medals for the first 8 places. Trophies will be awarded to the champion and runner-up at the conclusion of the meet.

**Batons:** Teams will be responsible for furnishing their own batons.

**Call System:** To keep the meet running smoothly and efficiently the announcer will use the following system: First call, second call, and third/final call. Athletes that have not reported to the clerk of the course or field event supervisor by the third and final call will be scratched from that event and it will count toward their four events.

**Checking in:** All athletes must check in with the clerk of the course in the designated staging area after the 1st call and prior to the final call for that event. Check in will be by the tent at the finish line.

**Entries:** A list of entries may be located on the MHSAA website at [www.mhsaa.com](http://www.mhsaa.com) on the Tuesday following the Regional meet. If you find any errors, or if one of your athletes has been omitted, please call the meet manager by Tuesday, May 31st. You are asked to declare all four relay athletes expected to compete by Friday, June 2nd. This will NOT prohibit any day of substitutions for other eligible athletes.

**Exchange Zone Markings:** Markings should be no larger than 4"x4" square using only chalk.

**Field Events:** The shot put, discus, long jump and pole vault pit are located at the south end of the stadium. The high jump is located on the south end inside the track. Only chalk may be used to mark starts/takeoffs for the high jump. Long jump and pole vault areas should make all marks off the runway.

**Relay Cards:** Relay athletes will be pre-declared via athletic.net. Relay cards will ONLY be used for substitutions on the day of the meet. You need to only list the substituted athlete.

**Scratches:** 9:00am for the morning events and Noon for the afternoon events. All scratches are to be written on the official scratch sheet provided at the scorer's table. Scratches must be turned in on time and if you know prior to Saturday, please let the tournament manager know.

**Spikes:** ¼ in. spikes only

**Starting blocks will be provided.** If you bring your own blocks, they must be approved by the meet manager or meet referee. Inspection will be during pole inspection and in the same location. You are responsible for your blocks.

**Scoring:** 10-8-6-5-4-3-2-1 in all events.

**Uniform Rule:** The uniform rule will be strictly enforced-please review this rule with your athletes.

**This is your warning for all uniform violations.**

UNIFORMS - RULE 4.3.1c – Each competitor shall wear a school-issued or school-approved full-length track top and track bottom or one-piece uniform. Any outer garment (e.g., t-shirts, sweatpants, tights) that is school-issued or school-approved becomes the official uniform, when worn. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top or one-piece uniform. Bottoms may have the manufacturer's logo/trademark/references larger than 2¼ square inches around the waistband. Additionally, head attire that may be worn during competition is a knit stocking cap, baseball style billed cap, sweatband, ski band, the hood of a one-piece suit or undergarment or any head coverings worn for religious reasons. No logo or color restriction. Additional restrictions for relay teams. All relay team members must wear

uniforms clearly indicating through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.

**Participating Team Information:**

Please read over the information found in the Participating Team Information on the MHSAA Website. The following are specific points of emphasis:

1. All shots and discs must be weighed and marked approved before they can be used. Illegal equipment will be held until the end of the day. Weigh in will take place behind the south concession stand at the garage door-closest to the pole vault area.
2. Starting heights and raises for high jump: The five alive concept will be used until 9 or fewer competitors are at a given height. When 9 or fewer competitors are reached, the bar is to be raised one inch only for each successive jump.

	Starting:	1st raise:	2nd raise:	3rd raise:
Girls	4'11"	5'2"	5'4"	5'6"
Boys	5'11"	6'1"	6'3"	6'5"

Starting heights and raises for pole vault: The five alive concept will be used until 9 or fewer competitors are at a given height. When 9 or fewer competitors are reached, the bar is to be raised in three inch increments.

	Starting:	1st raise:	2nd raise:	3rd raise:
Girls	8'9"	9'3"	9'9"	10'3"
Boys	11'8"	12'4"	12'10"	13'4"

3. Girls events will be run first.
4. 3200 Meter Relay one section if 14 or less relay; two sections if 15 or more with 12 in the last heat (12 fastest plus ties).
5. 800m Run One section if 20 or less runners; two sections if more than 20 runners with 16 in the fast heat (if 8 lanes). If after scratches there remain 21 – 24 competitors there would be a fast heat of the best 12 plus ties. If there are 25 or more competitors, a fast heat of 16 plus ties will be conducted.
6. 1600m Run one section if 24 or less runners; two sections if more than 24 runners with 16 competitors in the fast heat
7. 3200 m Run if greater than 35 runners, then two heats with 24 in the second heat with the rest of the field in the first heat. If less than 35 competitors then one heat. All heats run from slowest seeded times to fastest seeded times. Not less than two individuals in any heat.
8. For the 800m, 1600m, 3200m and 3200 Relay **Waterfall starts**

If there are 20 competitors/teams, seeds 1-6 will be placed on the upper waterfall and seeds 7 – 20 will start on the lower waterfall. With 18 competitors/teams place 1 - 6 seeds on the upper waterfall and 7 – 18 seeds on the lower waterfall.

For 3200 m Relay - Three heats if there are greater than 28 teams. Last heat of 12 teams (fastest), middle heat of next 12 teams, first heat with all other teams, not less than 2 teams in any heat. All races run slowest seeded times to fastest seeded times

9. Open pit will be used in the long jump for pre-lims AND finals. Top 9 advance to finals for three additional jumps.
10. Shot Put and Disc will be conducted in flights (size depends on the number of throwers). Throwers will get a minimum of 4 throws or maximum of 15 minutes of **warm-up time**. They will be arranged in reverse order. Throws will be 1-1-1.
11. Time limits for all field events will be enforced. If an athlete must leave a field event for another event, he/she **MUST** inform the event judge of the situation and return to their field event no longer than 10 minutes after the completion of the previous event.
12. VIDEO: Athletes may view video or images on any device, including cell phones, during competition in unrestricted areas only. Electronic devices will not be allowed in any of the designated restricted areas (starting lines, clerk tent, finish line, and field event competition areas).
13. The stadium will be open from 4:00pm-7:00pm on Friday, June 2nd for team inspection. The field event venues will be closed. You may mark your steps but the event will remain closed. Please use signs, tape, etc to mark steps - **Off runways for PV & LJ!** Poles can be inspected and stored overnight if so desired.
14. Finishlynx system will be used by Michiana Timing for the finish line.

Meet manager:

Ben Sherman - Forest Hills Eastern Athletic Director: Office 616-493-8838 Cell 517-231-2701

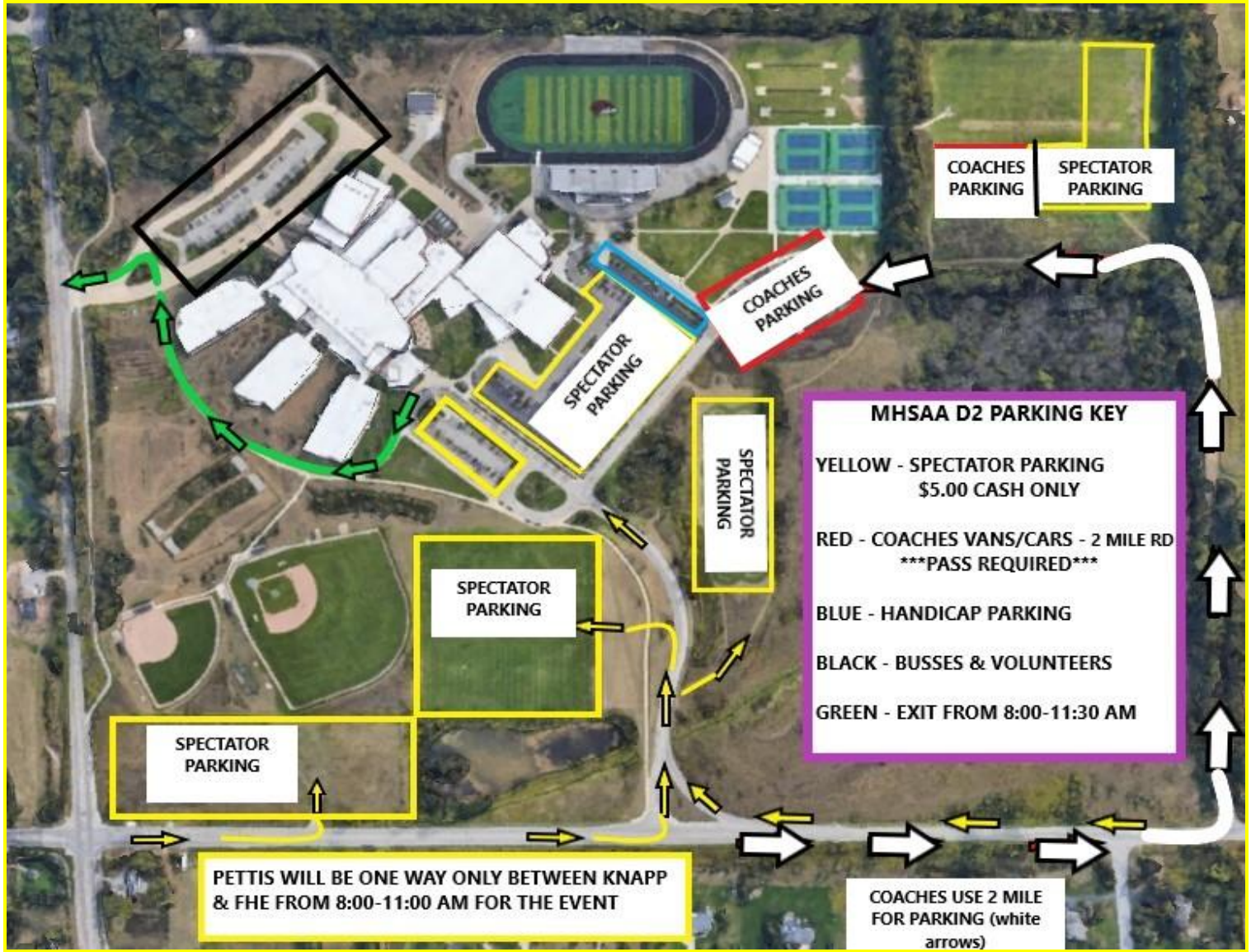
**Division 2 MHSAA Finals Meet - Time Schedule  
June 3rd, 2023**

<b>8:00 am</b>	<b>Gates Open Weigh in of shots and discs Pole Inspection</b>
<b>9:00 am</b>	<b>Morning Scratches Due</b>
<b>9:55 am</b>	<b>National Anthem</b>
<b>10:00 am</b>	<b>Boys &amp; Girls Pole Vault Boys &amp; Girls High Jump Boys Long Jump (Open Pit: 10:00 am-11:15pm) Boys Discus - Throws 1-1-1 for prelims &amp; finals Girls Shot Put -Throws 1-1-1 for prelims &amp; finals</b>
<b>10:00 am</b>	<b>3200M Relay Semi Finals: 100M/110-100M Hurdles/200M</b>
<b>11:30 am</b>	<b>Afternoon Weigh-In (Shots and Discs)</b>
<b>11:30 am</b>	<b>Boys Long Jump Finals (Reverse Order 11:30 am-12:15 pm)</b>
<b>12:00 pm</b>	<b>Afternoon scratches due</b>
<b>12:45 pm</b>	<b>Boys Shot Put -Throws 1-1-1 for prelims &amp; finals Girls Discus - Throws 1-1-1 for prelims &amp; finals</b>
<b>12:55 pm</b>	<b>National Anthem</b>
<b>1:00 pm</b>	<b>Running Finals **Finals will begin 1 hour after the completion of the last semi final race, but not before 1:00pm**</b>
<b>1:15 pm</b>	<b>Girls Long Jump (Open Pit: 1:15pm-2:30 pm)</b>
<b>2:45 pm</b>	<b>Girls Long Jump Finals (Reverse Order 2:45-4:00 pm)</b>
<b>4:45 pm</b>	<b>Awards presentation (approximate time)</b>

# 2023 MHSAA LP DIVISION 2 TRACK AND FIELD MAP



# 2023 MHSAA LP DIVISION 2 PARKING MAP



**Stadium Address: 2200 Pettis Ave NE, Ada, MI 49301**

**Parking Reminders:**

- Parking is \$5/vehicle & \$10/RV
- Areas in **YELLOW** are spectator parking
- The parking area in **RED** is for coaches that have been given a parking pass
- Entrance for the coaches lot is 5844 2 MILE RD Entrance
- **COACHES: If you are picking up your packet on Saturday you will pay for parking at the entrance, then be reimbursed your parking when you pick up your coaches packet prior to parking in the designated lot.**
- Bus parking at Eastern Middle School entrance off Knapp. **(Parking lot outlined in black)**  
5736 KNAPP ST NE, ADA, MI 49301