



MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION
Boys and Girls Division 1
2023 State Track and Field Finals
Carlson-Munger Stadium at Rockford High School
4100 KROES RD, ROCKFORD MI 49341



Welcome to Rockford and this year's Division 1 MHSAA State Track and Field Finals. Congratulations on your season and advancing to the state finals. It is our intention to provide each team the opportunity to perform at their highest level and to enjoy their experience here.

Please read the following important points of information regarding our hosting of this year's Division 1 MHSAA State Track and Field Finals. For specifics not covered, please refer to the MHSAA website.

1. Rockford High School and the surrounding campus is a totally tobacco free and alcohol free environment. Please let your fans and spectators know ahead of time to avoid conflicts on game day.
2. The track at Carlson - Munger Stadium is a MONDO surface, metric and eight (8) lanes. For distance races (1600 M and 3200M) we have the Double Waterfall start with a one (1) turn cut in.
3. Please refer to the enclosed map regarding team entrance, team tent area, and team and general parking etc.. **Team parking passes (1)** will be included in the coach's packets. **NEW for 2023 Coaches Pass/Parking will be in a New lot** - ENTER FROM BREWER AVE. - Far East side of the property - behind the baseball and softball fields. If needed there will be a shuttle for coaches to the track w/ golf carts.
 - A. Each Team - Per Gender (in your Packet) will receive 3 Coach's Wrist Bands - 1 Parking Pass (only for the "Pass Lot") - and if you have a distance runner - 1 distance coaching pass.
4. No radios, footballs, frisbees, etc. will be allowed into the stadium. No spectator Cooler, Purses or Backpacks. Coolers will be allowed only in the team tent area. Only personal music devices used with headphones/earbuds are acceptable. **No sunflower seeds on the artificial turf Football field.**
5. **No pets will be allowed anywhere in the facility. Please inform your spectators.**
6. Results can be found at <http://fatresults.com>
7. Spectator Admission - \$11, tickets are to be purchased prior to arrival on [GoFan](#)
Spectator Parking - \$5 for cars - \$20.00 for RV's / Motor Homes - Programs - \$5.00
8. There are restrooms and concession stands located on the North end of the stadium. Restrooms will also be available behind the home team press box on the west side. There are **NO** locker rooms available for contestants or coaches.
9. Once the running events begin, **coaches are not allowed on the track or football field** at any time except in the case of an injured athlete, to turn in a scratch form, to file an appeal, or if requested. Athletes that are not competing must remain outside the track/football area. Athlete warm up area is on the "Upper" football field. Athletes should refrain from removing any part of their uniform while on the track. In the field event areas, please stand by the spectators or in the designated coaches box area.

- A. For Distance Races: 4 x 800 Relay / 800 M Run / 1600 M Run / 3200 M Run - There will be a Coaching Box on the East (visitor side) of the field for the Distance Coaches Only. **One coach for each participating school will be able to be IN the coaching box during the event.** Coach MUST have Coaches wristband and AND Distance Coaching Pass.
- B. Each School Who has a Distance Participant will Receive ONE Distance Coaching Pass in Their
- C. Packet. ONLY the one Distance Coach will be allowed on the field for the event - at the conclusion of the event they must exit the field.
- D. If a school has participants in both the Girls and the Boys Races and you have 2 different coaches - after the Girls event/race is completed, they will meet OUTSIDE the track area and exchange the pass to the other coach. Girl's coach gives the pass to Boys coach.

10. Athletes must be in uniform for admittance. Coaches need to have their coaches passes (wrist band) displayed for admittance. Three coaches' passes will be provided per team as according to state policy.

11. **Shots and disc's will be weighed and measured** in the middle room of the Team rooms located under the scoreboard at the south end of stadium. Weigh in times are 8:00 a.m. to 9:15 a.m. Saturday morning and 11:30 a.m. to 12:15 p.m.

12. The track will be open on Friday, June 2nd from 4:00 p.m. to 7:00 p.m. for inspection and practice. Coaches packets will be available for pick up in the FIRST WEST Ticket Booth at the main entrance. They will also be available Saturday morning from 8:00 until 9:00. **All** field event areas will be closed during this time on Friday.

Reminder: Heat sheets will not be given out in your coaches packet. Please print these sheets prior to coming to the meet.

13. An electronic starter gun may be used for the running events.

14. There will be trainers on site. - The Main Trainers Tent will be in the Southeast corner of the stadium. - there will be trainers in every event area.

15. **On Friday, pole vaulting poles can be checked by officials at the site of the event. The poles can also be stored at the field.**

16. We will be running **two pole vaulting pits** and **two long jump pits and two high jump pits**. The morning field events will begin at 9:30 a.m.

17. Starting blocks are provided. If you are using the stand up blocks, they must be presented for inspection and approval at the clerking station.

18. **No tape will be allowed to mark off take off points in any event.** Chalk will be provided for this purpose, however, you are encouraged to bring your own.

19. Scratches are due at the clerking tent by 9:00 a.m. for the morning session; 12:00 p.m. (noon) for the afternoon session. All scratches must be written on the official scratch sheet for the session (found at the clerking tent).

20. Spectator seating for the field events will be in the bleachers provided. Please do not enter into restricted areas around the field events.

21. **CHECK-IN & CALLS:** A three-call system will be used (1st call; 2nd call; final call). Athletes are expected to check-in promptly when first call is given and before final call for that event. Athletes competing in a field event will check in at the site of the field event. The location of the check-in area for all running events is at the tent located near the North End of the football field. The staging area will be located next to the check-in table for all running events except for the 100, 200, and hurdles. These events will check in at their starting line. Hip numbers will be used in the 800, 1600, and 3200 run, and 4 x100, 4 x 200, 4 x 800, and 4 x 400 relays.

22. With questions or concerns, please contact Cole Andrews, Rockford Athletic Director at candrews@rockfordschools.org or Randy VanderVeen at rvanderveen@rockfordschools.org

MHSAA
Division 1 Track and Field Finals
2023 Time Schedule

Friday, June 2nd Facilities will be open for inspection from 4:00 p.m. to 7:00 p.m. The track will be available for workouts. The Field Event venues will be closed and there will not be access to any equipment (including Hurdles). (Steps can be measured and marked with chalk). Poles for competition can be inspected and stored if so desired. * Tents can be set up in designated areas, however, please use caution if there are high winds. * Packet pickup is available for coaches during this time. Packet pickup will also be available starting at 8:00 a.m. on Saturday morning.

Saturday, June 3rd

8:00 a.m.	Gates Open
8:00-9:15 a.m.	Weigh-in of Shots and Discs (building at south end of football field)
8:00-8:40 a.m.	Pole Inspection
9:00 a.m.	Morning Scratches Due - IF AN ATHLETE IS NOT SCRATCHED IT IS COUNTED AS AN EVENT.
9:30 a.m.	B/G Pole Vault Begins (2 Pits) B/G Long Jump (Open Pit 9:30 – 10:45 a.m.) B/G High Jump (2 Pits) Girls Shot Put Boys Discus
9:55 a.m.	National Anthem
10:00 a.m.	Finals 3200m Relay (4 x 800M) Semi-Finals: 100M, High Hurdles, 200M ● <i>Unified 4 x 100 M Relay (8 Participating Schools)</i>
11:00 a.m.	B/G Long Jump Finals
11:30 a.m.-12:15 p.m.	Weigh-In of Shots and Discs
12:00 p.m.	Afternoon Scratches Due - IF AN ATHLETE IS NOT SCRATCHED IT IS COUNTED AS AN EVENT.
12:15 p.m.	Boys Shot Put (Approx. 1 Hr. after Boys Discus is complete) Girls Discus (approx. 1 Hr after Girls Shot Put is complete)
12:55 p.m.	National Anthem
1:00 p.m.	Running Finals
4:45 p.m.	Awards (Time approximate)

DISCUS & SHOT PUT: All competitors will be allowed three preliminary throws/puts in the 2-1 format. Preliminaries will be conducted in flights in “worst to best” order. The top nine from all flights will advance to the finals for three additional attempts competing in “worst to best” order based on their best prelim attempt. The finals will be conducted using the 1-1-1 format. In both prelims and finals, each attempt will be measured before another is made. Three warm-up throws will be allowed between flights.

HIGH JUMP: The boys and girls high jump will be conducted concurrently. The five-alive concept will be used until nine or fewer competitors are at a given height. Starting heights: Girls 4’11” and Boys 5’11”. The bar will be raised using the **MHSAA Raises Chart** (Boys: 6’1”, 6’3”, 6’5” – Girls 4’11”, 5’2”, and 5’4”). When nine or fewer competitors remain, the bar is to be raised one inch only for each successive jump.

POLE VAULT: The boys and girls pole vault will be conducted concurrently. The five-alive concept will be used until nine or fewer competitors are at a given height. Starting heights: Boys 12’3” and girls 9’3”. The bar will be raised using the MHSAA Raises Chart (Boys: 13’0”, 13’6”, and 14’0” – Girls 9’9”, 10’3”, 10’9”). When nine or fewer competitors remain, the bar is to be raised in three-inch increments (until one with options to pass).

LONG JUMP: The boys and girls long jump will be conducted concurrently. All competitors will be allowed three preliminary jumps during the open pit time. The top nine will advance to the finals for three additional jumps. Open pit will be used in the prelims and finals.

RUNNING EVENT PREFERENCES: Girls events will run first in 2023. Distance races are waterfall start. All other races will have the lane preferences of lanes 4, 5, 3, 6, 2, 7, 1, 8. In running event finals with more than one heat, the fastest heat is last; slowest heat is first.

RUNNING EVENT SECTIONS: In the 4x800 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.

In the 800 Meter Run, if there are 20 or less runners, there will be one section. If there are more than 20 runners, there will be two sections with the 16 fastest times plus ties in the second section.

In the 1600 Meter Run, if there are 24 or less runners, there will be one section. If there are more than 24 runners, there will be two sections with the 16 fastest times plus ties in the second section.

There will be only one heat of the 3200 Run. 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.

There will be two heats of the 1600 Run only when the number of entries exceeds 24 with the 16 fastest times plus ties in the second heat.

FACILITIES MAPS



- 1 - Bus/Team Van Parking - Rougewood Ele. Parking Lot - Off Brewer Rd.
- 2 - General Parking - Coaching / Pass Parking Off Brewer
- 3 - Stadium Entrance - Athlete Drop Off



- 4 - Bathrooms
- 5 - Packet Pick Up
- 6 - High Jump Pits (2)
- 7 - Athlete Warm Up Field
- 8 - Event Check-in Tent
- 9 - Team Tent Area
- 10 - Athlete Entrance
- 11 - Athletic Training Tables
- 12 - Distance Coaching Box

- 13 - Pole Vault Pits (2)
- 14 - Long Jump Pits (2)
- 15 - Throws (Shot & Disc)
- 16 - Weight Scale for Implement
- 17 - Awards Tent
- 18 - Finish Line/Timing Tent

[DIGITAL MAP](#)