



2023 MHSAA LP DIVISION 3 TRACK AND FIELD STATE FINALS
SATURDAY, JUNE 3, 2023
Hosted by Kent City High School

LOCATION: Ward Memorial Field, 351 N. Main St., Kent City MI 49330

PRE-MEET SCHEDULE – FRIDAY, JUNE 2nd

4:00 P.M. – 7:00 P.M. Facility will be open for teams to inspect. The track will be available for workouts. Field event areas will be closed for practice. Athletes may mark steps during this time.

Tents can be set up in designated areas, however, please use caution if there are high winds. Please do not attach anything to our fences!

Vaulting poles can be inspected and stored overnight.

Packet pickup is available for coaches during this time. Packet pickup will also be available starting at 8:00 a.m. on Saturday morning.

Souvenir shirts will be available for purchase in the alcove to the south of the concession stand.

SPECTATOR INFORMATION

ADMISSION: \$11.00. All tickets must be purchased through GoFan. The link to purchase tickets is available on the MHSAA website. No passes are accepted. Do not validate the ticket prior to the event. If a ticket is validated, it will not be accepted. We will have a credit card reader on site.

PARKING: \$5 per vehicle. Please use the northern most entrance on Peach Ridge Avenue. Please encourage your spectators to buy parking via GoFan at the following link to speed up the process:
<https://gofan.co/app/events/989372>

PROGRAMS: \$5 per program.

AMENITIES: Several options for restrooms and concessions will be present throughout the facility. Our main restrooms are located on the east end of the stadium on either side of the concession stand. We will also have several porta-jons in Tent City, by the stadium entrances, and near the field event area. Additionally, access to bathrooms in our high school will be available throughout the day.

ENVIRONMENT: Kent City Public Schools is a tobacco and alcohol-free environment.

MEET SCHEDULE – SATURDAY, JUNE 3

GIRLS RUN FIRST IN 2023

8:00 a.m.	Gates Open
8:00 a.m. – 9:15 a.m.	Weigh in of shots and discs at a tent in the shot/discus area. Vaulting pole inspection will take place at the vault site.
9:00 a.m.	Morning Event Scratch Deadline (form due at the check-in tent by high jump)
9:00 a.m.	Boys Pole Vault Boys Long Jump – Open Pit 9:00 a.m. – 10:15 a.m.
9:55 a.m.	National Anthem
10:00 a.m.	Girls Shot Put and Boys Discus Boys and Girls High Jump 4 x 800 Relay Finals Sprint/Hurdle – 1 st Round (100 Dash, High Hurdles, 200 Dash). Only two rounds of competition – 1 st Round and Finals. Heat winners advance to finals. Remaining slots are filled based on times recorded in the first round.
10:30 a.m.	Boys Long Jump Finals
11:00 a.m. – 12:00 p.m.	Weigh-in of shots and discs in the tent located near the shot and disc area.
11:45 a.m.	Girls Long Jump – approximately one hour after girls’ long jump is complete. (Open Pit 11:45 p.m. – 1:00 p.m.) Girls Pole Vault – approximately one hour after the boys’ pole vault is complete.
12:00 p.m.	Afternoon Event Scratch Deadline (form due at the check-in tent by high jump)

12:15 p.m.	Girls Discus Throw – approximately one hour after girls’ shot put is complete Boys Shot Put – approximately one hour after boys’ discus is complete.
12:55 p.m.	National Anthem
1:00 p.m.	Running Event Finals (or one hour after the last semifinal race, whichever is later)
1:15 p.m.	Girls Long Jump Finals
4:45 p.m.	Team Awards Presentation (approximate time)

COACHES INFORMATION

PACKET PICKUP: Packets may be picked up on Friday between 4:00 – 7:00 P.M. (Ticket Booth) and Saturday starting at 8:00 A.M. (gate leaving Tent City and entering track on the southeast corner)

TEAM PARKING: Team vehicles should use the access drive on 17 Mile Road. One team parking pass will be in the team packet for coaches. Parking receipts will only be given for team vehicles without a parking pass with same-day reimbursement at packet pickup.

ENTRIES: A list of entries will be available at www.mhsaa.com following the Regional meet. If you find any errors, please call the meet manager by Friday, May 26. Known scratches should be made via athletic.net ASAP after the regional meet so that heat sizes can be planned. Also, you are asked to declare all four relay athletes expected to run by Friday, May 26 via athletic.net. Substitution for other eligible athletes on the day of the meet is still permitted.

ADMITTANCE: Contestants must be in uniform for admittance. Coaches must wear their pass (wrist band) that is distributed in the meet packet. Per MHSAA policy, three coach passes will be provided per team. Contestants and coaches should use the entrance near Tent City to enter and exit the stadium.

RESTROOMS: There will be several options for restrooms. We have restrooms located on either side of the concession stand, we will also open our buildings with access to more restrooms in our high school. Finally, there will be a number of porta-jons located in Tent City, by the stadium entrances, and near the field event area on the northwest side of the facility.

TEAM TENTS: Team tents and camps must be placed on our practice field to the southeast of the stadium.

APPAREL SALES: Sweatshirts and t-shirts will be sold in the alcove to the south of the concession stand.

MISC ITEMS: Portable radios, speakers, footballs, frisbees, etc. will not be allowed into the stadium. Only personal music devices used with headphones/earbuds will be acceptable. Coolers will be allowed in the team tent area only. No sunflower seeds, gum, food or drinks (other than water) on the turf football field please.

CROWD CONTROL Coaches will be allowed in the field event areas. Once 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 submit a scratch form, to file an appeal, or if requested by meet staff. One coach per school may enter the designated coaches' box on the south side of the track during distance races.

UNIFORMS: Please review uniform rules with your athletes. Relay team members must have 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. Uniform tops should be tucked in at the start of each race.

UNIFORM WARNING A general uniform warning is issued to all coaches and athletes prior to competition. Should any athletes participate while wearing an illegal uniform, and the discovery is made while in competition, that athlete/relay will be disqualified from further competition in that specific event. **This is considered to be your official team uniform warning.**

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 directly behind the timer tent at the finish line. The staging area will be located next to the check-in table for all running events except for the 100m, 200m, and hurdles. These events will check in at their starting line. Hip numbers will be used in the 800m, 1600m, and 3200m, and 4 x 800m relay, and 4 x 400m relay.

ELECTRONIC COMMUNICATION DEVICES 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).

WARM-UP AREA: A designated warm-up area will be provided at each site (see map).

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. Only substituted athletes will be listed on the card.

SCRATCHES: Upon arrival, coaches will find a table located at the clerk tent with the pre-scratch seed sheets attached. Please make scratches here. Remember – scratches only – no substitutions (except for relay teams) or additions. If you have any pre-meet scratches, please make them via athletic.net ASAP after the regional meet so that heat sizes can be planned.

An athlete must be scratched prior to the deadline from any individual event in that session (prelims plus 4x800 or running finals) or that event WILL count against his/her four-event limit. Individual events are scratch only, no additions or substitutions.

Relay legs may be substituted at any time prior to running of the relay for another athlete on your roster, but the change must be reported PRIOR to the event being run. Any athlete on your eligibility list may be substituted, provided that he/she has a remaining event, mindful of the previous paragraph.

**ATHLETIC:
TRAINER** An athletic trainer will be available onsite throughout the course of the meet in a tent near the 300 meter hurdles start. Ice and water will be provided.

**AWARDS
AND
POINTS** Scoring for all events will be 10-8-6-5-4-3-2-1. Medals will be awarded in each event for places 1 through 8. Team awards will be given to each runner-up and first-place team. Please remind your athletes to listen to announcements for when medals will be distributed for each event. We will move forward with each award ceremony provided that the event winner is present.

EQUIPMENT INFORMATION

**SHOT & DISC
INSPECTION** All shots and discs will need to be inspected, weighed, and marked before use in competition. This will be done in a tent near the shot and discus area from 8:00 a.m. – 9:00 a.m. (boys discus & girls shot put) and from 11:00 a.m. – 12:00 p.m. (girls discus & boys shot put) (refer to map).

VAULTER INFO All vaulting poles will be inspected at the vaulting site. On Friday, vaulting poles can be inspected from 4:00 p.m. – 6:00 p.m. and stored at

the stadium. Coaches will need to list, on a form (no card), info for each vaulter. This should be done when the pole is inspected by the referee.

SPIKES, BLOCKS, & BATONS Only $\frac{1}{4}$ inch or less of the spike may extend beyond the shoe sole. **Random checks of spikes will occur in the staging area.** We have starting blocks with adjustable pedals. If you are bringing your own blocks, they must be inspected and approved at the clerk station. Schools provide their own batons.

EVENT INFORMATION

TAKE-OFF MARKS Only chalk may be used on track surfaces to indicate a high jump or relay takeoff mark. Please tell your athletes to make their chalk marks reasonable in size and quantity (Maximum $\frac{1}{3}$ the width of the lane on the track). Only stick markers may be placed alongside the long jump and pole vault runways. We will provide chalk and sticks at appropriate locations. **No tape or scuff marks please.**

TIME LIMITS: The time limits for all field events will be strongly enforced.

DISCUS & SHOT All competitors will be allowed three preliminary throws/puts in the 1-1-1 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 high jump will be conducted simultaneously. The five-alive concept will be used until nine or fewer competitors are at a given height. Starting heights: Boys 5'8" and girls 4'7". The bar will be raised using the MHSAA Raises Chart (Boys: 5'11", 6'1" and 6'3" – Girls 4'10", 5'0", and 5'2"). When nine or fewer competitors is reached, the bar is to be raised one inch only for each successive jump.

POLE VAULT: The boys pole vault will be conducted first. The five-alive concept will be used until nine or fewer competitors are at a given height. Starting heights: Boys 10'6" and girls 7'9". The bar will be raised using the MHSAA Raises Chart (Boys: 11'0", 11'6", and 12'0" – Girls 8'3", 8'9", 9'3"). When nine or fewer competitors is reached, the bar is to be raised in three-inch increments (until one with options to pass).

LONG JUMP: The boys long jump will be conducted first. 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 Girls events will run first in 2023. Distance races will employ triple waterfall starts. All other races will have the lane preferences of lanes 5-6-4-7-3-8-2-9-1. In running event finals with more than one heat, the fastest heat is last; slowest heat is first.

SEEDING AT THE MHSAA STATE FINALS – 9 LANE TRACK

1. For all events 400 meters and less, as well as the 4x200 meter relay and the 4x400 meter relay, the preferred lane order will be:

5,6,4,7,3,8,2,9, and 1

This puts the fastest seed in the middle lane of each event and it allows them to see the second fastest runner.

2. There are now only two rounds of competition in the 100m – 100m/110m High Hurdles/200m. Runners are seeded according to their Regional qualifying times in round one.
 - a. If three heats, the winner of each and the next six fastest times advance to the finals.
 - b. If four heats, the winner of each heat and the next six fastest times advance to the finals.
 - c. If five heats, the winner of each heat, and the next four fastest time advance to the finals.
 - d. Format for additional heats is the same, winner of each heat and the next fastest times to fill nine lanes on the track.
3. In the finals for the events listed above, runners should be seeded from their first-round place and then on time. Seed all the first places, and then seed by times in lanes described in #1.
4. All events 800 meters or longer, all seeding will be done by rank in the event and the hip numbers that are assigned. There is an option for a waterfall (18 or less), double waterfall (26 or less) and a triple waterfall (28 or less).
 - a. Single waterfall, line #1 on the outside of lane 9 and highest hip number on the curb.
 - b. Double waterfall, line #1 on the outside of lane 9 in the upper waterfall line and #8 on the inside of lane 6. For the back waterfall line then line up #9 on the outside of lane 9 and the highest hip number on the curb.
 - c. Triple waterfall, line #1 on the outside of lane 9 in the most upper waterfall line and #6 on the inside of lane 7. For the middle waterfall line, you then line up #7 on the outside of lane 6 and #12 on the inside of lane 4. For the back waterfall line, you then line up #13 on the outside of lane 9 and the highest hip number on the curb. If more than 30 than a second row in lanes 7 through 9 and so on.

Please remember that the two upper waterfalls must stay in the lanes of their start lanes until the backstretch which is the cut in for the 4x400 meter relay. The back waterfall may cut in immediately.

5. Heats of the 3200 meters:
 - a. If greater than 35 runners, then two heats will be conducted with 24 in the second heat and the rest of the field in the 1st heat.
 - b. If less than 35 runners then one heat will be conducted.
 - c. All heats run from lowest seeded times to fastest seeded times.
 - d. NO less than two runners in any heat.

6. Heats of the 1600 meter:
 - a. If 24 or less runners, then one heat will be conducted.
 - b. If more than 24 runners, then two heats will be conducted with 18 in the fast heat, plus all ties.

7. Heats of the 800 meter:
 - a. If 20 or less runners, then one heat will be conducted.
 - b. If more than 20 runners, the two heats will be conducted with 18 plus ties in the final heat. If total entries are 26 or less, you should have the top 18 entry times in the second section, plus ties. If there are more than 26 entries, you should have 18 in the second section plus ties.

8. Heats of the 4x800 meter relay:
 - a. If 14 or less teams, then one heat will be conducted.
 - b. If 15 or more teams, then two heats will be conducted with the top 12 teams plus ties in the second heat.
 - c. If 28 or more teams, then three heats will be conducted. The last heat of 12 teams (fastest), The middle heat will contain 12 teams. And the first heat will have all other teams.
 - d. Not less than 2 teams in any heat.
 - e. All races run slowest seeded times to fastest seeded times.

DISTANCE RACES Please remind your runners about staying to the right of the white line on the inside of the track, and not cutting-off another runner when passing.

RELAY TEAMS: Relay team members will be pre-declared via athletic.net. Relay cards will only be used for substitutions from eligible athletes (on your eligibility list) on the day of the meet. Relay cards, if needed, will be available at the check-in tent and upon completion are to be returned to the same location. Please make sure that your relay teams are legally attired.

EXCHANGE Exchange zones begin at the triangle. The 4x800 Relay markings are

ZONES

blue triangles and blue line. The 4x400 Relay markings are solid blue triangles and a blue line for the other exchanges. The 4x100 Relay markings are all yellow triangles. The 4x200 Relay markings are red triangles for exchanges one and two, and yellow triangles for the third exchange. The 4x800 Relay will use a waterfall start and the 4x400 Relay will use a three-turn stagger.

FINISH LINE:

Finish line administration will be provided by Michiana Timing. All results will be found at <http://fatresults.com>.

QUESTIONS:

Jason Vogel
Kent City Athletic Director
(616) 678-4210
jason.vogel@kentcityschools.org

SATURDAY JUNE 3, 2023 - TEAM ARRIVAL, DROP-OFF, & PARKING



On Saturday, teams will enter, drop-off, and park in their own area located on our service road off from 17 Mile Road. We will have parking attendants and other signs to help teams find this area. Teams may pull up to the southwest corner of Tent City to drop student-athletes before parking in this area. If you are bringing a bus, please contact us at jason.vogel@kentcityschools.org.

Facility Map



1. Tent City
2. EA Graphics Tent
3. Men's Restroom/Mens Coaches & Athletes Locker Room
4. Women's Restroom/Women's Coaches & Athletes Locker Room/Implement Weigh In
5. Kent City Sports Boosters Concession Stand
6. Ticket Booth (Go Fan and Friday Packet Pick-Up)
7. Courtyard Picnic Area
8. Secondary MHSAA Photo-Op
9. Spectator Parking
10. Discus
11. Shot Put
12. Pole Vault/Pole Inspection
13. Long Jump
14. High Jump
15. Michiana Timing
16. Check In Tent
17. Medical Tent
18. Medal Tent & Medal Stand
19. Coaches' Only Area
20. Track Exit
21. Track Entrance and Saturday Packet Pick-Up
22. Porta Jons Locations
23. Satellite Concession - KC Track and Field (Doughnuts, Cider, Water, etc.)
24. HS Bathroom Entrance