



Shepherd High School Athletics

321 S 4th Street • Shepherd, Michigan 48883 • 989-828-6601 • Fax 989-828-5452

**Garth Cornwell
Athletic Director**

Date: May 2, 2023,
To: Athletic Directors/Boys' and Girls' Track Coaches
From: Garth Cornwell, Shepherd High School Athletic Director
Re: MHSAA Men's and Women's Track & Field Regional

Welcome to the Division 2 Region 11 Track Meet at Shepherd High School. Enclosed you will find directions for your entries and additional regional information. **Entries are due online on athletic.net no later than Tuesday May 16th, by 11:59pm.** Reminder: **Also, forward a copy of your school's Master Eligibility List** as soon as possible. These can be sent to Garth Cornwell - gcornwell@shepherdschools.net

If you have any questions, please feel free to contact me at (989) 828-6601 or Carey Hammel (Entries) at (989) 506-8556 or careyhammel@gmail.com. We look forward to seeing you on **May 19, 2023 at 12:30pm** for our regional Coaches meeting in the Pole Barn to the South of the Stadium.

Competing Schools

Alma
Big Rapids
Cheboygan
Freeland
Gladwin
Ludington
Ogemaw Heights
Shepherd

Bay City John Glenn
Cadillac
Essexville Garber
Gaylord
Kingsley
Midland Bullock Creek
Petoskey

General Notes regarding Region 30-3

Entries: Please make sure you enter only 3 athletes in each event unless each one has hit additional qualifying mark for regionals. Entries are due by 11:59PM Tuesday May 16th. You must scratch down to 2 athletes on Friday unless all have hit additional qualifying mark.

FAT Conversion: All times must be entered as FAT times to the hundredth (.00) or hand held equivalent adjusted by rounding to the nearest tenth and adding .24.(done by athletic.net)

Example Hand Time = 11.51

Converted FAT Time = 11.84

(11.51 round to tenth is 11.6 add .24 is 11.84)

Coaches Meeting: We will have a Coaches meeting in the Pole Barn at 12:30pm. We hope to communicate everything well enough that the Coaches meeting is not super necessary but we will check in to turn in scratch sheets and pass on any last minute details.

Athlete Check In/Bull Pen Procedure: We will be using Athletic.Live and uploading heat sheets there and sending emails out. Please communicate this with your athletes. Athletes should check in no later than 3rd Call. If there are scratches beyond the scratch period please communicate these to the Clerk so plans can be made.

Scratches: Field event and prelim scratches will be due to the pole barn at 12:30pm, at the beginning of the coaches meeting. All remaining scratches will be due to the bullpen at 5:00 PM.

Parking: Buses should park in Parking Lot #3 to the north of the concessions building. 3rd Street is the best Street for buses to take to drop off teams. Spectators can park in Parking Lot #1 east of the Track Complex and, if that fills up, space will be available in Parking Lot #4 & #5 to the north of the High School after 3:30 PM. **See attached map.**

Tent/Team Area: Please setup camp/tents on the grass south of the visiting side bleachers and headed around the end of the track towards the Long Jump area, please do not go past the scoreboard though. Tents might also be able to setup behind the home bleachers up against the Softball Field depending on how dry this area is. Please do not setup or play around on the softball or baseball fields. Additional space will be available behind and between the Shot and Discus areas. Please setup Team Camps spaced out from other teams. **See attached map.**

Emergency Info: In case of severe weather we will follow MHSAA protocol and postpone the meet. All athletes and coaches should go to their buses. If necessary, the High School Gym will be made available.

Advancing from Semi-Final Round 1(Prelims) to 1 heat(8 person) Final

Heat winners from each heat and then the fastest times to fill all remaining available lanes.

If 2 Heats – 2 heat winners, 6 fastest times to fill lanes

If 3 Heats – 3 heat winners, 5 fastest times to fill lanes

If 4 Heats – 4 heat winners, 4 fastest times to fill lanes

If 5 Heats – 5 heat winners, 3 fastest times to fill lanes

Awards and Results

Each head coach will receive an awards packet as soon as possible after the meet. The results and awards will be available in the press box area. Points and Medals will run through eighth place.

Scoring

Scoring in all events is done to 8 places:

10-8-6-5-4-3-2-1

The Top 2 Teams and Individuals qualify for the MHSAA Division 2 State Meet as well as any who qualify using the additional qualifying standards.

--- ADDITIONAL QUALIFYING STANDARDS ---
2022-23 BOYS AND GIRLS TRACK AND FIELD FINAL TRACK MEET

	DIV. 1		DIV. 2		DIV. 3		DIV. 4	
	B	G	B	G	B	G	B	G
Pole Vault	13'3"	10'3"	12'8"	9'3"	12'0"	8'9"	11'3"	8'0"
Shot Put	48'6"	36'6"	48'0"	36'0"	45'8"	34'0"	43'0"	31'3"
High Jump	6'2"	5'2"	6'2"	5'2"	6'0"	4'11"	5'11"	4'10"
Long Jump	21'3"	16'9"	20'8"	16'4"	20'4"	15'9"	19'8"	15'1"
Discus	143'6"	114'0"	140'0"	109'0"	133'0"	102'0"	123'0"	97'0"
3200 M Relay	8:08.0	9:48.00	8:21.0	10:05.0	8:36.00	10:27.00	8:53.00	10:50.00
110 M 39' HH	15.25	—	15.70	—	16.40	—	16.80	—
100 M 33' H	—	15.60	—	16.30	—	17.20	—	17.80
100 M Dash	11.15	12.65	11.35	13.00	11.50	13.20	11.60	13.50
800 M Relay	1:30.70	1:46.60	1:33.00	1:49.50	1:34.70	1:52.00	1:36.90	1:56.00
1600 M Run	4:25.0	5:11.0	4:30.00	5:20.00	4:37.00	5:28.00	4:46.00	5:44.00
400 M Relay	43.60	50.30	44.70	51.80	45.40	53.10	46.60	55.0
400 M Dash	50.40	59.30	51.30	1:01.10	52.40	1:02.60	53.40	1:04.60
300 M I.H.	40.30	—	42.00	—	43.00	—	43.40	—
300 M L.H.	—	46.80	—	49.00	—	50.10	—	51.60
800 M Run	1:58.0	2:20.0	2:00.50	2:25.00	2:03.50	2:28.00	2:06.70	2:34.00
200 M Dash	22.50	25.9	23.10	27.00	23.50	27.30	23.70	28.20
3200 M Run	9:36.0	11:22.0	9:55.00	11:43.50	10:10.00	12:05.00	10:35.00	12:47.00
1600 M Relay	3:27.0	4:07.50	3:31.50	4:16.00	3:35.90	4:21.00	3:42.50	4:30.00

Michigan High School Athletic Association, Inc.
East Lansing, Michigan 48823

2022-23 STANDARD RAISES FOR REGIONAL HIGH JUMP AND POLE VAULT
Lower Peninsula

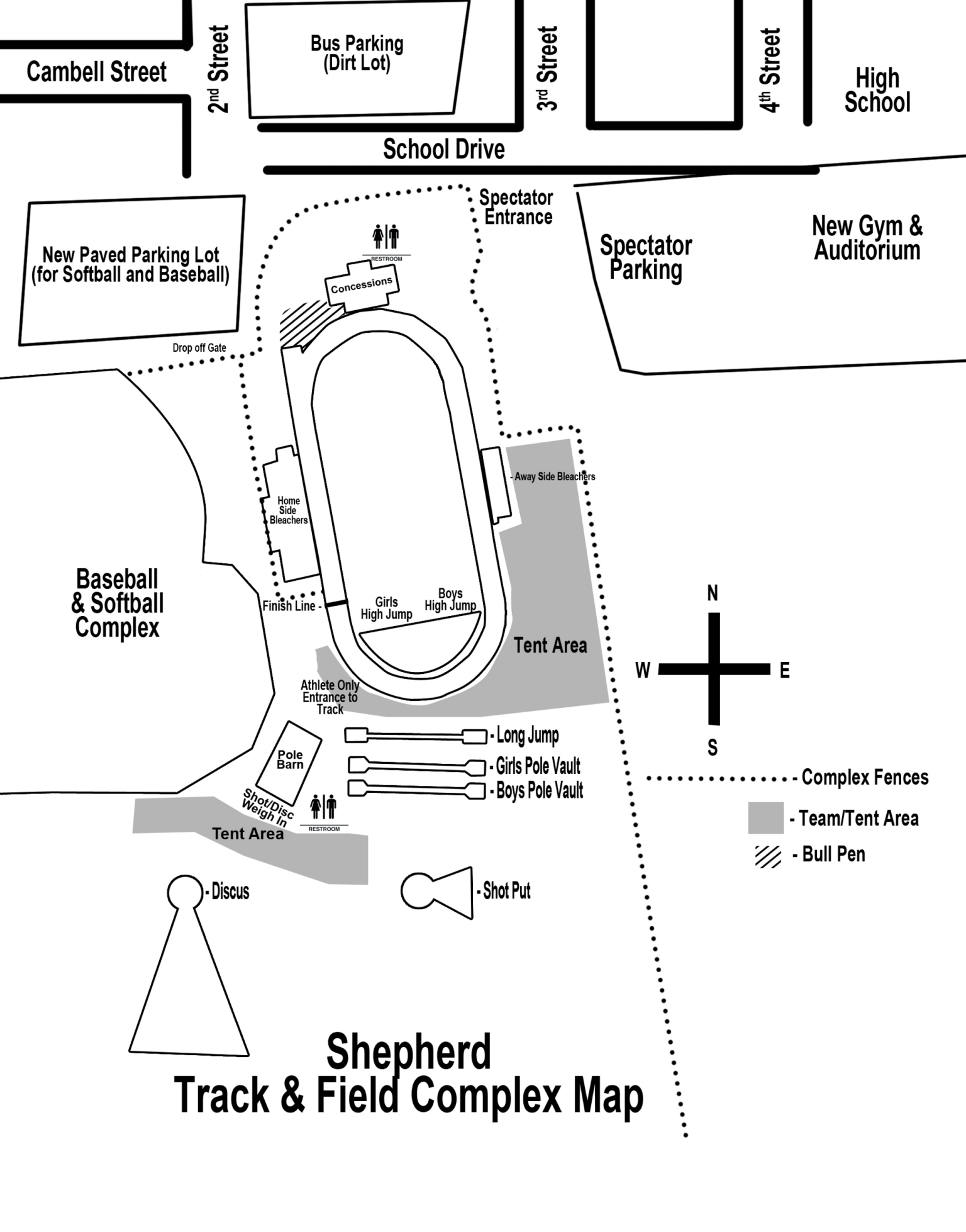
HIGH JUMP BOYS AND GIRLS ALL DIVISIONS

BOYS	REGIONAL QUALIFIER	REGIONAL START	1st RAISE	2nd RAISE	3rd RAISE	FINAL QUALIFIER	FINAL START
Div. 1 HJ	5'10	5'8	5'10	6'0	6'2	6'2	5'11
Div. 2 HJ	5'9	5'7	5'10	6'0	6'2	6'2	5'11
Div. 3 HJ	5'7	5'5	5'8	5'10	6'0	6'0	5'9
Div. 4 HJ	5'6	5'3	5'6	5'9	5'11	5'11	5'8
GIRLS							
Div. 1 HJ	4'10	4'8	4'10	5'0	5'2	5'2	4'11
Div. 2 HJ	4'8	4'6	4'9	5'0	5'2	5'2	4'11
Div. 3 HJ	4'7	4'5	4'7	4'9	4'11	4'11	4'8
Div. 4 HJ	4'5	4'2	4'5	4'8	4'10	4'10	4'7

POLE VAULT – BOYS & GIRLS ALL DIVISIONS

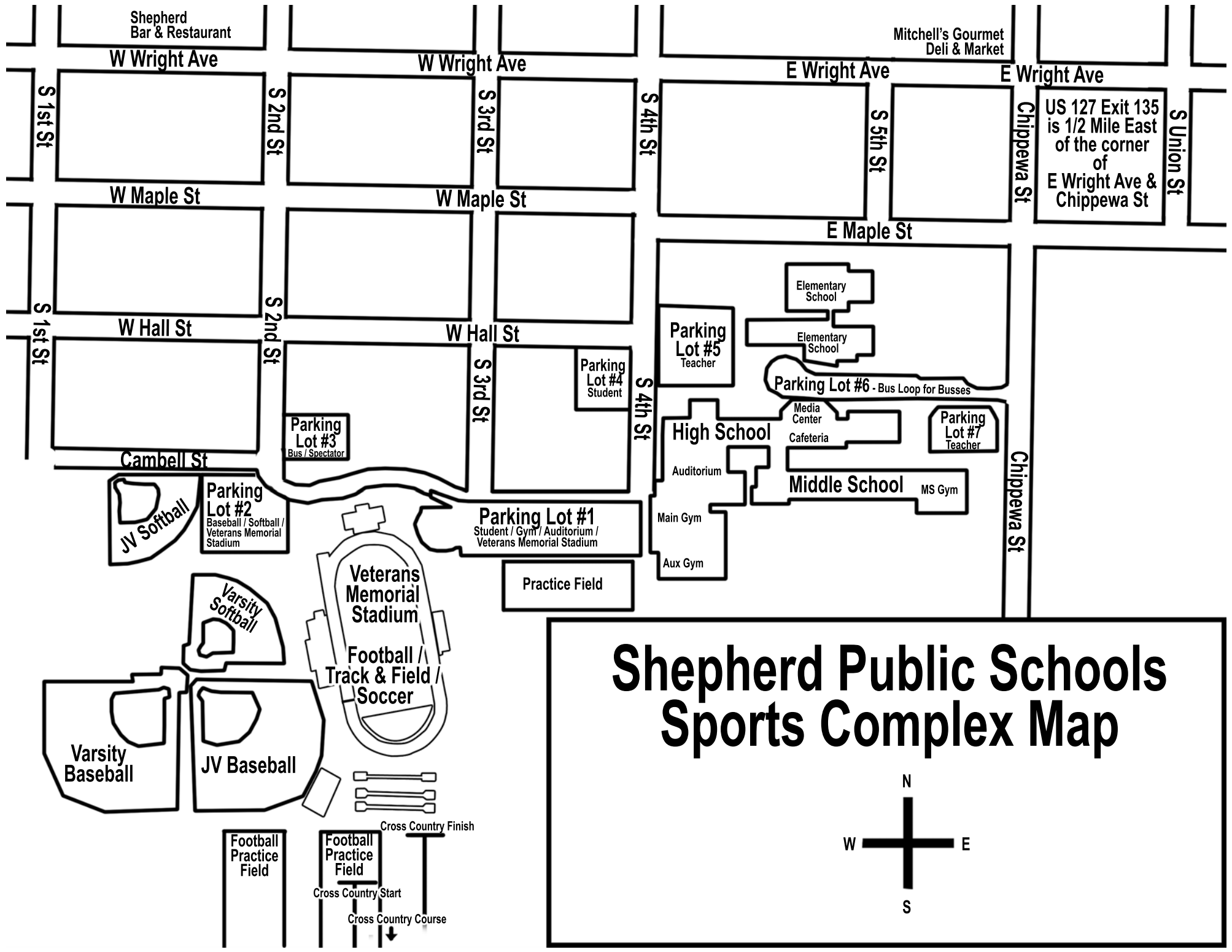
BOYS	REGIONAL QUALIFIER	REGIONAL START	1st RAISE	2nd RAISE	3rd RAISE	4th RAISE	FINAL QUALIFIER	FINAL START
DIV. 1	12'3	11'3	11'9	12'3	12'9	13'3	13'3	12'3
DIV. 2	11'3	10'9	11'3	11'8	12'2	12'8	12'8	11'8
DIV. 3	10'6	10'0	10'6	11'0	11'6	12'0	12'0	11'0
DIV. 4	9'3	8'6	9'6	10'3	10'9	11'3	11'3	10'3
GIRLS								
DIV. 1	9'0	8'3	8'9	9'3	9'9	10'3	10'3	9'3
DIV. 2	8'3	7'3	8'0	8'6	9'0	9'3	9'3	8'6
DIV. 3	7'0	6'6	7'3	7'9	8'3	8'9	8'9	7'9
DIV. 4	6'9	6'0	6'6	7'0	7'6	8'0	8'0	7'0

* FINAL QUALIFIER RAISE



Shepherd Track & Field Complex Map

- Complex Fences
- Team/Tent Area
- Bull Pen



Shepherd Bar & Restaurant

Mitchell's Gourmet Deli & Market

W Wright Ave

W Wright Ave

E Wright Ave

E Wright Ave

S 1st St

S 2nd St

S 3rd St

S 4th St

S 5th St

S Union St

US 127 Exit 135 is 1/2 Mile East of the corner of E Wright Ave & Chippewa St

W Maple St

W Maple St

E Maple St

S 1st St

S 2nd St

S 3rd St

S 4th St

Chippewa St

W Hall St

W Hall St

Parking Lot #5 Teacher

Parking Lot #4 Student

Parking Lot #6 - Bus Loop for Busses

Parking Lot #7 Teacher

Parking Lot #3 Bus / Spectator

Cambell St

JV Softball

Parking Lot #2 Baseball / Softball / Veterans Memorial Stadium

Parking Lot #1 Student / Gym / Auditorium / Veterans Memorial Stadium

High School

Media Center Cafeteria

MS Gym

Auditorium

Middle School

Main Gym

Aux Gym

Practice Field

Veterans Memorial Stadium

Football / Track & Field / Soccer

Varsity Softball

Varsity Baseball

JV Baseball

Football Practice Field

Football Practice Field

Cross Country Finish

Cross Country Start

Cross Country Course

Shepherd Public Schools Sports Complex Map

