

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 <u>careyhammel@gmail.com</u>. 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 Bay City John Glenn

Big Rapids Cadillac

Cheboygan Essexville Garber

Freeland Gaylord Gladwin Kingsley

Ludington Midland Bullock Creek

Ogemaw Heights Petoskey

Shepherd

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.

MHSAA Regional and Final Track & Field tournament: Will include a wheelchair Track & Field category for wheelchair participants in four events. These events will include the 100m, 200m, 400m and shot put. Participants in this category must be eligible team members, meeting all MHSAA eligibility requirements and be listed on the school's Master Eligibility list. Participants in this category at a Regional meet must have participated in these events during two regular season meets. For example, to compete in the wheelchair 100m at a Regional meet, a student must have competed in the 100m during two regular season meets. Participants in this category at a Final meet must have participated in these events during the Regional meet in addition to two regular season meets. For example, to compete in the wheelchair 100m at a Final meet, a student must have competed in the 100m during the Regional meet and during two regular season meets. For students competing in these wheelchair events, MHSAA individual awards (medals) will be provided for these events at both the Regional and Final meets. Results for all wheelchair events will be published at MHSAA.com with all other meet results from each Regional and Final meet. Scores will not be added to team results for wheelchair events at MHSAA Regionals or Finals.

• Wheelchair heats of the 100m, 200m and 400 m will be conducted in the regular meet order of events between the boys and girls running heats of the same event. Wheelchair athletes will compete against other wheelchair athletes in their heats and events for medals.

Shepherd High School host MHSAA 11-2 Track and Field Meet

At Shepherd High School Friday, May 16, 2023

Time Schedule

1:00 p.m. 2:00 p.m. 3:00 p.m. 3:30 p.m.	Boys and Girls Pole Vault Girls High Jump Boys Long Jump Boys Discus Girls Shot Put 3200 Relay Finals 100 Dash Round 1	** In Shot Put, Long Jump & Discus 3 attempts and top 9 get 3 more attempts. 1 Hour between genders for field events.
3:55 p.m.	100 and 110 Hurdle Semi-Finals Round 1	
4:15 p.m.	200 Dash Semi-Finals Round 1	** Girls run first in
4:30 p.m.	Mandatory 1 hour Break	all running events in 2023
	Finals	
5:25 p.m.	National Anthem	**We will run ahead of
5:30 p.m.	100 and 110 Hurdle Finals	schedule if possible and we
5:45 p.m.	100 Dash Finals	do plan on being able to.
5:55 p.m.	800 Relays	However the Finals will not
6:15 p.m.	1600 Runs	start earlier than 5:30 p.m.
6:35 p.m.	400 Relays	
6:55 p.m.	400 Runs	
7:20 p.m.	300 Hurdles	
7:40 p.m.	800 Runs	
8:00 p.m.	200 Dashes	
8:15 p.m.	3200 Runs	
9:00 p.m.	1600 Relays	

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 REGIONAL TRACK MEET

	DIV. 1		DIV. 2		DIV. 3		DIV. 4	
		· ·						
	В	G	В	G	В	G	В	G
Pole Vault	12'3"	9'0"	11'3	8'3	10'6	7'0	9'3"	6'9"
Shot Put	43'8"	32'5"	42'6	31'0	41'3	29'8	37'0"	27'6"
High Jump	5'10"	4'10"	5'9	4'8	5'7	4'7	5'6"	4'5"
Long Jump	19'11"	15'7"	19'5	15'0	18'9	14'4	18'1"	13'9"
Discus	126'0"	98'5"	120'06	92'0	117'0	86'0	106'0"	79'00"
3200 M Relay	. —	_						_
110 M 39' HH	16.30		16.90		18.00		19.10	_
100 M 33' H		17.1		18.0		18.80		19.90
100 M Dash	11.50	13.2	11.70	13.50	11.90	13.80	12.20	14.10
800 M Relay	·				-	-	-	
1600 M Run	4:38.0	5:35.0	4:47.00	5:45.00	5:00.00	6:03.00	5:10.00	6:20.00
400 M Relay	_		_	. <u>—</u>	· · · · · · · · · · · · · · · · · · ·	 / ₋ -	` <u></u>	
400 M Dash	52.50	1:02.3	53.80	1:04.50	54.80	1.06.80	56.50	1:09.80
300 M I.H.	42.60	<u> </u>	44.00	. —	45.20	_	46.80	_
300 M L.H.		50.30		52.10	_	55.00	_	56.70
800 M Run	2:03.0	2:28.00	2:07.00	2:35.00	2:12.00	2:41.20	2:15.00	2:48.00
200 M Dash	23.50	27.40	24.0	28.30	24.50	28.90	25.00	29.90
3200 M Run	10:00.0	12:10.0	10:30.00	12:35.00	11.05.00	13:10.00	11:30	14:00
1600 M Relay	<u> </u>		_	·	_		_	<u>.</u> .
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--- ADDITIONAL QUALIFYING STANDARDS --- 2022-23 BOYS AND GIRLS TRACK AND FIELD FINAL TRACK MEET

	DIV. 1		DIV. 2		DIV. 3		DIV. 4		
	В	G	В	G	В	G	В	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	<u> </u>	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 VAUL

Lower Peninsula

HIGH JUMP BOYS AND GIRLS ALL DIVISIONS

	REGIONAL	REGIONAL.	1st	2nd	3rd	FINAL	FINAL
<u>BOYS</u>	QUALIFIER	START	RAISE	RAISE	RAISE	QUALIFIER	START
Div. 1 HJ	5 ′ 10	5 ′ 8	5 ′ 10	6′0	612	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	415	4'8	4'10	4'10	4'7

POLE VAULT - BOYS & GIRLS ALL DIVISIONS

	REGIONAL	REGIONAL	1st	2nd	3rd	4th	FINAL	FINAL
BOYS	QUALIFIER	START	RAISE	RAISE	RAISE	RAISE	QUALIFIER	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						•	<u> </u>	
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



