



2023 MHSAA TRACK REGIONAL #14

Friday May 19th, 2023

Location: Berrien Springs High School - Sylvester Stadium - 101 Sylvester Ave. Berrien Springs, MI 49103

Entries Due: Tuesday May 16, 2023 at 8:00 PM - electronic submission via athletic.net.

Schools:	Allegan	Benton Harbor	Berrien Springs	Dowagiac
	Edwardsburg	Niles	Otsego	Paw Paw
	Plainwell	Richland Gull Lake	South Haven	Stevensville-Lakeshore
	Sturgis	Three Rivers	Vicksburg	

Officials: Starters: Pete Anderson and David Waaso

Admission: ADMISSION: \$7.00 Tickets will be sold on the Berrien Springs GoFan site. There is no cash ticketing.
<https://gofan.co/app/school/MI4068>

Concessions/Shirt Sales: Available behind the West bleachers of the stadium near the entrance.

Trainer: Andre Hitt (Berrien Springs HS Athletic Trainer/Spectrum Health Lakeland)

Implement Weigh-In: Weigh-in will take place at the south end of the stadium at the roll up door.

Coaches Meeting: 12:00pm at the Finish Line

Bus Parking: Please drop off athletes at Sylvester Stadium (then proceed to the AAC parking lot where all buses will be staged)

Tents/Infield Use: All Tents will be stationed off the infield. Food and drink other than water are not allowed on the turf. Athletes may only use the infield to check in and warm up.

Restricted Areas: Each team may have 3 coaches on the infield. Athletes may check in and warm up on the infield. Athletes are to enter the track from the 100m start area (opposite the scoreboard). They are NOT to interfere with the meet by entering from the stadium tunnel.

Info and Emergency Updates: All information will be sent to email addresses associated with athletic.net accounts for each school. Information will also be posted on the Berrien Springs Athletics Twitter Account (@berriensports). The public address system will be used to communicate what to do in a severe weather or other emergency.

Awards: Will be distributed after the meet. MHSAA Medals 1st-8th places.

Call System: 1st Call/2nd Call/Final Call

Scratches DUE: All scratches due at the Finish Line Tent at designated times:

Boys Pole Vault: 11:30am (Finish Line Tent)

Other Field Event Scratches: Noon (Coaches Meeting)

Prelim Scratches: Noon (Coaches Meeting)

Remaining Scratches 4:00pm (Finish Line Tent)

Field Event Information:

Pole Vault: Five Alive Method will be used for groupings.
Starting heights and raises on MHSAA website

High Jump: Five Alive Method will be used for groupings.
Starting heights and raises on MHSAA website

Long Jump: 75 Minute "Open Pit" for Prelims - boys and girls simultaneously (2 Pits)
3 Jump Prelims, 3 Jumps Finals
Athletes will be called in reverse order for Finals (2 Pits)
Top 9 plus ties to Finals

Shot Put: Flights with 10 minutes between flights for warm up
Prelims: 2 & 1, Finals 1, 1 & 1
Top 9 plus ties to Finals

Discus: Flights with 10 minutes between flights for warm up
Prelims: 2 & 1, Finals 1, 1 & 1
Top 9 plus ties to Finals

SCORING: 10-8-6-5-4-3-2-1 All Events.

CONTACT INFO: Joe Stephens, Athletic Director jstephens@homeoftheshamrocks.org
(Cell) 734.558.1077

TIME SCHEDULE FOR THE REGIONAL MEET

11:00am	Gates open for Spectators	
11:00am	Packet Pickup - Finish Line Tent (Pole Vault Runway open for warm ups)	
11:30am	Boys Pole Vault Scratches Due	
Noon - 1:15 PM	Implement Weigh In (South End of Stadium. Roll Up Door)	
Noon	Coaches Meeting at the Finish Line	
	Field Event scratches DUE - at meeting/in the finish line tent	
	Prelim Scratches Due - at meeting/in the finish line tent	
12:30pm	Boys Pole Vault	
1:30pm	Girls High Jump	Boys & Girls Long Jump (2 Pits) Open Pit until 2:45pm
	Girls Shot Put	Boys Discus
2:30pm	3200 M Relay (4 x 800) (Girls followed by Boys)	
	Running Prelims	
	Girls 100 M Dash -- Boys 100 M Dash	
	Girls 100 M Hurdles -- Boys 110 M Hurdles	
	Girls 200 M Dash -- Boys 200 M Dash	
3:00pm	Boys & Girls Long Jump Finals Begin (2 pits)	
4:00pm	Remaining Scratches Due at Finish Line Tent	
After Prelims	Athletes may warm up on track (no camping on the infield)	
5:10pm	Infield and track closed to non-participating athletes and coaches	
5:15 pm	National Anthem	
5:20 pm	Running Finals Begin	
	Girls 100 M Hurdles/Boys 110 M Hurdles	
	100 M Dash	
	800 M Relay (4 x 200)	
	1600 M Run	
	400 M Relay (4 x 100)	
	400 M Dash	
	300 M Hurdles	
	800 M Run	
	200 M Dash	
	3200 M Run	
	1600 M Relay (4 x 400)	