



MHSAA TRACK AND FIELD REGIONAL 15-2

MASON HIGH SCHOOL

MAY 19, 2023

Participating Schools: Harper Creek, Pennfield, Charlotte, Coldwater, Eaton Rapids, Haslett, Hastings, Ionia, Lakewood, Lansing Eastern, Lansing Sexton, Marshall, Mason, Parma Western, Portland, St. Johns.

Entries Due: Tuesday, May 16, 2023 at 11:59 p.m. There is \$50 late fee.

Entries are to be completed online using the athletic.net.

No late entries accepted unless clerical error (\$50 fee). All efforts submitted shall be earned prior to Entry due date.

Officials: Starters - Mike Nestell, Tom Montpas; Referee – Ron Beegle

Admission: 2023 Tournament Admission will be through GoFan. Ticket link will be sent as the event approaches.

Trainer: We will have one Certified Trainer on site throughout the meet.

Infield: No one is allowed on the Infield – this is a restricted area during the finals. We ask for the assistance of all coaches. Athletes may use the infield to warm-up, prior to their event.

Workers: We will be very appreciative of any of your people that work meets at your school on a regular basis being involved.

Scoring: 10 – 8 – 6 – 5 – 4 – 3 – 2 - 1

Qualifying Round: Advancing athletes - Heat winners from each heat then the fastest times to fill all remaining lanes.

Parking: Busses are to drop off participants at stadium entering North Gate and then park at the fairgrounds (Kipp and Temple St) until after 3:00 then can park in front of HS on west side.

Locker Rooms: Locker room space will not be available. Restrooms are on the WEST END of the stadium.

Tents: Tents are to be set up outside the stadium and at the NORTH EAST end of the stadium.

Results: Results will be posted on athletic.net after the meet.

Awards: Will be available in the press box at the conclusion of the meet. Check prior to leaving.

Warm-up Area: Located on the grass area/practice fields north of the Soccer field. Infield warm-up is available 3 events prior to scheduled race.

Packets: Will be available in the TRACK building at the WEST END of the stadium upon arrival.

Starting Blocks: Will be provided. If you are using the stand up blocks, they must be presented for inspection and approval no later than 11:00 AM at the track building.

Track: Polyurethane surface (jumping areas also), metric, eight (8) lanes. Shot Put and Discus circles are concrete.

Spikes: Only track shoes with ¼” or less spikes or running flats will be permitted on the track.

MHSAA Website: Please refer to the www.mhsaa.com for specifics not covered in this communication.

2023 DIVISION II TRACK AND FIELD REGIONAL
Time Schedule for Friday, May 19, 2023

1:30 PM	Gates Open	
1:45 PM	Weight Station Opens in girls team room, Pole Inspection at site	
2:00 PM	Officials/Coaches Meeting (track building West end of stadium)	
2:15 PM	PM Event Scratch Sheets Due in Track building	
2:30 PM	Boys Pole Vault Girls Pole Vault will begin one hour after the conclusion of the Boys Pole Vault.	
3:00 PM	Field Events	Boys Long Jump Boys Discus Girls and Boys High Jump Girls Shot Put
3:30 PM	Finals	Girls 3200 M Relay Boys 3200 M Relay
4:00 PM	Qualifying Round	Girls 100 M Dash Boys 100 M Dash Girls 100 M Hurdles Boys 110 M Hurdles Girls 200 M Dash Boys 200 M Dash
5:00 PM	Final Scratch Sheets are due in the press box fifteen (15) minutes after the completion of the semi-finals.	

FINAL SCHEDULE

5:45 PM	National Anthem	
6:00 PM	Running Finals	Girls 100 M Hurdles Boys 110 M Hurdles
		Girls 100 M Dash Boys 100 M Dash
		Girls 800 M Relay Boys 800 M Relay
		Girls 1600 M Run Boys 1600 M Run
		Girls 400 M Relay Boys 400 M Relay
		Girls 400 M Run Boys 400 M Run
		Girls 300 M Hurdles Boys 300 M Hurdles
		Girls 800 M Run Boys 800 M Run
		Girls 200 M Dash Boys 200 M Dash
		Girls 3200 M Run Boys 3200 M Run
		Girls 1600 M Relay Boys 1600 M Relay

MHSAA TRACK REGIONAL FIELD EVENT INFORMATION

LONG JUMP: Open pit for one hour fifteen minutes. Each athlete will be allowed three (3) jumps. Top nine jumpers advance to the finals and get three (3) additional jumps.

SCHEDULE: Boys open pit: 3:00 – 4:15 PM Finals at 4:30 PM
Girls open pit: 5:30 – 6:45 PM Finals at 7:00 PM

SHOT PUT: Each thrower will be allowed three (3) throws. (Two then one) Top nine throwers will advance to the finals and get three (3) additional throws.

SCHEDULE: Girls: 3:00 PM
Finals will begin fifteen minutes after each contestant has had his three throws.
Boys: Will begin thirty minutes after the girls' finals are complete. Finals will begin fifteen minutes after each contestant has had his three throws.

DISCUS: Each thrower will be allowed three (3) throws. (Two then one) Top nine throwers will advance to the finals and get three (3) additional throws.

SCHEDULE: Boys: 3:00 PM
Finals will begin fifteen minutes after each contestant has had her three throws.
Girls: Will begin thirty minutes after the Boys' finals are completed.

POLE VAULT: Boys Opening Height: 10' 9" Raises: 6", 5", 6", then 6"
Girls Opening Height: 7' 3" Raises: 9", 6", 6", 3"

SCHEDULE: Boys: 2:30 PM
Girls: One hour after the boys' competition is completed.

HIGH JUMP: Girls Opening Height: 4'6" Raises 3" twice then 2"
Boys Opening Height: 5'7" Raises 3" then 2"

SCHEDULE: Girls and Boys: 3:00 p.m.

--- 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

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

HIGH JUMP BOYS AND GIRLS ALL DIVISIONS

	REGIONAL QUALIFIER	REGIONAL START	1st RAISE	2nd RAISE	3rd RAISE	FINAL QUALIFIER	FINAL START
BOYS							
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

	REGIONAL QUALIFIER	REGIONAL START	1st RAISE	2nd RAISE	3rd RAISE	4th RAISE	FINAL QUALIFIER	FINAL START
BOYS								
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