

# MHSAA Regional Track and Field Meet 16-2

At Chelsea High School Friday, May 19th 2023

## Meet Schedule (Tentative)

**8:15 am**      **Gates Open**

**9:00 am**      **Coaches Meeting (Prelim scratches due)**

**9:30 am**      **Pole Vault** - Boys first and will be in one flight, Girls to follow

**10:00 am**      **Long Jump** - Boys first, LJ Open Pit 10 to 11 am then top 9 to finals,  
Girls to follow after one hour after last jump of boys  
**Discus** - Boys will be in flights, top 9 to finals; Girls to follow  
**Shot Put** - Girls will be in flights, top 9 to finals; Boys to follow  
**High Jump** - Girls and boys will jump simultaneously. We will have two pits.

**11:00 am**      **Prelims** - *Girls run first in all running events. Wheelchair heats of 100m & 200m will be conducted in the regular meet order of events.*

100m Dash Prelims  
100m Hurdles Prelims (Girls)  
110m Hurdles Prelims (Boys)  
200m Dash Prelims  
**4x800m Relay Finals**

**12:00 pm**      **Final Scratches Due**

**12:30 pm**      **Finals** - *Finals will start one hour after the last semi final race no earlier than 12:30 pm. Girls run first in all running events. Wheelchair heats of 100m, 200m, and 400m will be conducted in the regular meet order of events.*

100m Hurdles (Girls)  
110m Hurdles (Boys)  
100m Dash  
4x200m Relay  
1600m Run  
4x100m Relay  
400m Dash  
300m Hurdles  
800m Run  
200m Dash  
3200m Run  
4x400m Relay

**4:30 pm**      **Presentation of Awards**

*Results will be posted on the athletic.net app (no hard copies);*

*QR Code will be available on site;*

*Full Menu on sale at concessions;*

*Regional merchandise on sale near concessions*

**MHSAA Region 16-2 Track & Field Meet**  
**Chelsea, High School**  
**Friday, May 19th 2023**

**Participating Schools**

Adrian ~ Carleton Airport ~ Chelsea ~ Dundee ~ Flat Rock ~ Grosse Ile  
Milan ~ Monroe Jefferson ~ New Boston Huron ~ Pinckney ~ Riverview  
Romulus ~ Romulus Summit Academy North ~ Tecumseh ~ Trenton

- Host:** **Chelsea High School**  
740 N. Freer Road  
Chelsea, MI 48118  
*\*\*Track/Football Stadium is across the street from the high school\*\**  
Athletic Office #: (734) 433-2244 ext 1052
- Meet Managers:** Mr. Brian Boos. Email: [bboos@chelsea.k12.mi.us](mailto:bboos@chelsea.k12.mi.us)  
Mr. Loren Thorburn. Email: [lthorburn@chelsea.k12.mi.us](mailto:lthorburn@chelsea.k12.mi.us)
- Date:** Friday, May 19th 2023
- Gates Open** 8:15 am
- Admission:** All tickets will be digital, sold on GoFan and will cost \$7.00. A mobile device is required. GoFan will be on Chelsea's GoFan account found at [www.GoFan.co](http://www.GoFan.co). (Links for GoFan will be forward as we near the event.) **There will be NO cash sales.**
- Athletic Trainer:** Available on site. Please bring your own water and taping supplies.
- Facility:** 8 Lane, Metric Track with polyurethane rubber surface  
Only ¼-inch spikes will be allowed on the track  
Shot & Discus circles are concrete slabs  
Long Jump, High Jump, and Pole Vault runways are polyurethane rubber surface
- Contact:** Mr. Brian Boos. Email: [bboos@chelsea.k12.mi.us](mailto:bboos@chelsea.k12.mi.us)  
Mr. Loren Thorburn  
Email: [lthorburn@chelsea.k12.mi.us](mailto:lthorburn@chelsea.k12.mi.us)
- Parking:** Team bus parking can drop off at the stadium and park across the street at the nearest east parking lot at Chelsea High School.

Spectator parking will be in the area in front of the Track/Football Stadium.

**Pictures:** Photos may only be shared with athletes in non-restricted areas.

**Coaches Meeting:** 9:00 am near the finish line

**Reporting In:** Coaches can pick up packets near the finish line. Only athletes in uniform will be admitted free.

**Entries:** Two entries per event for each team. Teams may enter additional qualifying athletes based on 2023 MHSAA Additional Qualifying Standards. See attached document for reference.

***Times must be entered as FAT time.*** National Federation of High Schools (NFHS) Conversion: To apply this conversion factor, a hand time is rounded up to the nearest tenth (e.g., 10.83 seconds becomes 10.9 seconds, and 11.77 seconds becomes 11.8 seconds). After the time is rounded up, the conversion factor is added. For NFHS, all races, regardless of length, have a conversion factor of 0.24 of a second added to the rounded hand time.

**Entries Due:** Entries are due Tuesday, May 16th 2023 no later than 11:59 pm and use [www.athletic.net](http://www.athletic.net) for your entries.

*Late fee: \$50 late fee will be charged. The late fee may not be used to change any time, height, or distance.*

**False Times:** Confirmed false times will be placed in the last position or first section without seeding. The coach challenging must submit verification. ***Coaches - please do not place your athletes in this position.***

**Infield Area:** There will be a coaching box on the infield. Coaches are expected to stay in this designated area.

Tents are allowed in the area outside the track fence, but not in certain areas that are flagged.

No open-air speaker systems are allowed. No baseball, football, frisbee or any such playing will be allowed at the complex during this championship meet.

**Coaching Area:** Coaching boxes will be designated areas for field events as well as an area on the infield during running events..

Entrance to and from the track will be through side gates only around the track.

**Warm-up Area:** Most athlete warm ups must be done outside the track area. There will be a limited warm up area at the north end of the infield.

**Scoring & Medals:** Top 8 places (10-8-6-5-4-3-2-1). Medals to top 8 places.

**Throws Weigh-In:** Shot put and discus weigh-in will be set up at the event site. Implements will be weighed and marked for certification. Implements not meeting standards will be held in the room until the completion of all throwing events. Weigh Ins will start at 8:45 am to 9:55 am.

**Pole Vault:** Boys begin at 9:30 am. Starting Height and Raises are as follows:  
10' 9" , 11'3" , 11'8" , 12'2" , 12'8"  
Girls will start 1 hour after the conclusion of the boys pole vault  
Girls Starting Height and Raises are as follows:  
7'3" , 8'0" , 8'6" , 9'0" , 9'3"  
\*This event will be run in rotations of "five-alive" when possible.

**High Jump:** Girls and boys begin at 10:00 am. Both genders will be run simultaneously.  
For girls, starting height and raises are as follows:  
4'6" , 4'9" , 5'0" , 5'2"  
Boys starting height and raises are as follows:  
5'7" , 5'10" , 6'0" , 6'2"  
\*This event will be run in rotations of "five-alive" when possible.

**Long Jump:** Boys begin at 10:00 am. Open order for 1 hour and 15 minutes. Three jumps per athlete in the preliminaries. Top 9 to finals after conclusion of the preliminaries. Three jumps per athlete in the finals. The order of competition in the finals shall be the reverse of the best performance in the preliminaries.

Girls will start **1 hour** after the conclusion of the boys last jump. Open order for 1 hour and 15 minutes. Three jumps per athlete in the preliminaries. Top 9 to finals after conclusion of the preliminaries. Three jumps per athlete in the finals. The order of

competition in the finals shall be the reverse of the best performance in the preliminaries.

**Shot Put:** Girls begin at 10:00 am. Top 9 to finals. 10 minutes after conclusion of prelims. Boys will start 30 minutes after the conclusion of the girls last throw. Event will be run in flights, throwing 2-1. Top 9 in the finals. Finals will be the reverse order of best throw from prelims. Finals will be throwing 1-1-1.

**Discus Throw:** Boys begin at 10:00 am. Top 9 to finals. 10 minutes after conclusion of prelims. Girls will start 30 minutes after the conclusion of the boys last throw. Event will be run in flights, throwing 2-1. Top 9 in the finals. Finals will be the reverse order of best throw from prelims. Finals will be throwing 1-1-1.

**Results:** Results for all events will be posted on Athletic.net after they have been verified. Team scoring can also be followed on Athletic.net.

**Hip Numbers:** All track competitors will be issued hip numbers (anchor only for relays). 800, 1600, 3200 competitors will also be issued chest numbers. Athletes are to pick up their hip number when checking in for their event. Athletes will likely have a different hip number for each event.

**Marking Material:** Chalk will be the only allowable marking material to be used on the track and high jump surface areas. No marks will be allowed on the long jump or pole vault runway surfaces, marks are allowable on the side or grass area only.

**Relay Cards:** Relay teams will be required to present a card with their team members upon check in with the Clerk. Relay members should also be entered online.

**Concessions:** Restrooms will be available. Full concessions will be available. Water fountains will NOT be available. T-shirt sales will be in the Spirit Booth next to the concession stand.

**Scoring & Medals:** Scoring: 10 ~ 8 ~ 6 ~ 5 ~ 4 ~ 3 ~ 2 ~ 1 & Medals to the top 8 places.

# Summary of Rules Infractions

Please review the following rules with fellow coaches and athletes.

## **Infraction**

- 1) Stepped on or over inside the lane line for at least 3 consecutive steps.
- 2) Impeded another competitor by jostling.
- 3) Impeded another competitor by running across the opponent's path.
- 4) Ran on or inside of a corner curved line for at least 3 consecutive steps.
- 5) Illegally ran outside the assigned lane or course.

## **The Hurdler**

- 1) Did not attempt to clear each hurdle.
- 2) Advanced or trailed a leg or foot alongside the hurdle.
- 3) Ran over hurdle(s) not in the assigned lane.
- 4) Ran around a hurdle.
- 5) Impeded another hurdler.

## **Relay Teams**

- 1) Violation of substitution.
- 2) Failure to pass baton in exchange zone.
- 3) Baton not handed between runners.
- 4) Incoming runner pushes outgoing runner.
- 5) Throwing the baton after the race.

## **Uniforms**

- 1) Failure to wear the school uniform including assigned contestant number.
- 2) Failure of relay to wear matching school uniform.
- 3) Exposed undergarments with writing or mismatched colors.

## **Conduct - Unacceptable behavior**

- 1) Disrespectfully addressing an official.
- 2) Using profanity.
- 3) Criticizing an opponent or an official.
- 4) Willful failure to follow an official's directions.
- 5) Pacing or assisting a contestant.
- 6) Leaving the track and re-entering to continue the race.
- 7) Contestants joined hands to finish in a tie.
- 8) Using an aid during a race.

## **Officials**

Meet Managers:	Brian Boos and Loren Thoburn
Referee:	Jerry Kelley
Head Field Event Judge:	James Chapman
Starters:	Ronald Rowland & Jason Gribble
Announcer:	Mike Holik
Clerks of the Course:	Louis Jackson & Gary Morgan
Awards:	Tara Thorburn & Aubree Shemwell
Meet Monitor & Head Scorer:	Brian Boos and Loren Thoburn
Jury of Appeals:	Mike Quinn, Wes Harden, Phil Speare
Athletic Directors:	Wayne Welton & Jason Morris