

MHSAA Region 18-2
Track and Field
Thursday, May 18, 2023

Meet Schedule (Tentative)

12:00 pm Gates Open

12:00-12:45 pm Implement Weigh In (Track Shed)

1:00 pm Coaches Meeting Finish Line (Prelim scratches due)

1:30 pm Long Jump - Boys first, LJ Open Pit 1:30 pm to 2:30 pm then top 9 to finals, Girls to follow
3:00 pm to 4:00 pm then top 9 to finals

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 will jump first: Boys to follow.

2:00 pm Prelims - *Girls run first in all running events.*

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

3:00 pm Final Scratches Due

4:00 pm Finals (National Anthem) - *Finals will start one hour after the last semi final race no earlier than 4:00 pm.*
Girls run first in all running 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

7:00 pm Championship Trophy Presentation



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Participating Schools: Center Line, Cranbrook Kingswood, Country Day, Denby, East English, Eastpointe, Ferndale, Ferndale University, Chandler Park, Hazel Park, Lamphere, Marian, Orchard Lake St. Mary's, South Lake, Fitzgerald, Regina

Location: Hazel Park High School, 23400 Hughes Ave, Hazel Park, MI 48044
Athletic Office #: (248) 658-5166
Athletic Director: Tom Oestrike

Meet Manager: Mr. Chris Schultz Email: cjsschultz@gmail.com

Admission:

All tickets will be digital, sold on GoFan and will cost \$7.00. A mobile device is required. GoFan will be on Hazel Park's GoFan account found at www.GoFan.co. (Links for GoFan will be forward as we near the event.)

Entries:

All entries need to be made on Athletic.net by 11:59pm, Tuesday, May 16, 2023. **Each team is allowed 1 relay per team and 3 entries per event and MUST SCRATCH DOWN TO 2 ATHLETES.** A team may run more than 2 athletes, provided all athletes have met the regional additional qualifying standards (Proof Required). All performances shall have been achieved prior to 11:59 pm on May 16, 2023. Times must be entered as FAT to the hundredth or handled plus .24. **If you enter more than two athletes and you do not scratch an unqualified athlete, one will be chosen randomly.**

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.

Scratches:

You will scratch your athletes at the field events.

Prelim Scratches 1:00 pm Finals Scratches 3:00 pm (Finish Line)

Infield:

Non-participating athletes and coaches are not allowed on the infield, everyone must stay outside the fence. Athletes may warm up on the field only. 8 Lane, Metric Track with polyurethane rubber surface Only ¼-inch spikes.

Field Events:

Chalk is the only acceptable marking method.

High Jump and Long Jump: No marks near the takeoff area. **Warmups are only run in the direction of competition.** *Your athletes need to know their mark prior to the meet.*

Results:

Results will be posted on Athletic.net.

Contact:

Chris Schutlz (Meet Manager): cjsschultz@gmail.com

Thomas Oestrike (Athletic Director) at thomas.oestrike@myhpsd.org

Sara Daley (Assistant Coach) at sara.daley@myhpsd.org

Athletic Trainer:

Available on site. Please bring your own water and taping supplies.

Parking:

Buses enter through the back of the school near the track entrance. Bus parking is available at the Hazel Park Ice Arena located north of the School (See Map)

Reporting In:

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

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, marks are allowable on the side or grass area only. **Warmups are only run in the direction of competition.** *Your athletes need to know their mark prior to the meet.*

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 next to the concession stand.

Tent Area: Will be placed on the Practice Football field- Directly west of the track. (Please see the map). **NO STAKES ON THE PRACTICE FOOTBALL FIELD AS IT IS TURF. PREPARE TO USE WEIGHTS TO HOLD YOUR TENT DOWN.**

Event Workers/Volunteers: If you have any coaches or volunteers who would be interested in helping out, we have some open positions that we could use help with. Field Events are high needs events. Please let us know if you have someone available and what event would be appropriate. **THANK YOU!**

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.

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3200m Run

4x400m Relay

Important Notice

The use of airpods, cell phones, and bluetooth devices are not permitted on the infield.

Athletes will be asked to remove them and it may result in disqualification.

Please make your team aware of this rule prior to competition.



Green Garden Field Development...

Viking Ice Arena Bus Parking

Hoover Elementary School Tent Area

Hazel Park High School