

**MHSAA DIVISION 3 REGIONAL TRACK AND FIELD MEET
SATURDAY, MAY 20, 2023
MANTON HIGH SCHOOL**

Welcome to the Division 3 Region 22 Track & Field Meet hosted by the Manton Rangers at our athletic complex. 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 2023 at 8 pm.**

Reminder: please forward a copy of your school's Master Eligibility List as soon as possible. If you have any questions, please feel free to contact us:

Scott Bender, Athletic Director; (231) 824-6411 or sbender@mantonschools.org
Jeff Harding, Girls Coach; (231) 920-1951 or jharding@mantonschools.org
Trevor Thiebaut, Boys Coach; (231) 920-8197 or tthiebaut@mantonschools.org.

We look forward to seeing you Saturday morning, May 20, 2023 at our regional Coaches meeting behind the starting line on the infield of the track.

PARTICIPATING SCHOOLS (15) AT THIS REGIONAL #22

Benzie Central
Ewart
Grand Traverse Academy
Hart
Lake City
LeRoy Pine River
Manistee
Manton
Mason County Central
McBain
Reed City
Remus Chippewa Hills
Shelby
Traverse City St Francis
White Cloud

LIVE RESULTS: Will be available at FATRESULTS.COM. We will be announcing results, but we will not be posting paper copies of the results.

ATHLETIC COMPLEX ADDRESS: 100 Sturtevant St. Manton MI 49663

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MEDALS & TROPHIES: We will have a stage set up on the infield that we will be using to pass out medals during the meet. ** If an athlete is unable to attend this ceremony teams could send someone to stand in for them or we will put the medals into a bag for the coach to pick up at the end of the meet.*

ENTRIES: Coaches are allowed to enter a maximum of 3 athletes per individual event. Only 2 athletes will be allowed to compete on meet day unless all three entries have met the additional qualifying Regional standard. If a team has 4 or more athletes that have all met the Regional standard, all may be entered and compete on meet day.

Entries are due by 8:00 PM Tuesday May 16th; the late fee is \$50 for any entries after 8:00 PM.

- You must scratch down to 2 athletes on Saturday unless all have hit the additional qualifying standard.

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)

TIMING: Michiana Timing will be our timing company for this event. Live results will be available at **FATRESULTS.COM**

COACHES MEETING: Will be on the infield behind the timers tent at 9:40 a.m.

ATHLETE CHECK IN PROCEDURE: Heat and lane information will be available at FATRESULTS.COM and paper copies of heat information will be posted on the white shed at the west end of the track. Athletes are expected to know this information. We will **NOT** be formally checking athletes into running events prior to lining them up.

There are very few scratches at a Regional Final; however, it is possible that scratches could result in changing of heats after the start of the meet, so athletes should be in the clerking area in a timely manner.

Athletes for ALL running events should be in the clerking area by 2nd call. If there are scratches beyond the scratch period, please communicate these to the meet clerk so plans can be made if necessary.

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Our meet clerk will be lining up athletes at their respective starting lines; i.e. 200 & 300h will be lined up at their starting lines. Distance races will be walked down the track after being lined up in the clerking area. Sprint relays will be clerked at the start of the 100 dash area and then runners will be sent directly to their respective exchange zones.

SCRATCHES: Field event and prelim scratches will be done at the back of the timing tent on the infield by 9:40 AM, at the beginning of the coaches meeting. All remaining scratches will be due to the finish tent at 12:30 PM. **DO NOT APPROACH THE TIMING TENT FROM THE FRONT.**

TEAM PARKING: Buses will drop off student-athletes at the entrance to the stadium and then will park along the gravel road of the water treatment plant to the north of the athletic complex.

SPECTATOR PARKING: Parking is available in our paved lot and the field to the south of that lot. Parking is also available along the road; those trying to enter the complex without paying will be asked to leave.

TEAM TENTS: Tents are not allowed on the infield or along the fence by the finish line that would obstruct spectators' view. Team tents may be placed behind our press box and along both sides of the fence leading to the field event area.

ADMISSION / TICKETS: \$7 MHSAA admission. We will be using **GoFan**. There is a small fee associated with using GoFan. Link will be sent out the week of Regionals. No passes will be accepted and no cash sales at the gate.

CONCESSION: Concessions will be available in the building to the south of the track.

LOCKER ROOMS: Not available

INFIELD: Coaches **ARE** allowed on the infield. Athletes who are competing and those that are warming up for an upcoming event are as well. Spectators and athletes who are not competing should be outside the track. Meet officials need a clear view of the races, and athletes who aren't supposed to be on the infield risk disqualifying the very athlete(s) they are trying to support. **PLEASE** respect our flagged off areas on the infield, **THIS INCLUDES COACHES.**

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- DO NOT CROSS THE FINISH LINE UNLESS IN A RACE
- **Always approach the timing tent from the backside.**

EQUIPMENT INSPECTION: Shot put, discus & poles must be inspected before they can be used in competition. Inspection will take place at the white shed behind our pressbox. Implements that fail inspection will be marked and impounded until the completion of the meet. Please remember to pick up impounded equipment after the meet's completion.

STARTING BLOCKS: Starting blocks are provided. No other blocks may be used.

SPIKES: 1/4" and shorter pyramid spikes only allowed.

TRACK & RUNWAY MARKING: Chalk only. No tape allowed. Please be considerate of others and keep your mark small.

FIELD EVENT AREAS: Only athletes that are competing are allowed inside the flagged off areas at our field events.

- There will be coaching boxes for coaches. Please use and respect this rule, as the officials will be watching. Athletes & spectators are not allowed to be in the coaching box.

PETS: Per MHSAA, no pets will be allowed inside the track fence. Service animals with proper vestige and documentation are allowed.

EMERGENCIES: In case of severe weather, we will follow MHSAA protocol and postpone the meet. Coaches and athletes must go to their buses. If this were to happen, buses will be allowed to move into the main parking lot. All spectators should go to their vehicles.

ATHLETIC TRAINER: Will not be available.

ICE: We will have a limited amount of ice available for injuries. A cooler of ice will be in our visitor's locker room. Coaches will be allowed to help themselves to this ice.

MHSAA SOVEREIGN CLOTHING: Will be available on site, checks are to be made out to MANTON SCHOOLS— credit cards will NOT be accepted.

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TENTATIVE TIME SCHEDULE

8:30 a.m.	Implements weighed, measured and marked.
8:30 a.m.	Pole Vault – Boys pole vault check-in & warmups
9:30 a.m.	Pole Vault – Boys first, followed by girls <u>one hour</u> after completion of last boy
9:40 a.m.	Coaches meeting and scratch sheets due
10:30 a.m.	<u>Field Events Begin: ODD YEAR: Girls Shot Put, Girls High Jump, Boys Long Jump, and Boys Discus</u> <ul style="list-style-type: none">• Opposite gender will begin <u>60</u> min. after completion of the prior gender.
11:30 a.m.	3200M Relay (4 x 800) <u>Preliminaries in the following Order:</u> (If needed after scratches.) 100M Dash 100M Hurdles 110M Hurdles 200M Dash
12:30 p.m.	Afternoon scratch sheets are due

*******Finals running events one hour after completion of the last preliminary*******

There will not be any breaks after the running finals begin. Times given are only an estimation.

FINAL EVENTS BEGIN (Women run first)

100M Hurdles	(Women)
110M Hurdles	(Men)
100M Dash	
800M Relay	(4 x 200)
1600M Run	
400M Relay	(4 x 100)
400M Dash	
300M Hurdles	
800M Run	
200M Dash	
3200M Run	
1600M Relay	(4 x 400)

LIVE RESULTS ARE AVAILABLE @ FATRESULTS.COM

Tickets: will be sold through **GoFan.com**.

Bathroom & Concession Stand: will be available.

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FIELD EVENT INFO

- **EQUIPMENT INSPECTION:** Shot put, discus & poles must be inspected before they can be used in competition. Inspection will take place at the white shed behind our pressbox from 8:30 to 9:20 am. Implements that fail inspection will be marked and impounded until the completion of the meet. Please remember to pick up impounded equipment after the meet's completion.
- The opposite gender will begin 60 min. after the completion of the first round of field events.

SHOT PUT & DISCUS:

- 3 preliminary throws (2+1) w/ finals (1+1+1).
- Top **9** throwers will advance onto the finals. Finals will begin 10 minutes after the names of the finalists are called over the loudspeaker. Please instruct your throwers to stay in the area.
- All throws will be measured, and their best throw from prelims and finals will be counted.
- Throwers will be given one warm up throw in between flights.
- If a thrower needed to check out during the event, please inform our event official upon check-in. Athletes **MUST** also tell our event official when they check out.
- Throwers will have one minute to complete their throw after their name is called.
- Schools must provide their own shaggers to retrieve their implements. Shaggers will remain outside of the throwing area
- All **6** throws from prelims and finals will be used to determine medals and final placing.
- Measurements for shot put will be recorded to the lesser ¼ inch & lesser inch in discus

HIGH JUMP:

- Starting heights and raises are established by the MHSAA
 - <https://www.mhsaa.com/sites/default/files/Track%20Field-Boys/2023/23%20qualifying%20standards.pdf>
- Jumpers will have one minute from the time their name is called.
- Tape is not allowed on the high jump surface. **CHALK ONLY**

LONG JUMP:

- Athletes will be assigned a number upon check in to aid in clerking of the meet.
- An open pit format will be used with jumpers given 3 preliminary jumps
- The top nine jumpers will advance onto the final, where they will be given an additional 3 jumps.
- The finals will be contested 10 minutes after the names of the finalists are called over the loudspeaker. Please instruct your jumpers to stay in the area.
- All **6** jumps from prelims and finals will be used to determine medals and final placing.
- No run throughs will be given after the start of the event. One run through will be allowed before the start of finals if desired.

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- Run backs are not allowed at any time on meet day. Jumpers should have measured marks.
- Tape is not allowed to be used on the runway. CHALK ONLY

POLE VAULT:

- Starting heights and raises are established by the MHSAA
 - <https://www.mhsaa.com/sites/default/files/Track%20Field-Boys/2023/23%20qualifying%20standards.pdf>
- Jumpers will have one minute from the time their name is called.
- No run throughs will be given after the start of the event.
- Run backs are not allowed at any time on meet day. Jumpers should have measured marks.
- Tape is not allowed to be used on the runway. CHALK ONLY

MHSAA Officials - _____
Starter - _____
Starter - _____
Field Events Judge - _____
Meet Clerk - Betty Clark