

MHSAA REGION 24-3 Track & Field Regional Championship

LOCATION: Viking Stadium, Bangor Public Schools, 801 W. Arlington St., Bangor MI 49013

ENTRIES: All entries are due on athletic.net by 11:59 PM May 16, 2023

- Each team is allowed 3 entries and must scratch down to 2 contestants. **A team may enter more than 2 athletes, provided all athletes have met the D3 regional additional qualifying standards.**
- All performances must be achieved prior to 11:59 PM Tuesday, May 16
- Times must be entered as FAT times to the hundredth (.00)
- Late entries for clerical errors only (\$50.00 paid before competing)

JURY OF APPEALS:

- Ken Deitz, Meet Manager
- Chris Rice, Clerk
- Dan Higgason, High Jump Umpire
- Brad Manning, Hartford Boys' Coach
- Ben Munoz, Bangor Girls' Coach

ATHLETE CHECK-IN

- Athlete will check-in at the tent located behind the timing trailer at the East end of the field to receive lane and heat assignments.
- The clerk will take them from the check-in area to the starting line.
- Call system = 1st call, 2nd call, final call will be used. All athletes must check in by 2nd call.

SCORING: 10-8-6-4-3-2-1

SPIKES: Please use ¼" pyramid spikes

STARTING BLOCKS: We will provide traditional MACH II starting blocks. Non-traditional blocks must be approved by the referee.

WARM-UP AREA/INFIELD

- Only competitors warming up, coaches, managers and officials will be allowed on the infield during the track meet. Everyone must stay behind the flag area when on the infield
- The practice field behind the stadium will serve as an additional warm-up area

SCRATCHES AND RELAY SUBSTITUTIONS:

- All scratches must be submitted by times listed for each session. Scratches made prior to scratch deadline will not count in the individual's participation limitations.
- Relay substitutions can be done at any time during the meet by substituting eligible athlete. However, unless subbed prior to scratch deadline, the event will count as an event for the athlete removed.

MARKING MATERIAL:

- Chalk is the only acceptable material and will be provided in all four sections of the track.

CONCESSIONS, ADMISSION, APPAREL:

- The Viking Athletic Boosters will provide a fully stocked concession stand
- EA Graphics will have Championship Apparel on site to purchase.
- Please remind fans the this is a MHSAA GoFan event. Tickets are \$7.00. We will accept debit/credit cards. NO PASSES ACCEPTED

AWARDS/RESULTS:

- Team award packets may be picked up in the press box at the conclusion of the meet.
- Trophies will be awarded on the field to the 1st place men and women teams.
- Results will be posted online

BUS PARKING;

- Once athletes are dropped off at the stadium, buses will be directed to their parking location.

TEAM TENTS:

- Please set team tents outside the fence surrounding the track.

Please contact athletic director Fred Smith by Tuesday, May 16 with any questions. His cell number is 269-271-5736. If he doesn't answer, send him a text.

After May 16, please contact meet director Ken Deitz. His cell number is 269-208-8529

Field Events Details

Pole Vault

We will be utilizing one pit. Men will jump first

- Pole check in and warm-ups may start at 10:00 AM
- Event will start at 11:00 AM
- 5 alive method will be used for groupings
- Men opening height 10'0", 10'6", 11'0", 11'6", 12'0"
- Women will follow one hour after the completion of the men's event.
- Women opening height 6'6", 7'3", 7'9", 8'3", 8'9",

High Jump

We will be utilizing one pit. Women will jump 1st.

- Warm-ups may begin at 11:00 AM
- Event will start at noon
- 5 alive method will be used for groupings
- Women opening height 4'5", 4'7", 4'9", 4'11",
- Men will follow one hour after the completion of the women's event
- Men opening height 5'5", 5'8", 5'10", 6'0",

Long Jump

We will be using the East runway. Men will jump 1st

- Warm-ups may begin at 11:00 AM
- Preliminaries will be one hour open pit.
- Each athlete will get three attempts in prelims
- It is the athlete responsibility to get their 3 jumps in the hour allowed.
- Finals will begin 15 minutes after prelims.
- Top 9 plus ties advance for 3 more jumps in reverse order

Shot Put and Discus

- Men 1st in Discus, Women 1st in Shot Put
- Flights with 10 minutes between flights for warmups
- Preliminaries will be throws (1+1+1) and Finals will be 3 throws (1+1+1)
- Finals will be approx. 15 minute after prelims finish
- Top 9 plus ties advance to finals, which will be 3 more attempt in reverse order.
- A one hour break after completion of 1st Gender

Implement weigh-in will be weighed in the garage near the restrooms starting at 10:15 – 11:45 AM

Pole Vault Verification will take place at the venue

10:00 AM	Gates Open <ul style="list-style-type: none"> • Packet Pick-up (inside admission gate) • Implement weigh-in 10:15 AM – 11:45 AM
10:45 AM	Field Event Scratches due at each field event venue (You must officially scratch an athlete)
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11:00 AM	Boys' Pole Vault (5 alive method will be used) Followed by girls' pole vault
Noon	Boys' Discus 3 throws (1 + 1 + 1) Top nine to finals Followed by Girls' Discus Boys Long Jump 3 jumps open pit Noon – 1:00 PM Followed by Girls' (Open Pit 2:30 PM – 3:30 PM) Girls' Shot Put 3 throws (1 + 1 + 1) Top nine to finals Followed by Boys' Shot Put Girls' High Jump (5 alive method will be used) Followed by Boys' High Jump
1:45 PM	4 X 800 Relay & Prelim scratches due at Timing Trailer
2:00 PM	Girls' 4 X 800 M Relay followed by Boys' 4 X 800 M Relay
2:45 PM	Qualifying Heats for Sprints Girls' 100 M Dash followed by Boys' 100 M Dash Girls' 100 M Hurdles followed by Boys' 110 High Hurdles Girls' 200 M Dash followed by Boys' 200 M Dash
4:00 PM	Final Scratches Due
4:25 PM	National Anthem
4:30 PM	Running Event Finals (Girls' Run First) 100/110 High Hurdles 100 M Dash 4 X 200 M Relay 1600 M Run 4 X 100 M Relay 400 M Dash 300 M Hurdles 800 M Run 200 M Dash 3200 M Run 4 X 400 M Relay

D3 Regional Track

May 18

Meet Manager:	Ken Dietz, Athletic Director, Watervliet
Asst. Meet Manager:	Lucas Smith, Bangor MS Track Coach
Starters:	Tim Baker/Bill Scaletta
Clerks:	Chuck Jager/Chris Rice
Running Referee:	Charles Parker
Throws Referee:	Pete Anderson
Jumps Referee:	Bob Smola
High Jump/Umpire:	Dan Higgason
Discus/Umpire:	Darryl Tackett
Pole Vault/Umpire:	Dave Waaso
Long Jump/Umpire:	Jon Bush
Shot Put/Umpire:	Dan Barz
Hurdle Crew/Starting Blocks	Amanda Remington/MS Track Team Members
Athlete Check-in:	Joyce Adams/Isabel Marfia
Tickets:	Margaret Ward/Renee Doroh
T-Shirt Sales:	Abbi Grimes/Margaret Canfield
Timing System:	Stampede Timing (Justin Ansel)
Athletic Trainer:	Dr. Dan Miller, Bangor/Taylor Krugh, Watervliet
Announcer:	Tammy Wilson
Concessions:	Viking Boosters
Medals:	Megan Kozel/Karen Babcock
Parking:	Larry Adams