

PORTAGE CENTRAL ATHLETIC DEPARTMENT

Joe Wallace – Athletic Director – jwallace@portageps.org
Jodi Shearer – Athletics Secretary – jshearer@portageps.org
Dan Wytko – Head Coach / Meet Manager – dwytko@portageps.org

8135 S. Westnedge Ave.
Portage, MI 49002
269-323-5361

MHSAA REGION 3 TRACK & FIELD CHAMPIONSHIPS Friday, May 19, 2023

Location: McCamley-Knight Field, Portage Central High School, 8135 S. Westnedge Ave, Portage, MI 49002

Entries **All entries need to be made on Athletic.net before 11:59 PM, Tuesday, May 16, 2022**

- Each team is allowed 3 entries and must scratch down to 2 contestants. A team may enter more than 3 athletes, provided all athletes have met the regional additional qualifying standards.
- *All performances shall have been achieved prior to 11:59 p.m. May 17.*
- *Times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by rounding up to the highest tenth then adding +0.24. (i.e. 12.52 = 12.6 + 0.24 = **12.84**)*
- *Athletes or relay teams that do not have times submitted or with incorrect times submitted, will be placed in the last heat or first section without seeding consideration.*
- *Late Entries for CLERICAL ERRORS ONLY*
 - *\$50 must be paid before the contestant or team will be allowed to participate.*
 - *There are to be no late entries after the Regional individual positions are set.*
 - *The late fee may not be used to change any time, height or distance.*
 - *The only changes which are permitted after 11:59 p.m. the day of the entry date will be scratches, or clerical errors.*

Officials Jerry Spade, Scott Banghart , John Dunlop, Dan Higgason

Appeal Committee

- Scott Banghart and Dan Higgason – Officials
- Dan Wytko – Meet Manager
- Dave Emeott – East Kentwood
- Mike Mahler – St. Joseph
- If an appeal involves a committee member, the alternate will be Noah Krzan (Portage Central)

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

Awards/Results

- Team awards packets may be picked up at the scoring trailer following the conclusion of the meet.
- Results will be posted live online at fatresults.com and on Athletic.net. Results will not be printed.
- MHSAA State Finals qualifier information will be posted on MHSAA.com.

Athlete Check-in

- Athletes will check-in with the clerks located in the chute at the northwest corner of the stadium.
- Call system: 1st, 2nd, and 3rd (last) call will be used. All athletes must check in by 2nd call.
- Athletes that do not check in by 2nd call for an event, will be scratched from the event.



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Starting Blocks

- Traditional starting blocks will be provided.
- Non-traditional blocks must be approved by the referee/starter, prior to the event.

Warm-up Area

- Athletes may use the roped off area of the soccer field as a warm-up area.
- Warm-ups are not permitted on the infield or track during the meet.
- Please do not bring footballs, frisbees, etc to throw in the warmup area.

Restricted Areas

- Field event coaches will be allowed to coach from designated boxes in each event area.
- Coaches will be provided with a Field Pass wristband, so that they may enter the infield of the track. Coaches are to stay inside of the designated coaching areas. The purpose of coaches being allowed on the infield is to coach athletes in their current event.
- Athletes are not allowed on the infield. Athletes competing in upcoming races will check in at the north end of the track, and be held in the chute until the start of the event.

Marking Material

- Chalk is the only acceptable marking material and will be provided.
- Long jump and pole vault – chalk marks are to be on the **outside** of the runway lines. Runways are marked every 1 foot to assist with locating starting positions.

Spike Size Please use ¼" pyramid spikes.

Trainer Will be available at the north end of the infield (red tent). If an athlete needs to be taped, please bring tape and materials for the trainer to use.

Concessions Will be available.

MHSAA Merchandise

- MHSAA merchandise will be available.
- Credit cards, cash, and checks are accepted. Checks made payable to Portage Public Schools, or PPS.

Admission Spectators must purchase tickets through [GoFan](#). Cost is \$7.00. GoFan is the only method for purchasing tickets for all MHSAA track and field regionals.

Bus Parking Buses may drop off athletes in the parking lot at the entrance of McCamley Field.

Athlete Parking All athletes that are driving, will be asked to park in the lots on the east side of S. Westnedge Ave.



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[MHSAA Opening Heights and Raise Chart Link](#)

Pole Vault

- **Men** - The opening height will be 11-3 and follow the MHSAA Regional Standard Raises for Pole Vault.
- **Women** - The opening height will be 8-3 and follow the MHSAA Regional Standard Raises for Pole Vault.

High Jump

- Five Alive method will be used for groupings.
- Men and women will jump at the same time, on separate pits. Men will jump on the west pit, and women will jump on the east pit.
- **Men** - The opening height will be 5-8 and follow the MHSAA Regional Standard Raises for High Jump.
- **Women** - The opening height will be 4-8 and follow the MHSAA Regional Standard Raises for High Jump.

Long Jump

- Men and Women will jump at the same time on separate runways.
- Preliminaries will be an open pit for 1 hour and 30 minutes.
- Each athlete will get 3 attempts during prelims.
- The top 9, plus ties, will advance to the finals, which will be 3 more jumps in reverse order.

Shot Put & Discus

- Flights with 10 minutes between flights for warm-up.
- Preliminaries will be 3 throws (1+1+1), and finals will be 3 throws (1+1+1)
- The top 9, plus ties, will advance to the finals, and compete in reverse order.
- Men will throw discus first, followed by women.
- Women will throw shot put first, followed by men.

Implement Weigh-In Throwing implements will be weighed at the start/finish line (timing trailer).

Pole Vault Verification Poles must be verified by a meet referee.





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- 12:00 PM **Gates Open**
- Packet pick-up at the visitor's side bleachers.
 - Implement Weigh-in (12:00 to 12:45, at the start/finish line (timing trailer).
- 12:30 PM **Coaches Meeting** (visitor side bleachers)
- 1:00 PM **Field Events** – scratches due at 12:30 at the event site (you must officially scratch an athlete)
- Men's and Women's High Jump
 - Men's and Women's Long Jump (open pit, pits close at 2:30 PM)
 - Men's and Women's Pole Vault
 - Men's Discus
 - Women's Shot Put
- 1:00 PM **Scratches due** at the finish line for the 4x800 m Relay, qualifying heats of 100 m Dash, 110/100 m Hurdles, 200 m Dash
- 2:00 PM **4x800 m Relay Finals** - Women followed by men. (Waterfall start for all events 800 meters and up)
- 2:30 - 3:15 PM **Qualifying Heats for Sprints** (9 lane track)
- Women's 100 m Dash followed by the Men's 100 m Dash
 - Women's 100 m Hurdles followed by the Men's 110 m Hurdles
 - Women's 200 m Dash followed by the Men's 200 m Dash
- Advancing athletes to the Finals (9 lanes)
- 1 Heat – heat winner + 8 fastest times to fill lanes
 - 2 Heats – 2 heat winners + 7 fastest times to fill lanes
 - 3 Heats – 3 heat winners + 6 fastest times to fill lanes
 - 4 Heats – 4 heat winners + 5 fastest times to fill lanes
- 3:30 PM* **Long Jump Finals** - Women & Men (*start as close to 3:30 as possible, after qualifying heats end.*)
- 3:30 PM **Scratches due** for all running finals. Please turn these into the finish line.
- 4:25 PM* **National Anthem**
- 4:30 PM* **Running Event Finals** (*or one hour after the final event of the qualifying heats end.*)
- Women's 100 m Hurdles / Men's 110 m Hurdles
100 M Dash
4 x 200 m Relay
1600 m Run - *2 heats if entries exceed 24, If 2 heats, then the 2nd heat will have the 16 fastest entries.*
4 x 100 m Relay
400 m Dash
300 m Hurdles
800 m Run - *2 heats if entries exceed 20, If 2 heats, then the 2nd heat will have the 16 fastest entries.*
200 m Dash
3200 m Run - *1 heat per gender, regardless of number of entries.*
4 x 400 m Relay
- 7:45 PM* **Trophy Presentation** **approximate times*





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