

Chesaning Union Schools Athletic Department

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MHSAA Division 3, Region 30 Track & Field Championships Saturday, May 20, 2023

Location: Morningstar Stadium, Chesaning High School, 850 N. Fourth St, Chesaning, MI 48616
MEET MANAGER: Jason Hemgesberg, Chesaning Union Schools, Athletic Director
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Chesaning High School is proud to host the MHSAA Division 3 Region 30 Track Meet! Enclosed please find directions for your entries and additional information pertinent to the regional meet. We look forward to seeing you on Saturday, May 20th!

Participating Schools:

Bath	Ithaca	Olivet	Sanford Meridian
Central Montcalm	Laingsburg	Ovid-Elsie	St. Louis
Chesaning	Lansing Catholic	Perry	Maple Valley
Hemlock	Leslie	Pewamo-Westphalia	

Entries:

ALL ENTRIES NEED TO BE MADE ON ATHLETIC.NET BEFORE 11:59 PM, TUESDAY MAY, 16, 2023

- Each team is allowed 3 entries and must scratch down to 2 contestants. A team may enter more than 3 athletes, provided all athletes entered have met the regional additional qualifying standards
- ALL PERFORMANCES SHOULD HAVE BEEN ACHIEVED PRIOR TO 11:59 PM, May 16, 2023.
- 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 first heat or first flight (slowest heat) without seeding consideration.
- Late Entries for CLERICAL ERRORS ONLY:
 - \$50 fee must be paid before the contest or team will not 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 permitted after 11:59 PM, Tuesday, May 17 will be scratches or clerical errors.

Officials:

- Brad Peet (Starter)
- Kurt Ballien (Starter)
- Phil Ouillette (Referee)
- Ray Guzy (Referee)
- Cherie Whalen (Clerk)
- Jason Hemgesberg (Meet Manager)
- Aldrich Race Timing (Timer)

Appeal Committee:

- Jason Hemgesberg (Meet Manager), Dale Brecht (Referee), Kathy Hutfilz (Starter), 1 Boys Coach, and One Girls Coach.
- The decision of the Appeal Committee is final.

Athlete Check In Procedure:

- Athletes will check in with the clerk located under the white tent at the southwest corner of the track (behind the start of the 110 M Hurdles).
- 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.

Scoring: 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1 (for all events)

Awards/Results:

- Team awards packets may be picked up in the press box following the conclusion of the meet.
- Trophies will be awarded to the 1st place men and women teams.
- Results will be posted live online (link to come), and on athletic.net. Results will not be printed.

Spikes: Please use only ¼' pyramid spikes.

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/In-Field

- Only competitors warming up for an event, coaches (two per gender will receive a wristband), officials, and managers will be allowed on the infield during the track meet.
- Coaches will be asked to keep athletes who are not competing off the in-field. If this becomes an issue the in-field will be cleared of all people except for meet management.

Marking Material:

- Chalk is the only acceptable marking material and will be provided at the coaches meeting.
- Long Jump and Pole Vault - chalk marks are to be placed on the cement on the outside of the runway.

Concessions/Admission/Apparel:

- Concessions will be available with a full slate of items.
- Locker rooms WILL NOT be available.
- Admission is \$7.00 for all spectators. Tickets must be purchased through gofan.co.
- MHSAA apparel will be available for sale (Pending EA Graphics availability to send someone to sell.)

Athletic Trainer:

- Will be available at the track area near the common start/finish.
- If an athlete needs to be taped please bring taping materials for the trainer to use.

Bus Parking:

- Please drop athletes off at the stadium entrance.
- Please see attached map for bus drop off and parking locations.

Team Camps:

- Team camps can be set up in the grass area to the south east of the track. This will be the area between the baseball/softball fields.
- Locations will be first come basis, and teams are asked to please clean up after themselves.

REMINDERS:

1. We have a turf field so please make sure that your athletes clean up after themselves when using the turf to warm up. We ask that athletes do not bring food onto the turf, this would include sunflower seeds, they may have water or other sports drinks.
2. Gates open to the public at 8:00 AM
3. The coaches meeting will begin at 8:30 AM in the track storage garage near the main entrance to the stadium.

FIELD EVENT DETAILS

Pole Vault:

- Men will jump first, followed by the women.
- Men; The opening height will be 10' 3" and follow the MHSAA Regional Standard Raises for Pole Vault.
- Women; The opening height will be 7' 0" and follow the MHSAA Regional Standard raises for Pole Vault.

High Jump:

- Women will jump first, followed by the men.
- Men; The opening height will be 5' 5" and follow the MHSAA Regional Standard Raises for High Jump.
- Women; The opening height will be 4' 5" and follow the MHSAA Regional Standard Raises for High Jump.

Long Jump:

- Men will jump first, followed by the Women.
- Preliminaries will be an open pit for 1 hour and 15 minutes.
- Each athlete will get 3 attempts during the preliminary round.
- Finals will begin approximately 15 minutes after the conclusion of the preliminaries.
- The top 9, plus ties, will advance to the finals, which will consist of 3 more attempts for finalists.
- Places are determined by the best jump of the day (preliminary or final).

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.
- Women will throw shot put first, followed by the men.
- Men will throw discus first, followed by the Women.

Implement Weigh-In: 8:30 AM to 9:15 AM in Storage Garage (opposite side of coaches meeting) near Concession Area

Pole Vault Verification:

Poles must be verified by the coach and athlete with the field event referee. Please use the [Pole Vault Verification Card](#)

[Additional Qualifying and Vault/Jump Raise Chart \(LINK\)](#)

GATES OPEN AT 8:00 AM

FIELD EVENT SCHEDULE:

FIELD EVENT SCRATCHES DUE AT 8:45 AM

POLE VAULT

9:00 AM START (Boys), Girls Pole Vault will begin 30 minutes after the Boys finish

HIGH JUMP

10:00 AM START (Girls), Boys High Jump will begin 30 minutes after the Girls finish

SHOT PUT

10:00 AM START (Girls), Boys Shot Put will begin 30 minutes after the Girls finish.

DISCUS

10:00 AM START (Boys), Girls Discus will begin 30 minutes after the Boys finish

LONG JUMP

9:00 AM - 10:00 AM OPEN PIT WARM UPS (Boys)

10:00 AM - 11:15 AM OPEN PIT PRELIMS (Boys)

***FINALS will take place immediately following or before the 75-minute time limit if prelims finish early.*

12:00 PM - 1:00 PM OPEN PIT WARM UPS (Girls)

1:00 PM - 2:15 PM OPEN PIT PRELIMS (Girls)

***FINALS will take place immediately following or before the 75 minute time limit if prelims finish early.*

RUNNING EVENT SCHEDULE:

PRELIM AND 4 X 800 M SCRATCHES DUE AT THE FINISH LINE BY 10:00 AM

10:30 AM 4 X 800 M RELAY - FINAL, GIRLS FOLLOWED BY BOYS

11:00 AM QUALIFYING HEATS FOR SPRINTS (GIRLS RUN FIRST)

- 100 M DASH
- 100 M HURDLES
- 110 M HURDLES
- 200 M DASH

ADVANCING ATHLETES TO THE FINALS (8 LANES):

- Heat winners from each heat and then the fastest times to fill remaining lanes.
 - 2 Heats = 2 heat winners + 6 fastest times to fill available lanes
 - 3 Heats = 3 heat winners + 5 fastest times to fill available lanes
 - 4 Heats = 4 heat winners + 4 fastest times to fill available lanes

12:00 PM SCRATCHES DUE for all running event finals. Please turn these in at the finish line.

12:25 PM* NATIONAL ANTHEM

12:30 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 the 2nd heat will have the fastest 16 entries.

4 x 100 M Relay

400 M Dash

300 M Hurdles

800 M Run; 2 heats if entries exceed 24, if 2 heats the 2nd heat will have the fastest 16 entries.

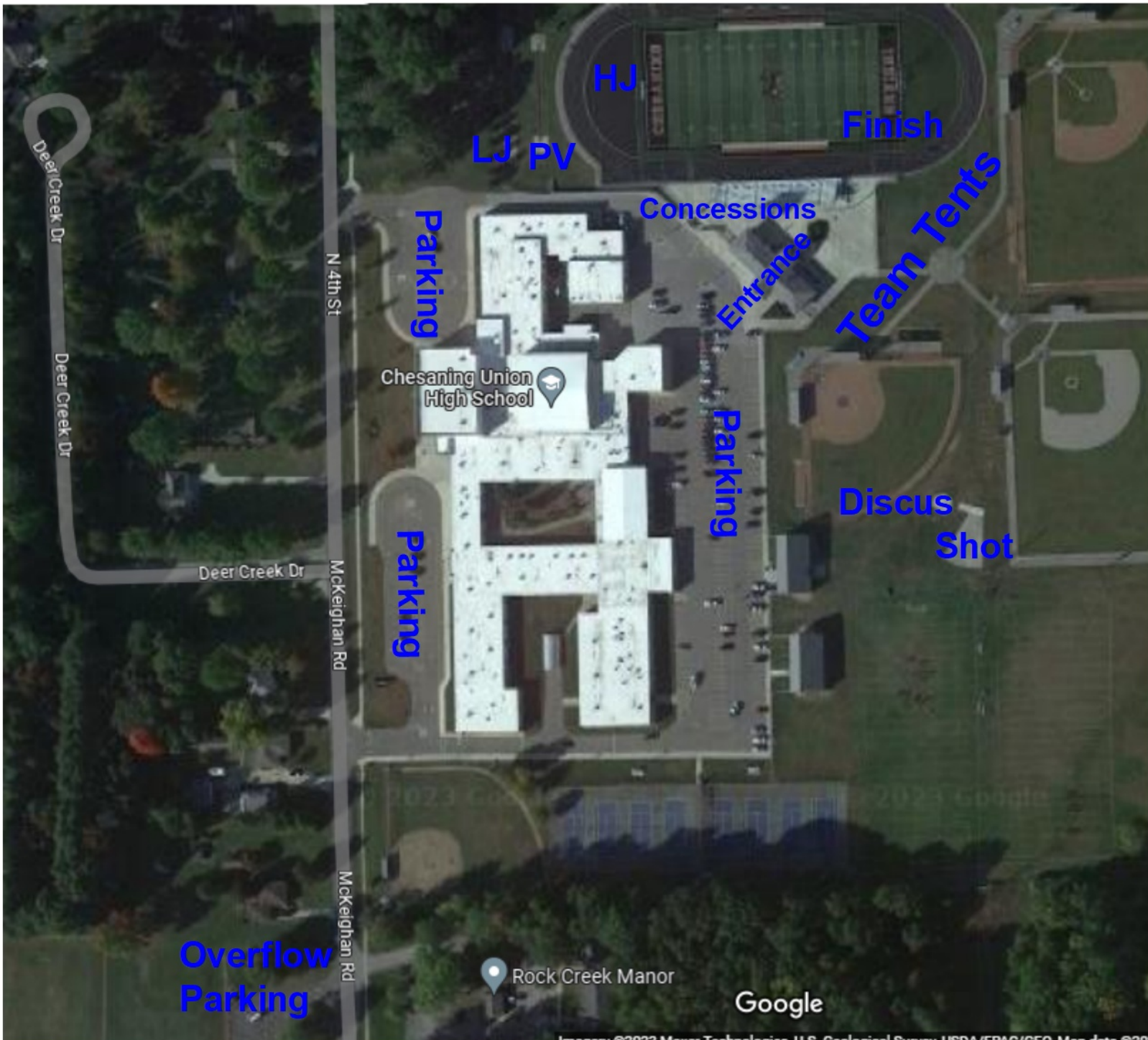
200 M Dash

3200 M Run; 1 heat per gender regardless of the number of entries.

4 x 400 M Relay

3:15 PM* Trophy Presentation

***approximate times**



Deer Creek Dr

Deer Creek Dr

Deer Creek Dr

N 4th St

Mckeighan Rd

Mckeighan Rd

LJ PV

HJ

Finish

Parking

Concessions

Entrance

Team Tents

Chesaning Union High School

Parking

Discus

Shot

Parking

Overflow Parking

Rock Creek Manor

Google