



Inland Lakes Schools

Inland Lakes Schools will be the standard
Of excellence for student achievement,
Respect and community pride.

4363 South Straits Hwy
Indian River, Michigan 49749
231-238-6868 ext. 232; lrobinson@inlandlakes.org
FAX: 231-238-4181

Welcome to the **Division 4 Region 31** Track Meet at Inland Lakes Schools. Enclosed you will find additional regional information. Any questions or concerns, please contact me:
Cell-231-330-4854

Participating Schools: Alcona, Fairview, Gaylord St. Mary, Hale, Harbor Springs, Hillman, Indian River, Johannesburg-Lewiston, Mio, Onaway, Pellston, Petoskey St Michael Academy, Posen, Rogers City, Wolverine

Entries: Please make sure you enter only 3 athletes in each event unless each one has hit the additional qualifying mark for regionals: (<https://www.mhsaa.com/portals/0/documents/BTR/addqual.pdf>)
You must scratch down to 2 athletes on Friday unless all have hit additional qualifying marks.

Timing: FinishLynx timing system with Easy Meet Manager will be utilized with an independent crew for this event.

Coaches Meeting: We will have a coaches meeting in the men's locker room, entry is located on the backside of the RAC (Rowan Athletic Complex) located to the North of the concession stands. We hope to communicate everything well enough that the coaches meeting goes quickly, smoothly, and teams can just turn scratch sheets and referee statements.

Athlete Check In/Chute Procedure: Athletes for ALL running events will check in at the tent & table at the North end of the track. Athletes should check in no later than the 2nd call (Please have them use a surrogate if they are in Field Events.) If there are scratches beyond the scratch period please communicate these to the clerk so plans can be made.

Scratches: Field event scratches and will be due to the men's locker room located at the RAC at 9:00 AM, at the beginning of the coaches meeting. All remaining prelim scratches will be due in the press box at 9:45 (Please see Cindy.) Final Scratches will be due in the press box at 12:30.

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Field events: FE finals occur immediately after the top 9 performances (SP, Disc, LJ) are determined. Girls SP will be run in flights (no less than 5) boys to follow 30 minutes after the girls finals. Boys discus will mirror Girls SP. The Girls long jump will begin 30 minutes after the Boys Final. The Boys & Girls HJ will be run in a five alive format. Girls first at 10:30. The boys HJ will follow 30 minutes after the girls are finished.

Team Parking: Buses will drop off student-athletes at the entrance to the stadium and will park in the open field located directly in front of the RAC (Rowan Athletic Complex.)

Spectators Parking: Parking of all spectators will be in the school lots around the high school building.

Tent/Team Area: Please set up camp/tents on the grass to the North end of the track from concessions to the woods or the south end in front of the maintenance barn. Please space them out from other teams. All tent/team areas are to stay outside of the fence surrounding the track.

Masks and Distancing: Face masks are no longer required for any outdoor activity. While individuals may opt to wear a face mask, there is no longer a requirement that face masks be worn outdoors by any player, coach, team personnel, official or spectators. Spectators need to be physically distanced from those not in their immediate household as much as possible.

Admission: \$7 MHSAA admission. We will be using GoFan. There is a small fee associated with using GoFan. No passes will be accepted: Coaches, ADs, and administrators allowed with team (**Track & Field Meet Region 31 Link:**) <https://gofan.co/app/events/989350>

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Concessions: Concessions will be available in the building to the left of the gate as you enter

Locker Rooms: Not available

Warm Up Areas: Warm ups can be done in the field to the right of the parking lot West of the track, trails in the woods located on the East side of the track past the discus area. The infield is NOT to be used for warm ups.

Equipment Inspection: Shot Put & Discus must be inspected before they can be used in competition, inspection will take place in the RAC (Rowen athletic complex) in the girls locker room. Poles will be inspected at the RAC as well.

Starting Blocks: Starting blocks are provided. No other blocks will be allowed on the track.

Spikes: $\frac{1}{8}$ " - $\frac{1}{4}$ " pyramid spikes only allowed.

Track Marking: Chalk only, NO marks allowed on runways.

Infield: Coaches ONLY will be allowed on the infield. Only athletes in the next event will be on the infield. Please stay away from the finish table and timing systems.

Field Event Coaches: These coaches are allowed to coach from the designated area of each field event.

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

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Emergency Info: In case of severe weather we will follow MHSAA protocol and postpone the meet. Coaches and athletes, the High School Gym will be made available. All spectators should go to their vehicles.

Athletic Trainer: Certified Athletic Trainer will be on site for this event.

Finals: Will begin 1 hour after the finish of the 200 prelims but not before 1:00 PM.

MHSAA Souvenir Clothing: Will be available on site, CASH PREFERRED, but checks will be permitted, made payable to: INLAND LAKES SCHOOLS--credit cards will be accepted if EAGraphics sends a card reader.

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MHSAA Track & Field
Division 4 Regional # 31
Inland Lakes Schools
Shanley Field

Meet Manager: Lewis Robinson, (231-330-4854: lrobinson@inlandlakes.org)

Date: Friday, May 19, 2023

Entries: Due Tuesday, May 16th, 2023 by 11:59pm-Athletic.net

Schedule may be slightly modified once we see the entries. Facility will open at 8am

Start Times: **9:00** - PV scratches due; Coaches meeting-Rowan Athletic
Complex-Men's locker room; Other field event scratches due

9:30 - Boys Pole Vault begins

9:45 - Prelim Scratches Due (press box, see Cindy)

9:55 - National Anthem

10:00 - Field events open for warm up

10:30 - All remaining field events (**Girls Discus ~about an hour after
Girls Shot Put is completed, Boys Shot Put ~about an hour
after Boys Discus is completed.**)

Boys- Long Jump, Discus

Girls- Shot Put, High Jump

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11:00 - 4 x 800 Relay Finals

Start prelims at the conclusion of the 4 x 800 Relay

Sprint/Hurdle 1st Round (100 Dash, High Hurdles, 200 Dash)
(Winner of each heat advances plus best times)

Ex: 5 heats of 100 = 5 heat winners + next 3 fastest times

12:30 - Final scratches due (press box, see Cindy)

12:55 - National Anthem

1:00 - Running Event Finals (or 1 hour after the last 200 Dash prelim,
whichever is later) – High Hurdles, 100 Dash, 4 x 200 Relay, 1600 Run, 4 x 100
Relay, 400 Dash, 300 Hurdles, 800 Run, 200 Dash, 3200 run, 4 x 400 Relay

Implement Weigh-In: Begins at 8:30, Location: Rowen Athletic Complex-Ladies Locker Room

Officials:

Gordie Richardson - Referee 1

Jerry Cook - Referee 2 and recall starter

Dave Putz- Starter

Rich Robbins - Starter

Frank Wozniak - Clerk

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Division 4

Track and Field Regional 31

5/19/2023

Host: Indian River Inland Lakes

Location: Shanley Field - Indian River

Alcona

Fairview

Gaylord St Mary

Hale

Harbor Springs

Hillman

Indian River Inland Lakes

Johannesburg-Lewiston

Mio

Onaway

Pellston

Petoskey St Michael

Posen

Rogers City

Wolverine

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MHSAA Track & Field
Division 4 Regional # 31
Inland Lakes Schools
Shanley Field

On behalf of Inland Lakes Schools and the MHSAA I would like to welcome you to the 2023 Track & Field Regional. As your host we will do everything we can to make this a great experience for you and your athletes. Below is information that should be helpful with your planning.

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10:30 - All remaining field events (**Girls Discus ~about an hour after Girls Shot Put is completed, Boys Shot Put ~about an hour after Boys Discus is completed.**)
Boys- Long Jump, Discus
Girls- Shot Put, High Jump
11:00 - 4 x 800 Relay Finals
Start prelims at the conclusion of the 4 x 800 Relay
Sprint/Hurdle 1st Round (100 Dash, High Hurdles, 200 Dash)
(Winner of each heat advances plus best times)
Ex: 5 heats of 100 = 5 heat winners + next 3 fastest times
12:30 - Final scratches due (press box, see Cindy)
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1:00 - Running Event Finals (or 1 hour after the last 200 Dash prelim, whichever is later) – High Hurdles, 100 Dash, 4 x 200 Relay, 1600 Run, 4 x 100 Relay, 400 Dash, 300 Hurdles, 800 Run, 200 Dash, 3200 run, 4 x 400 Relay

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Dave Putz- Starter

Rich Robbins - Starter

Frank Wozniak - Clerk

Division 4

Girls Track and Field Regional 31

5/19/2023

Host: Indian River Inland Lakes

Location: Shanley Field - Indian River

Alcona

Fairview

Gaylord St Mary

Hale

Harbor Springs

Hillman

Indian River Inland Lakes

Johannesburg-Lewiston

Mio

Onaway

Pellston

Petoskey St Michael

Posen

Rogers City

Wolverine