***Marion High School host MHSAA 32-4 Track and Field Meet***

2213 20 Mile Rd., Marion

**Welcome:**

Marion High School is proud to be the host of the 2023 Track and Field Regional #32– 4. Hopefully, this information will help you in your preparation for the Regional on **SATURDAY, MAY 20th**.

If you have any questions, feel free to contact Stacie Sutten, AD, at: Office 231-743-2836 option 2, Cell 231-667-0209, and/or via email at ssutten@marion.k12.mi.us.

**PARTICIPATING SCHOOLS**

[Au Gres-Sims](https://www.mhsaa.com/schools/augres-sims/girls/varsity/track-and-field/2022)

[Bellaire](https://www.mhsaa.com/schools/bellaire/girls/varsity/track-and-field/2022)

[Buckley](https://www.mhsaa.com/schools/buckley/girls/varsity/track-and-field/2022)

[Central Lake](https://www.mhsaa.com/schools/centrallake/girls/varsity/track-and-field/2022)

[East Jordan](https://www.mhsaa.com/schools/eastjordan/girls/varsity/track-and-field/2022)

[Fife Lake Forest Area](https://www.mhsaa.com/schools/forestarea/girls/varsity/track-and-field/2022)

[Frankfort](https://www.mhsaa.com/schools/frankfort/girls/varsity/track-and-field/2022)

[Leland](https://www.mhsaa.com/schools/leland/girls/varsity/track-and-field/2022)

[Maple City Glen Lake](https://www.mhsaa.com/schools/glenlake/girls/varsity/track-and-field/2022)

[Marion](https://www.mhsaa.com/schools/marion/girls/varsity/track-and-field/2022)

[McBain Northern Michigan Christian](https://www.mhsaa.com/schools/northernmichiganchristian/girls/varsity/track-and-field/2022)

[Mesick](https://www.mhsaa.com/schools/mesick/girls/varsity/track-and-field/2022)

[St Helen Charlton Heston Academy](https://www.mhsaa.com/schools/charltonhestonacademy/girls/varsity/track-and-field/2022)

[Suttons Bay](https://www.mhsaa.com/schools/suttonsbay/girls/varsity/track-and-field/2022)

[Whittemore-Prescott](https://www.mhsaa.com/schools/whittemore-prescott/girls/varsity/track-and-field/2022)

ADMISSION: $7.00 – NO PASSES. TICKETS MUST BE PURCHASED THROUGH GOFAN.CO

GATES WILL BE OPEN TO THE PUBLIC AT 9:00 a.m.

**ENTRIES:** Please make sure you enter only 3 athletes in each event into athletic.net unless each one has hit additional qualifying mark for regionals. Entry due date for electronic entries, all Divisions is 11:59 p.m. on May 16, 2023. You must scratch down to 2 athletes on Saturday unless all have hit additional qualifying mark. **All times, distances and heights shall have been achieved prior to 11:59 p.m. on May 16.** Entries for whom times were not submitted or for whom confirmed false times were submitted, are to be placed in the last heat or first section without seeding consideration.

**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.

**STARTERS/REFEREE:**

Gordie Richardson -Referee

Chris Paytas - Assistant Starter

Rick Cahoon - Field Event Referee

Dennis Kenney - Starter

Jackson Ingalls - Clerk

**COACHES PACKETS and COACHES MEETING:** 9:00 a.m. in the band room located north of the track in the school building. All other access to the school will be prohibited.

**Scratches:** Field event and prelim scratches will be due to the band room at 9:00 a.m., at the beginning of the coaches meeting. All remaining scratches will be due to the finish tent at 12:00 a.m.

**FIELD EVENTS:**

IMPLEMENT WEIGH-IN: **9:00 a.m**. **IN THE SOUTH END OF THE CONCESSION STAND LOCATED AT THE EAST END OF THE TRACK**

**\*\*All Field Events and First Round Running Event Scratches are due by 9:00 a.m.**

**BOYS** POLE VAULT WILL BEGIN AT 9:30 a.m. (Please be certain to have signed and submitted your Pole Vault Cards to the official checking in poles at the event prior to the event starting.)

ALL REMAINING FIELD EVENTS ARE SCHEDULED TO START AT 10:00am

**Girls** HJ/Shot Put; **Boys** Discus/Long Jump.

Field Events (These field events will take place at the conclusion of the previous field event)

(**Girls** Discus/LJ/Pole Vault; **Boys** HJ/Shot Put)

**RUNNING EVENTS:**

**\*\*ALL ATHLETES MUST CHECK IN TO THE MEET OFFICIAL LOCATED AT THE NORTH EAST PORTION OF THE TRACK NO LATER THAN 2ND CALL.** If there are scratches beyond the scratch period, please communicate these to the clerk so plans can be made.

11:00 a.m. 3200 Relay Finals

**ALL PRELIMINARY RACES ARE SCHEDULED TO START FOLLOWING THE 3200 RELAY AT APPROXIMATELY 11:30 P.M.**

Preliminary order is: 100 Meter Dash Round 1

 110 Meter Hurdles Semi-Finals Round 1

100 Meter Hurdles Semi-Finals Round 1

200 Meter Dash Semi-Finals Round 1

\*Pending heat numbers, advancing from Prelims to Finals shall be this:

 2 Heats – 2 heat winners, 6 fastest times to fill available lanes.

 3 Heats – 3 heat winners, 5 fastest times to fill lanes.

 4 Heats - 4 heat winners, 4 fastest times to fill lanes.

**THERE WILL BE A ONE HOUR BREAK AFTER THE PRELIMINARY RACES.**

**\*\*SCRATCHES ARE DUE FOR THE SECOND SESSION AT 12:00 P.M.**

AFTER THE ONE HOUR BREAK, WE WILL HAVE THE NATIONAL ANTHEM FOLLOWED BY:

 110 Meter Hurdle Finals

100 Meter Hurdle Finals

100 Meter Dash Finals

 800 Meter Relay

 1600 Meter Run

 400 Meter Relay

 400 Meter Dash

 300 Meter Hurdles

 800 Meter Dash

 200 Meter Dash

 3200 Meter Run

 1600 Meter Relay

AWARDS/TROPHIES PRESENTED AT THE CONCLUSION OF ALL EVENTS.

**SCORING:** Scoring in all events is done to 8 places: 10-8-6-5-4-3-2-1

Top 2 relay teams and individuals qualify for the MHSAA Division 4 State Meet as well as any who qualify using the additional qualifying standards.

**LOCKER ROOMS:** Will not be available to teams, nor will showers.

**CONCESSIONS:** Concessions will be available in the building to the on the East end of the track.

**WARM-UPS:** The track will be available for warm-ups until 9:45 a.m. at which time the track must be cleared. The track will also be available for warm-up during the one hour break before finals; it must be cleared fifteen minutes prior to the start of the finals.

**TRACK MARKING:** Chalk only for runway and track marking. No tape allowed.

**EMERGENCY INFO:** In case of severe weather we will follow MHSAA protocol and postpone the meet. Coaches and athletes should return to their buses. Spectators should return to their vehicles.

**TRAINER:** A rescue unit will be on call throughout the meet.

**PARKING:** Please have your buses park on the WEST side of the parking lot that is located near the track. We would like to keep the parking area between the track and the High School reserved for car traffic only.

**TEAM TENTS/CAMPS:** Locations will be on a first come first serve basis, but we have a considerable amount of space for tents around the perimeter of the track and field areas. Team tents may NOT be set up on the inside of the fenced track area or along the fence immediately to the east of the starting area. Please make every effort to keep your tent areas clean of debris.

**SECURITY:** Teams are reminded not to leave their valuable items unattended. Marion Public Schools and the MHSAA will not be held responsible for lost or stolen items.

**RESULTS:** All meet results will be uploaded to Athletic.Net & MichiganTrackandField.com. LIVE results will be available during the meet at: <https://michianatiming.com/results/> The MHSAA will post results on their website at their earliest convenience.

**DESIGNATED AREAS/RESTRICTIONS:** Only athletes warming up or competing are allowed on the infield during competition. ***No coaches/parents/spectators/non-competing athletes***are allowed. Designated coaching boxes will be assigned.

**MASTER ELIGIBILITY REMINDER:** DUE BY MONDAY, MAY 15th by 3:00 p.m.

***Marion High School host MHSAA 32-4 Track and Field Meet***

*Marion High School*

*Saturday, May 20, 2023*

**Time Schedule**

**Girls Run First**

9:00 a.m. Coaches Meeting & Equipment Inspection
9:30 a.m. Boys Pole Vault
10:00 a.m. Girls High Jump

Boys Long Jump

Boys Discus

Girls Shot Put

11:00 a.m. 3200 Relay Finals

 100 Dash Round 1

 100 and 110 Hurdle Semi-Finals Round 1

 200 Dash Semi-Finals Round 1

**\*THERE WILL BE A ONE HOUR BREAK BETWEEN GENDERS OF THE FIELD EVENTS.**

**\*THERE WILL BE A ONE HOUR BREAK AFTER THE PRELIMINARY RACES.**

**Finals**

| . | **National Anthem** |  |
| --- | --- | --- |
|  | 100 and 110 Hurdle  |  |
|  | 100 Dash  |  |
|  | 800 Relays (4 x 200) |  |
|  | 1600 Runs |  |
|  | 400 Relays (4 x 100) |  |
|  | 400 Runs |  |
|  | 300 Hurdles |  |
|  | 800 Runs |  |
|  | 200 Dashes |  |
|  | 3200 Runs  |  |
|  | 1600 Relays (4 x 400) |  |

**Advancing from Semi-Final Round 1(Prelims) to 1 heat(8 person) Final**

Heat winners from each heat and then the fastest times to fill all remaining available lanes.

If 2 Heats – 2 heat winners, 6 fastest times to fill lanes

If 3 Heats – 3 heat winners, 5 fastest times to fill lanes

If 4 Heats – 4 heat winners, 4 fastest times to fill lanes

If 5 Heats – 5 heat winners, 3 fastest times to fill lanes

### Awards and Results

Each head coach will receive an awards packet as soon as possible after the meet at the finish tent. Medals will run through eighth place.

### Scoring

Scoring in all events is done to 8 places: 10-8-6-5-4-3-2-1

The Top 2 Relay Teams and Individuals qualify for the MHSAA Division 3 State Meet as well as any who qualify using the additional qualifying standards.