

2023 MHSAA TRACK & FIELD REGIONAL #34
MAY 19, 2023 - GOBLES, MI

COMPETING TEAMS:

Benton Harbor-Countryside Academy, Covert, Decatur, Eau Claire, Gobles, Holland Calvary, Kalamazoo Hackett Prep, Kalamazoo Phoenix, Lawrence, Marcellus, Martin, Mendon, New Buffalo, St Joseph Our Lady of the Lake Catholic, Three Oaks-River Valley, White Pigeon

Location: Gobles High School, 409 North State Street, Gobles, MI 49055

Busses need to enter off of County Rd 388 (“D” Ave”), and pull up to the SW corner of the track. Team tents using stakes will only be allowed NW of the track. Please do stake down tents on the visitors side of the stadium as we do not want to damage our waterlines. Please do not use the elementary playground for warm up space until after 3:30pm.

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

Awards: Medals will be awarded to the first 8 places in individual events and relays.

1st Place Trophy to both boys/girls teams.

Results & Medals will be made available to coaches approximately 15 minutes after the last event in the tent at the finish line.

Admission: \$7.00 (League/Season passes will not be honored.) ALL tickets will be digital, purchased through GoFan (there is a fee). Either use a mobile device or credit/debit cards will be accepted for **admission ONLY**. <https://gofan.co/app/school/MI10215>

Concessions: Will be available (NO credit/debit cards accepted for concessions)

Locker Rooms: Will NOT be available

Trainer: Will be available, water & Ice will also be available by the finish line.

MHSAA Policies Regarding the Following Will be Enforced: Electronic devices, Photographers/Videorecording of athletes as a coaching aid, Drones, Illegal Implements, Unsportsmanlike Conduct

Bad Weather: The announcer will inform everyone where/when to take cover if necessary. Plan on using buses/vehicles for thunderstorms.

Marking Material: Chalk only! Chalk will be provided at all venues.

Spikes: 1/4” pyramids (or smaller) only! We need everyone’s cooperation please! No pins.

Cell Phones & Electronic Devices: Must be on silent/vibrate during the entire contest and in all venues.

Field Event Areas: Areas unsupervised by a meet monitor will be closed to competitors and marked as such.

Field Event Rules: Rules for “time limits per attempt” and “leaving/returning” will be enforced.

Restricted Areas: Field Event Areas marked by the streamers are restricted areas.

Coaches/spectators are not allowed beyond the streamers.

The infield is a coaching box and **athletes are NOT allowed in the infield.**

MHSAA Souvenir Clothing: Will be available on site. CASH is preferred, but checks will be accepted, made payable to Gobles Public Schools. (NO credit/debit cards accepted for clothing)

Implement Weigh-In: Throwing implements will be weighed at the south end of the concessions building

Pole Vault Verification: Poles must be verified by the coach and athlete with the field event referee

Starting Blocks: Traditional blocks will be furnished.

Non-traditional blocks must be approved by the starter/referee.

Prelims: Will follow the 3200 Relay as listed in the schedule (100, HH, 200).

Heat winners then fastest times advance to finals.

Entries: A maximum of THREE INDIVIDUALS may be listed by a school for EACH INDIVIDUAL EVENT. However, only two may compete unless all three (or more) have met the additional qualifier standard. If three (3) or more entries in an event have equaled or bettered the published additional regional qualifier standard, all of these entries may enter and compete in that event. Otherwise, you must narrow to two entries (2) prior to close of scratches and one relay team.

Entires Due per MHSAA Regional Deadlines MAY 16 @ 11:59 pm at www.athletic.net

All times, distances, and heights shall have been achieved this season prior to 11:59 pm on May 16. Times entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by +.24. The .24 is automatically added by athletic.net if entered as a hand time.

Scratches: All scratches must be submitted by the times listed for each session. Scratches made during these periods will NOT count in the individual's participation limitations. However, if the competitor is not scratched during these scheduled periods and does not show to the clerking area before that runner's position is set, the competitor will be disqualified from that event and that event will count toward the competitor's personal limit.

Calls: The call system to be used shall be: First Call, Second Call, Third & Final Call.

Field Events: "5 alive" in Pole Vault & High Jump. Throws will be done in flights with 10 minutes between flights for warm-ups. Finals in Long Jump, Shot & Discus will be approximately 45 minutes after preliminary flights for that gender are completed.

Officials:

Joe Munn - Referee

Charles Parker - Starter

Rus Tien - Starter

Appeal Committee:

Joe Munn - Referee

Rus Tien - Starter

Emily Redmond - Meet Manager

Kim Moe - Marcellus

Vic Wilszynski- Mendon

Marc Kline - Gobles (alternate member if appeal involves a committee member)

Schedule: Both boys and girls pole vault, high jump, long jump to be held simultaneously.

9:30 am – packet pick-up begins at the hospitality room at the south end of the concession building.

9:30 am - Implement weigh-in (concession/locker room building)

10:00 am – Coaches meeting

10:05 am – Close of scratches in field events & prelims at finish line tent, no substitutions

11:00 am – All field events

Shot Put (Odd years: Girls first, then Boys, Even years: Boys first then Girls):
3 throws (1+1+1) then Top 9 to finals (1+1+1)

Discus (Odd years: Boys first, then Girls, Even years: Girls first then Boys):
3 throws (1+1+1) then Top 9 to finals (1+1+1)

High Jump:

Girls – blue pad (closest to long jump) 4'2, 4'5, 4'8, **4'10, then up 2**

Boys – orange pad (near flag pole) 5'3, 5'6, 5'9, **5'11, then up 2**

Pole Vault:

Girls – blue runway 6', 6'6, 7', 7'6, **8', then up 3**

Boys – orange runway 8'6, 9'6, 10'3, 10'9, **11'3, then up 3**

Long Jump: “Open Pit” 3 Jumps

Girls – east pit (blue runway), top 9 to finals (3 more jumps)

Boys – west pit (orange runway), top 9 to finals (3 more jumps)

12:00 pm – 3200 relay

12:30 pm – Prelims (Girls first in Odd years, Boys first in Even years) in 100, HH, 200

1:30 pm – Final scratches due to the Finish line Tent

1:55 pm – National Anthem

2:00 pm – Finals for all running events

110 m/100 m Hurdles

100 m Dash

4x200 m Relay

1600 m Run (2 heats if entries exceed 24. 2nd heat has the 16 fastest entries.)

4x100 m Relay

400 m Dash

300 m Hurdles

800 m Run (2 heats if entries exceed 20. 2nd heat has the 12 fastest if
20-24 entries, or 2nd heat has 16 fastest if more than 24 entries.)

200 m Dash

3200 m Run (1 heat per gender regardless of entries)

4x400 m Relay

