

**2023 Division 4 Regional 35 Time Schedule
Friday, 5/19 @Hillsdale College**

- 12:15-1:15** **Implement Weigh-In**
- 12:30** **Coaches Meeting/ Afternoon Scratches Due**
- 1:30** **Boys PV, Discus, and LJ
Girls HJ and SP**
- Girls run first in all races**
- 3:00** **3200 M Relay**
- Preliminary Running Events (immediately after 3200 M Relay)**
100 M Dash
100/110 M Hurdles
200 M Dash
- 4:30** **Evening Scratches Due**
- 5:30** **Running Event Finals (Minimum 1 hour after Semifinals)**
100/110 M Hurdles
100 M Dash
800 M Relay
1600 M Run
400 M Relay
400 M Dash
300 M Low Hurdles
800 M Run
200 M Dash
3200 M Run
1600 M Relay
- Trophy Presentation**

Division 4 Track and Field Regional #35
Hosted by Hillsdale Academy
@ Hillsdale College

- Date** Friday, May 19, 2023
- Location** Hillsdale College
- Regional Manager** Mike Roberts Headmaster/Head Track and Field Coach
Phone: 517.610.2715 Email: mroberts@hillsdale.edu
- Nate Neveau Athletic Director
Phone: Email: nneveau@hillsdale.edu
- Entries** **Due Tuesday, May 16 by 11:59 p.m.** All entries will be done on **athletic.net**. Follow all instructions and regulations found on the MHSAA website for track and field under regional entry procedures. **Please remember to send your eligibility lists as well.**
- You may enter three athletes in individual events but must scratch to two unless all entries of three or more have met the additional regional qualifying standards. Please see the additional regional qualifying standards on the MHSAA website.
- Athletic.net** Times must be entered as FAT times to the hundredth or handheld equivalent, adjusted by +.24. Also, be sure to enter relay legs and a seed time (can be changed day of meet). Relay seeds do not automatically pull from the system like individual performances do. Entries will be locked at 11:59 p.m. on Tuesday, May 16.
- Participating School Info.** Please read all the information on the MHSAA website for Track and Field participating school information.
- Coaches Meeting** 12:30. in the Hillsdale College Sports Complex on the lower level in room 64-65. The room will be open by Noon.
- Afternoon Scratches** Must be turned in by **12:30 at the Coaches Meeting**
- Implement Weigh-in** 12:15-1:15 near the restrooms located at the northwest side of the track.

Field Events	1:30 Boys Pole Vault, Long Jump, and Discus Boys High Jump and Shot Put
3200 M Relay	3:00
Preliminary Running Events	Following 3200 Meter Relay
Evening Scratches	Due at 5:00 in the press box (please turn in regardless of having scratches)
Finals Running Events	One hour after the Semifinals (approx. 5:30) We will not start before 5:30 unless there are weather concerns
Starters	Dan Bentschneider Ozzie Hashley
Referees	Fred Bowers
Bus Parking	Park on Academy Lane (south of the stadium) noon or after, or in the sports complex lots or on Union Street by tennis courts.
Admission	All tickets will be sold on GoFan at \$7 per person.
Team Camps	Team tents/gatherings may not be set up on the infield. Due to the lack of space outside the perimeter of the track, tents may be set up on the lower field at the north end of the stadium. Please remind athletes to remove trash from their areas before leaving the facility.
Warm-Ups	The track/infield will be available for warm-up activity until 3:00. at which time participants and coaches must clear the areas for competition. The track will be available until 15 minutes before the start of the finals. All other warm-up should be done on the north end zone of the football field, or lower field, or outside the track area.
Trainer	An athletic trainer will be at the meet; and ice and water will be provided.
Bathrooms	Located on the northwest side of the track. Locker rooms will not be available.
Marking Substances	TAPE ONLY (our runways are marked every 5 feet)

Spike Size	Hillsdale College has an 8-lane mondo surface. 1/4 or 1/8 Pyramids are allowed.
Timing System	We will use fully automatic time through Hillsdale College
Starting Blocks	We will furnish starting blocks. Please do not bring your own. The only exception will be non-traditional blocks and these must be approved by meet management prior to their use in the meet.
Scoring	10-8-6-5-4-3-2-1 for all events
Awards/Results	Medals will be awarded for places 1-8 in all events, including relays. Duplicate medals will be ordered for tied positions. Medals are to be picked up with the meet results approximately 15 minutes after the conclusion of the 1600 M Relay. Results will be issued at the finish line tent. The trophy presentation will take place on the 50-yard line of the football field.
Concessions	Concessions will be available during the meet. The concession stand will be located on the south end of the stadium.
T-Shirts	MHSAA official spirit wear will be available to purchase.
State Qualifiers	The first two placers in each event, plus any contestant who equals or betters the published additional qualifier standard, shall qualify to the State Meet. Please see MHSAA website for state qualifying marks. Efforts in the preliminary trials of the long jump, shot put and discus may qualify the competitor to the State Meet. State Qualifiers will compete on Saturday, June 3 @ Hudsonville
Seed Lists	Seed lists will be sent to all schools on Wednesday of Regional Week.
Practice Time	The track and field areas <u>will not</u> be available for practice before the regional date this year.

Field Events

- Long Jump** The long jump will use the "open pit" format. The pit will be open for one hour; all contestants are allowed 3 preliminary jumps. The finals will begin approximately 10 minutes after the preliminaries and will include the top nine contestants from preliminary jumps for three additional jumps. All ties for ninth place will go to the finals.
- Discus and Shot Put** Flights will be arranged from worst entry performance to best. A brief warm-up period will be allowed between flights. There will be three trials in the preliminaries. The top nine performers will get three additional trials. All ties for ninth place will go to the finals. The finals will begin approximately 10 minutes after the preliminaries. All implements must be weighed and labeled during the weigh-in session from 12:15-1:15
- High Jump** Starting Height for boys 5'3"
Starting Height for girls 4'2"
- Pole Vault** Cards will be available before the meet for coaches to sign and verify pole and athlete weights.
Starting Height for girls 6'0"
Starting Height for boys 8'6"
- Check-in Procedures** It is the contestant's responsibility to notify officials if he/she has to leave one event for another. Running events have precedence over field events. **Athletes must report to the clerk after first call.** Ten minutes will be allowed for a return to the field event after the contestant has competed in a running event.
- Jury of Appeals** Girls Coach Brian Smith (Pittsford)
Boys Coach Barry Goslin (Reading)
Meet Manager Mike Roberts and Nate Neveau
Head Long Jump Judge, Ron Budd
Meet Monitor, Bill Lundberg

Running Events (Girls Run First)

One round of Preliminaries will be run in the 100 M Dash, 110/100 M Hurdles, and the 200 M Dash. Qualifying procedures for the semifinals will be heat winners plus the next fastest times.

The 800 M, 1600 M, 3200 M, and 3200 M Relay will use a double waterfall start with the a one turn stagger.

The 3200 M Run and 3200 M Relay will have one section per gender.

The 1600 M Run will have one section unless the number of entries is over 24 competitors. If two sections are needed, the last heat (or fast heat) will have 16 competitors including ties.

The 800 M will have two heats if there are more than 20 entries. If two sections are needed, the last heat (or fast heat) will have 16 competitors including ties.

The 300M Low Hurdles, 400 M, 400 M Relay, 800 M Relay, and 1600 M Relay will be run in sections with the slowest qualifying times in section one.

Contestants should report to the staging area on first call and no later than second call if involved in a field event. The staging area is located at the north end of the straightaway.