

MHSAA Regional Track #36-4

Friday, May 19, 2023 @Concord High School

We are excited to be able to host the 2023 MHSAA Division 36-4 Regional. We'll include as much as we can in this packet, but if you have any further questions, please don't hesitate to contact us.

Matt Lehman, Athletic Director

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517 867-6004 (AD Office)

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Competing Schools

- Battle Creek St Philip, Bellevue, Climax-Scotts, Concord, Dansville, East Jackson, Jackson Prep, Lansing Christian, Morrice, Portland St Patrick, Pottersville, Vandercook Lake, Webberville

Admission/Tickets

- All tickets will be digital, sold via GoFan, and cost \$7.00. A mobile device is required. Links for GoFan will be on each site hosts GoFan account found at www.GoFan.co

Bus Parking

- Buses can drop off near the entrance to the track stadium and then park in the middle school parking lot west of the track. The high school lot will be for spectators only.

Tent City

- The tents can be set up in the grass off the sidewalk.

Restrooms

● Restrooms are located at the concession stand and we will also have Porta-Johns at other centrally located positions.

Spectator Parking

- All spectators in the Concord High School Parking lot.

Important Dates & Times:

ENTRY PROCEDURES

- ENTRY PROCEDURES -Schools assigned to Regionals will go to mhsaa.com for instructions on completing and forwarding entries to you to be received no later than 11:59 p.m. on Tuesday, May 16.
- All times, distances, and heights shall have been achieved prior to 11:59 p.m. on May 16. Times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by +.24.

Late entries:

- \$50 must be paid before the contestant or team will be allowed to participate
- There are to be no late entries after the above deadline dates
- The late fee may not be used to change any time, height or distance

- The only changes which are permitted after 4 p.m. the day of the entry date will be scratches or clerical errors
- Tuesday, May 17th Master Eligibility due to host school (matt.lehman@concordschools.net)

FAT Timing & Entry Process

- Details on entry standards may be found on the MHSAA website. Enter a maximum of three, scratch one, unless three or more meet AQ standards.
- Entries for your regional will be made **via athletic.net** in this meet.
- Be sure to enter all FAT times with a small “a” so that they do not adjust thus, 11.23a. Failure to affix the “a” will result in the time being treated as a hand time.
- If you have hand time DO NOT adjust them! Enter them rounded up to the next highest tenth, so 11.23 hand would be entered as 11.3. Athletic.net will automatically add the .24 onto that for integration.
- Also be CERTAIN TO ENTER ALL RELAY ATHLETES and be CERTAIN TO ENTER YOUR RELAY SEED TIME ON THE A1 LEG OF THE RELAY.
- The entry deadline is FIRM. **Late entries** incur a charge and cannot be used to improve a seed time.
- \$50 must be paid before the contestant or team will be allowed to participate.
- There are no late entries after the above deadline date.
- The late fee may not be used to change any time, height, or distance.
- The only changes, which are permitted after the late entry deadline, will be scratches. Changes in the relay team members is allowed.

Scratches

- All 1st session scratch sheets must be in the scoring tent by the finish line before 2:00 PM (all 2nd session scratches should be turned into the scoring tent by 3:30 PM). Scratches made during these periods will not count in the individual’s participation limitations.

Schedule:

1:30 PM

- Coaches’ packets will be available in the garage next to the concession stand.

1:30 PM

- Coaches Meeting in the tent by the finish line.

2:00 PM

- Weigh-in for shot and discus will be in the shed by the shot put/long jump area.

2:00 PM

- Boy’s Pole Vault begins (starting height 8’6”)

2:00 PM

- 1st session scratches are due at the tent by the finish line.

3:00 PM

- Boy’s and Girl’s High Jump (starting height 5’3” and 4’2”) We will have two pits
- Girl’s Shot Put (top 9 make finals) Finals after completion of prelims
- Boy’s Discus (top 9 make finals) Finals after completion of prelims
- Boy’s Long Jump (open pit preliminary; top 9 make finals) Finals after completion of prelims

**Remaining field events will start after the completion of first-round events.*

- Girl’s Pole Vault (starting height 6’0”)

- Girl's Discus (top 9 make finals) Finals after completion of prelims
- Boy's Shot Put (top 9 make finals) Finals after completion of prelims
- Girl's Long Jump (open pit preliminary; top 9 make finals) Finals after completion of prelims

3:30 PM--All 2nd session scratches are due at the finish line tent.

4:00 PM--*Girls will run first. Order as follows:*

- 3200 M Relay Finals – *1st running event*
- Semifinals – *after completion of 3200 M Relay.*
- 100 M Dash | 100 M Hurdles | 110 M Hurdles | 200 M Dash
- Finals – *will begin approximately one hour after completion of semifinals.*
- 100 M High Hurdles | 110 M Hurdles
- 100 M Dash
- 800 M Relay (4 x 200)
- 1600 M Run
- 400 M Relay (4 x 100)
- 400 M Dash
- 300 M IM Hurdles
- 800 M Run
- 200 M Dash
- 3200 M Run
- 1600 M Relay (4 x 400)

Call System

- 1st Call: Make your way to the staging area at the south end of the track (towards the shot/discus area)
- 2nd Call: Check in with the clerk and make final preparations.
- 3rd Call: You should be checked in with the clerk, your lane assignment number attached, and you should be prepared to move down the track for participation.

Scoring

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

Finish Line

- Universal finish line located at the northeast end of the track

Wheelchair Participants:

- The MHSAA has established a new Track & Field category for wheelchair participants in four events. These events will include the 100m, 200m, 400m, and shot put.
- Participants in this category must be eligible team members, meeting all MHSAA eligibility requirements and be listed on the school's Master Eligibility list. **Participants in this category at a Regional meet must have participated in these events during two regular season meets.** For example, to compete in the wheelchair 100m at a Regional meet, a student must have competed in the 100m during two regular season meets. Participants in this category at a Final meet must have participated in these events during the Regional meet in addition to two regular season meets. For example, to compete in the wheelchair 100m at a Final meet, a student must have competed in the 100m during the Regional meet and during two regular season meets. For students competing in these wheelchair events, MHSAA individual awards (medals) will be provided for these events at both the Regional and Final meets. Results for all

wheelchair events will be published at MHSAA.com with all other meet results from each Regional and Final meet. Scores will not be added to team results for wheelchair events at MHSAA Regionals or Finals.

Hospitality

- A Hospitality area is provided for coaches and workers.

Awards

- Will be given to the top eight places.
- The top boys and girls teams will receive a Regional Championship trophy.

Trainer Services

- Will be available in the infield by the tent area. Ice will be available.

Coaches Box

- An unrestricted coaches' box will be located north of the long jump pit. The use of electronic communication devices is permitted during meets in unrestricted areas and coaches' boxes; however, they may not be used for any review of a referee's decision or to communicate with an athlete during a race or trial.
- ***Coaches boxes will be set up by each Field Event venue for ONE COACH PER ATHLETE AT THE PARTICULAR EVENT COACHES WILL BE ALLOWED IN THE BOXES DURING THE EVENT WITH THE PROPER WRIST BAND WHICH WILL DISTRIBUTED TO TEAMS UPON ARRIVAL. Once the running competition starts, coaches are to clear the infield area, unless their athlete is still High Jumping. Once the athlete has completed the activity, coach and athlete must clear the area. (per games committee directive)***

Marking Substances

- Chalk will be provided.

Spike Size

- 1/8" pyramid spikes only are allowed. Runners will be checked and will not be allowed to run with different lengths or with pin/needle spikes.

Starting Blocks

- Traditional blocks will be provided. If you use non-traditional blocks you will have to bring them.

Meet Officials

- Referee: Curtis Tyler
- Referee: Jim Loria
- Starter #1: Ray Drysdale
- Starter #2: Greg Glover
- Clerk: Willie Lewis

Jury of Appeals Committee:

- Matt Lehman, CHS Athletic Director (Meet Monitor)
- Scott Stoner

- Willie Lewis
- Tom Dyer, Springport
- Dan Brunk, Potterville

MHSAA Apparel

- We will have track regional apparel for sale at a table near the concession stand.

Field Event Notes

- Coaches need to make sure that no one uses a pole that weighs more than the pole allows and that all paperwork is complete. In the long jump, shot, and discus, the top 9 preliminaries will compete in the finals.
- At the conclusion of the girl's discus and the boy's shot put, there will be a warm-up period for the girls' shot put and the boys' discus. In throwing events, no tape can be put on hands or fingers unless there is an open wound. Participants in the finals may request to take all of their attempts at one time.
- Our shot put and discus rings are cement and our pole vault, long jump, and high jump runways are the same all-weather material as the track. Shot and discus need to be weighed, checked, and marked in the building located at the south end of the track. Weigh-in will start at 2:00 PM. They will be confiscated if not to code.
- The infield will be kept clear of athletes and coaches.
- Athletes must check-in in a timely manner. Pay attention to the PA announcements with reference to checking in for events. If an athlete is in a field event and must leave to participate in a different event, the field event judge must be informed before leaving, and prompt return to the event must be a priority. **5 min after the completion of the 100m, Hurdles, 200m, 400m, 400m Relay, 800m Relay. 8min after completion after completion of the 800m, 1600m, 3200m 3200m Relay**
- Tobacco/vaping is prohibited on school property.