

2023 MHSAA Regional Meet # 4-Div.1 at Grand Ledge HS

Time Schedule

- 12:00p.m. Pole Vault check-in and warm up at event (south end of track and field complex)
- 1:00p.m. * **Boy's pole vault begins** *
- **Implement (shot and discus) weigh-in and check in** at tent east of concession/bathroom building at north end of complex)
 - **Coaches' Meeting** at Hospitality tent located just east of concess./bathroom building (near implement check-in)
- 1:20p.m. **Opening Round Scratches Due** (field events, 3200 relay and semifinals) to pressbox (south end)
- 2:00p.m. Field events begin
- **Boys discus** (north end of complex)
 - **Boys LJ** (south end of complex)
 - **Girls HJ** (south end of infield)
 - **Girls SP** (northeast end of complex)
- 3:00p.m. Girls **3200m relay** (1 heat), followed by boys (1 heat)
- 3:30p.m. **Semifinals** (will start immediately following conclusion of boys 3200 relay)
- 100m dash (girls, then boys: heat winners + next fastest times to fill 8 lanes)
 - 100m hurdles (girls, then boys: same qualifying as 100)
 - 200m dash (girls, then boys: same qualifying as 100)
- 4:20p.m. **Final scratches** due to pressbox (south end)
- 5:00p.m. **Finals** begin with girls 100m hurdles final (rolling schedule, thereafter)

Greetings from Grand Ledge! We are pleased to be hosting MHSAA Regional 04-1 at our brand new facility here at Grand Ledge High School. You have seen the time schedule already published on Athletic.net. What follows will be a listing of several other key bits of information. Should you have questions, feel free to contact me (Kim Spalsbury-meet manager) via phone (517-927-2373) or email spalskrun@yahoo.com

Entry process: All regional entries are due **by Tuesday, May 16 at 11:59p.m.** All entries to be made on Athletic.net

- 1) Late entries are allowed only for **clerical errors only** will be accepted until Regional individual positions are set with a \$50 fee. The late fee may not be used to change an entry time, height or distance. The only changes which are permitted will be scratches or clerical errors. All efforts submitted to the Regional Meet Manager shall have been earned prior to the Entry due date. Late entries may not include efforts which occur after Tuesday, May 16, 2023
- 2) A maximum of **THREE INDIVIDUALS** may be listed by a school for each bona fide team in EACH INDIVIDUAL EVENT at Lower Peninsula Regional Meets. Only two, however, may compete **unless all three** or more have met the additional qualifier (AQ) standard. AQ standards may be found on the MHSAA website.
- 3) Times must be entered as FAT times to the hundredth (.00) or handheld equivalent (e.g. 10.23 hand time is first rounded up to 10.3, then add .24=10.54 converted time)
- 4) Entries for which times were not submitted or for which false times were submitted, are to be placed in the slow heat or without seeding consideration. All times must be from current outdoor season and if questioned entering coach must provide date, location, and opponent when time was achieved.
- 5) **Important information re Wheelchair competitors:** As you know, wheelchair athletes may compete in the 100, 200, and 400. Should you have such a competitor, please contact me at spalskrun@yahoo.com as soon as possible. Thank you.

Qualifications to finals: From 100, 100/110H, and 200 semifinals: heat winners + next x number of times to equal 8 finalists

Scoring and medals: 10-8-6-5-4-3-2-1 Medals are awarded to top eight in each event. Medals will be available at the north end of the pressbox after the meet has concluded

Admission for spectators through GoFan **only**. No spectators allowed on the infield.

Trainer will be located on site at south end of infield.

More details forthcoming this weekend. Good luck in your final meets prior to regionals.

Additional Details (5/15/23)

*Remember, your entries are due **by Tuesday, May 16 at 11:59p.m.***

- Clerking for all running events will take place at the northwest corner of the infield. Please see the time schedule for prelim/1st round field event scratch procedures and final scratch deadlines. Thereafter, any scratches are appreciated and can be turned in directly to the clerks.
- **Only** athletes warming up and/or checking in will be allowed on the north (closest to concession stand) end of the infield. **NO SPECTATORS** will be allowed anywhere on the infield. Except for athletes waiting to compete, NO athletes are to be on the south end of the infield near the finish line.
- **Team Camps** should be set up in the grassy area behind the homestretch bleachers, just west of the track.
- **Coaches will** be allowed on the south end of the infield (near the finish line) and in the areas of the field events, but they **MUST** wear the provided **wristbands** found in the team packet (**available at 1:00p.m. coaches' meeting**). Please be respectful of our volunteers who will be monitoring access to the infield. They **will** ask to see your wristband. We have all seen how chaotic the infield can be when not controlled. Thanks, in advance, for your understanding.
- **NO Food or beverages are allowed on the infield, EXCEPT for water**
- Officials: *Starters*-Don Yuvan and Keith Jones (Please note that they will be using an **Electronic starting device** with two quality speakers at each starting line. Please prepare your athletes for the use of an ESD), *Meet Referee*-John Greathouse, *Clerks*-Robert Lurie, Mike Raffin, & Dan Peabody, and Head Marshall-Casey Kern
- Results will be available on Athletic.net
- Awards can be picked up at the meet's conclusion at the north end of the pressbox.
- A site map and parking instructions will follow shortly.

Kim Spalsbury

Reg. 04-1 Meet manager