



TRACK & FIELD

MHSAA Regional 41-1

Friday, May 19, 2023

Participating Schools:

Escanaba, Gladstone, Marquette, Menominee, Sault Ste. Marie

ORDER OF EVENTS AND TIME SCHEDULE

In 2023, the GIRLS Running Events will be first. All times listed are **EASTERN**.

3:00 PM

Gates open

Admission: \$7.00 if purchased online via GoFan (<https://gofan.co/app/events/989361>)

No passes will be honored.

3:00 PM

Coaches Meeting – at Pangrazzi Building on Northeast corner of track

3:25 PM

National Anthem

3:30 PM

Field Events Begin

Boys Discus, Pole Vault and Long Jump first, followed by Girls.

Girls Shot Put and High Jump first, followed by Boys.

Starting Heights:

Pole Vault (Boys) 9'0"

Pole Vault (Girls) 6'6"

High Jump (Boys) 5'0"

High Jump (Girls) 4'4"

Discus/shot put competitors to receive three (3) throws each; top five performers advance to the finals to receive three (3) additional throws; places determined by best distance

Long jump competitors to receive three (3) attempts each; top five performers advance to the finals to receive three (3) additional throws; places determined by best distance

3:45 PM

Running Events Begin

- 3200M Relay
- 110/100M High Hurdles
- 100M Dash
- 800M Relay
- 1600M Run
- 400M Relay
- 400M Dash
- 300M Low Hurdles
- 800M Run
- 200M Dash
- 3200M Run
- 1600M Relay

* Times are tentative. Participants must be ready and available for ALL event "calls" even if meet is ahead of schedule.

NOTES:

ENTRIES: **Individual and relay team entries will need to be entered via Athletic.net by no later than 11:59 p.m. on Tuesday, May 16.**

Athletic.net Event Link:

<https://www.athletic.net/TrackAndField/meet/481080/register>

REPORTING: Athletes must report to start by second call and if they are not on the line for their heat they will be scratched.

STARTING BLOCKS: Schools are required to bring their own starting blocks.

SPIKES: Pyramid spikes up to ¼” will be permitted.

AWARDS: Medals will be awarded to the top four individuals/teams in each event.

BUS PARKING: Buses may load and unload at the main track gate located at the northeast corner of the facility and park in the adjacent lot to that entry.

COACHES MEETING: Will be held at 3:00 PM to review any and all concerns/changes.

CONTESTANTS: **UNIFORM RULES WILL BE ENFORCED.**

FACILITIES: Teams should establish a section of the grass outfield for their team members (no camps may be set up on field turf. **Only team members and coaches are permitted to be on the infield.** This will serve as their area where equipment and clothing may be kept. Marquette Senior High School is not responsible for lost or stolen items. Please do NOT bring glass bottles on the track/turf surfaces. **Teams are responsible for cleaning their own areas...please help out!**

SCORING: INDIVIDUAL EVENTS: **5-3-2-1** RELAYS: **5-3-2-1**