



DIVISION I

REGIONAL

TRACK AND FIELD

Saline High School

Friday – May 19, 2023

Allen Park, Ann Arbor Huron, Ann Arbor Pioneer, Ann Arbor Skyline, Belleville

Gibraltar Carlson, Lincoln Park, Monroe,

Saline, Southgate Anderson, Taylor, Temperance Bedford,

Woodhaven-Brownstown, Wyandotte Roosevelt, Ypsilanti Community, Ypsilanti Lincoln

Welcome to today's Division I Track and Field Regional hosted by Saline High School. Fifteen Division I schools will be competing today to determine the overall Regional standings and also to determine which individuals and relay teams qualify to the Division I State Meet at Rockford High School on Saturday, June 3rd.

Meet Manager	Derek Stern
MHSAA Officials	Referee - Doug Kelly Starters – Bill Reed, Dawn Marentay Clerks – John Flott, Jon Strite Line Clerks – Kevin Rogan/Nicole Rogan
Jury of Appeals	Doug Kelly, Jon Flott, Rolando Eccleston, Serena Kessler, Derek Stern
Announcer	George Tilt
Head Timers	Ben Engelter & Dave Lustig
Finish Line Coordinators	Tim Parker & Bob Woehlke
Field Event Head Officials	Pole Vault - TBD HJ – Chris Ford Shot Put – LJ - Torin Moore Discus – TBD
Concessions	SHS Track Parents
Hurdle and Block Crews	Saline High School Boys' and Girls' Track Teams
Trainer	Mickey Tulett & Allyson Calhoun
National Anthem	Saline High School Musicians - led by Yuri Carnino

**2023 MHSAA REGIONAL TRACK AND FIELD
FRIDAY, MAY 19th, 2023
SALINE HIGH SCHOOL**

Scratches for Boys' PV	Due by 11:30pm
Coaches' Meeting	12:00 - stands in the football stadium
Implement Weigh-In	11:30-12:15
Scratches for other Field Events	Due by 12:30
Boys' Pole Vault	1:00 will run to its conclusion
Boys' Long Jump (open pit for 90 minutes)	1:00...finals follow immediately
Boys' Discus	1:00...finals follow immediately
Girls' Shot Put	1:00...finals follow immediately
Girls' High Jump	1:00...will run to its conclusion
Girls' Long Jump (open pit for 90 minutes)	2:30 or one hour after boys' LJ
Girls' Discus	Following the boys' discus
Boys' Shot Put	Following the girls' shot put
Boys' High Jump	One hour after the completion of girls' HJ
Girls' Pole Vault	Following the boys' PV
3200 Relay	2:00
Scratches for 1st Round 100/hurdles/200	Due by 2:15
100 - 1st Round (boys/girls)	3:00
100 Hurdles - 1st Round	
110 Hurdles - 1st Round	
200 - 1st Round	
Final Scratches	Due by 4:15
National Anthem	4:50
FINALS	5:00
100/110 Hurdles	
100	
800 Relay	
1600	
400 Relay	
400	
300 Hurdles	
800	
200	
3200	
1600 Relay	
Presentation of Awards	

REGIONAL FACTS AND INFORMATION

Saline's Regional Meet is one of 10 Division I Regionals being held on either Thursday, Friday or Saturday from one end of the Lower Peninsula to the other. Over 150 Division I schools will be competing in the 10 Regional Meets. The Upper Peninsula has its own separate State Meet competition. The U.P. State Meet will be run on June 3rd at Kingsford High School.

The Lower Peninsula Division I State Meet is on Saturday, June 3rd, at Rockford High School in Grand Rapids. Refer to the MHSAA website for additional information on the State Meet.

The scoring today in all events (including relays) is 10-8-6-5-4-3-2-1, and the top 8 places receive medals.

Online results can be found at: live.athletic.net. Final results to be posted to athletic.net and the MHSAA website.

In Regional competition, each school may enter 2 individuals in each event. If you see more than 2 individuals from the same school in an event, that means those athletes have all attained what is called the Regional Additional Qualifier Standard. For example, if 5 members of a given team have run the boys' Additional Qualifier Standard in the 100 (11.15), then all five of them are allowed to compete in the Regional. The Additional Qualifier Standards are determined each year by the MHSAA.

An athlete can qualify to the State Meet from the Regional in two ways: 1) by finishing in the top 2 in their event or 2) by achieving the Automatic Qualifying Standard in their event(s). The Automatic Qualifying Standards are determined each year by the MHSAA. They are based on the results of the previous year's State Meet. If an athlete today attains the standard in a given event, they qualify to the State Meet no matter what place they finish in the Regional. The Automatic Qualifying Standards to reach the State Meet are as follows:

	<u>BOYS</u>	<u>GIRLS</u>
Pole Vault	13' 3"	10' 3"
Shot Put	48' 6"	36' 6"
High Jump	6' 2"	5' 2"
Discus	143' 6"	114' 0"
Long Jump	21' 3"	16' 9"
3200 Relay	8:08	9:48
110/100 Hurdles	15.25	15.6
100	11.15	12.65
800 Relay	1:30.7	1:46.6
1600	4:25	5:11
400 Relay	43.6	50.3
400	50.4	59.3
300 Hurdles	40.3	46.8
800	1:58	2:20.0
200	22.5	25.9
3200	9:36	11:22.0
1600 Relay	3:27	4:07.5