

Michigan High School Athletic Association
2023 Region 6-1 Track & Field Championships

Livonia Stevenson High School / Friday, May 19th

Event Schedule

1:00 PM	Pole Vault	<i>Boys First</i>	<i>Girls After</i>
1:00 PM – 2:00 PM	Weigh In for Shot Put & Discus – <i>Inside Stadium Entrance</i>		
2:00 PM	Shot Put	<i>Girls First</i>	<i>Boys After</i>
	Discus	<i>Boys First</i>	<i>Girls After</i>
	High Jump	<i>Girls First</i>	<i>Boys After</i>
	Long Jump	<i>Boys First</i>	<i>Girls After</i>
2:00 PM	Preliminary Scratches Due		
3:30 PM	Coaches Meeting – <i>Infield Common Finish Line</i>		
3:55 PM	National Anthem		
4:00 PM >>> Prelims	4 x 800m Relay – <i>First Timed Final Event</i>		
	100m – <i>Prelims</i>		
	100m Hurdles/110m High Hurdles – <i>Prelims</i>		
	200m – <i>Prelims</i>		
5:15 PM	Final Scratches Due		
5:25 PM	National Anthem		
6:00 PM >>> Finals <i>*Girls First in 2023</i>	100m Hurdles/110m High Hurdles		
	100m		
	4 x 200m Relay		
	1600m – <i>2 Heats if > 24 Entries, 2nd Heat 16 Fastest</i>		
	4 x 100m Relay		
	400m		
	300m Hurdles		
	800m - <i>2 Heats if > 24 Entries, 2nd Heat 16 Fastest</i>		
	200m		
	3200m – <i>1 Heat Regardless of Entries</i>		
4 x 400m Relay			
Conclusion of Meet	Trophy Presentation		

***Stevenson High School Dismissal Time = 2:20, Parking Lot Busy from 2:20 – 2:40**

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Schools

Canton (CANTON)	Northville
Dearborn (DEARBORN)	Novi
Dearborn Edsel Ford (DEDSLFRD)	Redford Thurston
Dearborn Heights Crestwood (DHTCREST)	Salem (SALEM)
Livonia Churchill (LIVCHURH)	South Lyon
Livonia Franklin (LIVFRANK)	South Lyon East
Livonia Stevenson (LIVSTEVE)	Wayne Memorial (WAYNEMEM)
Plymouth (PLYMOUTH)	John Glenn (WSTJGLEN)

Meet Information

School Address	Livonia Stevenson High School: 33500 Six Mile Rd/Livonia, MI 48152	
Facility	<ul style="list-style-type: none"> • Metric Track • Eight Lanes • 42" Lane • Latex Rubber Surface • ¼" Inch Spikes Only • Shot Put & Discus = Concrete Slabs • Long & High Jump, Pole Vault = Latex Rubber Runway • Chalk Only – No Tape! 	
Meet Directors	Athletic Director, Arnie Muscat amuscat@livoniapublicschools.org (734) 744-2660, x48994	Track & Field Coach, Chris Inch chrisinch@ymail.com (248) 910-9481
Entries	Each team can enter three entries per event but only two may compete unless all athletes have met the regional additional qualifying mark in the event. All additional qualifying marks must have been completed in competition by 11:59 PM on Saturday, May 13, 2023.	
Scoring	Top Eight Score: 10-8-6-5-4-3-2-1	
Medals	Top Eight Places Medal	
False Times	Confirmed false times will be placed in last position or first section without seeding. The coach challenged must submit verification. Please do not put your athletes in this position.	
Entries are due Monday, March 15th by no later than 4:00 PM.		

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Athletic Trainer	Available on site. Please bring your own water and taping supplies.
Packet Pickup	Report to the tent near the infield common finish line for packet pickup.
Throws Weigh-In	Shot Put and Discus weigh-in will take place near the flagpole next to the track. Weigh-in will be from 1:00 PM – 2:00 PM.
Infield Area	Only competing athletes and coaches with a pass will be allowed in the infield area - passes are in packet. No tents, footballs, frisbees, food, etc. are allowed in the infield area.
Athlete Check-In	Athletes will check in with the clerk at the northwest end of the track for Prelims and 100/110 Hurdles Finals and 100m Finals. All other Final Events will be clerked at the southwest end of the track (see map). A first call, second call, last call system will be used. Athletes should check in early and use a teammate as a stand in if they are at a field event. Athletes who do not check in will be scratched.
Results	Live Results available at http://bit.ly/tracktiming .
Blocks	Traditional starting blocks will be provided. Non-traditional blocks must be approved by the referee/starter prior to the event.
Tents	Tents are allowed in designated, marked areas on the grass at the north end of the track.
Coaches Meeting	3:30 PM – Questions & Meet Review by Infield Common Finish Line
Phones & Headphones	Phones and ear-covering headphones are not permitted in the competition area.
Pictures	Photos may only be shared with athletes in non-restricted areas.
Warm-Up Area	All warm-ups must be done outside the track area. No athletes will be allowed on the field or track for warm-up.
Admission	\$7.00 per Ticket at GoFan (www.gofan.co)
Concessions	The concession stand will be open during the meet.
Restrooms	Restrooms are available at the pavilion entrance to the stadium.
Meet Shirts	MHSAA merchandise from EA Graphics will be available for purchase.
Pole Vault	<ul style="list-style-type: none"> • Boys start at 1:00 PM. Girls start one hour after boys' finish. • Boys Starting Height: 11-3, 11-9, 12-3, 12-9, 13-3 • Girls Starting Height: 8-3, 8-9, 9-3, 9-9, 10-3 • The event will run in rotations of "five-alive" when possible.

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High Jump	<ul style="list-style-type: none"> • Girls start at 2:00 PM. Boys start one hour after girls' finish. • Girls Starting Height: 4-8, 4-10, 5-0, 5-2 • Boys Starting Height: 5-8, 5-10, 6-0, 6-2 • The event will run in rotations of "five-alive" when possible.
Long Jump	<ul style="list-style-type: none"> • Boys start at 2:00 PM. Girls start one hour after boys' finish. • Open order for one hour • Top Nine to Finals after Prelims Conclusion
Shot Put	<ul style="list-style-type: none"> • Girls start at 2:00 PM. Boys start 30 minutes after girls' finish. • Event will be run in flights throwing 2-1 • Top Nine to Finals, 10 minutes after conclusion of prelims • Finals will be in reverse order of best throws from prelims.
Discus	<ul style="list-style-type: none"> • Boys start at 2:00 PM. Girls start 30 minutes after boys' finish. • Event will be run in flights throwing 2-1 • Top Nine to Finals, 10 minutes after conclusion of prelims • Finals will be in reverse order of best throws from prelims.

Meet Officials

Assistant Meet Manager	Jim Gibbons
Referee	Rob Philips
Referee	Ron Buchanan
Finish Line	Ed Gabrys
Boys Starter	Dennis Betts
Girls Starter	Deb Karabees Betts
Girls Clerk	Darlene Barber
Boys Clerk	Steve Boyak
Head Umpire/Meet Monitor	Jim Gibbons
Umpire	Mark Lauzon
FAT Timing	Steve Aspinall/Fairchild Sports Timing
Announcer	Dave Kocina
Jury Of Appeals	TBD

Michigan High School Athletic Association
2023 Region 6-1 Track & Field Championships

Livonia Stevenson High School / Friday, May 19th

Summary of Rules Infractions

Good meets require preventative officiating and good coaching.

Coaches – Please emphasize these points to keep your athletes in the meet.

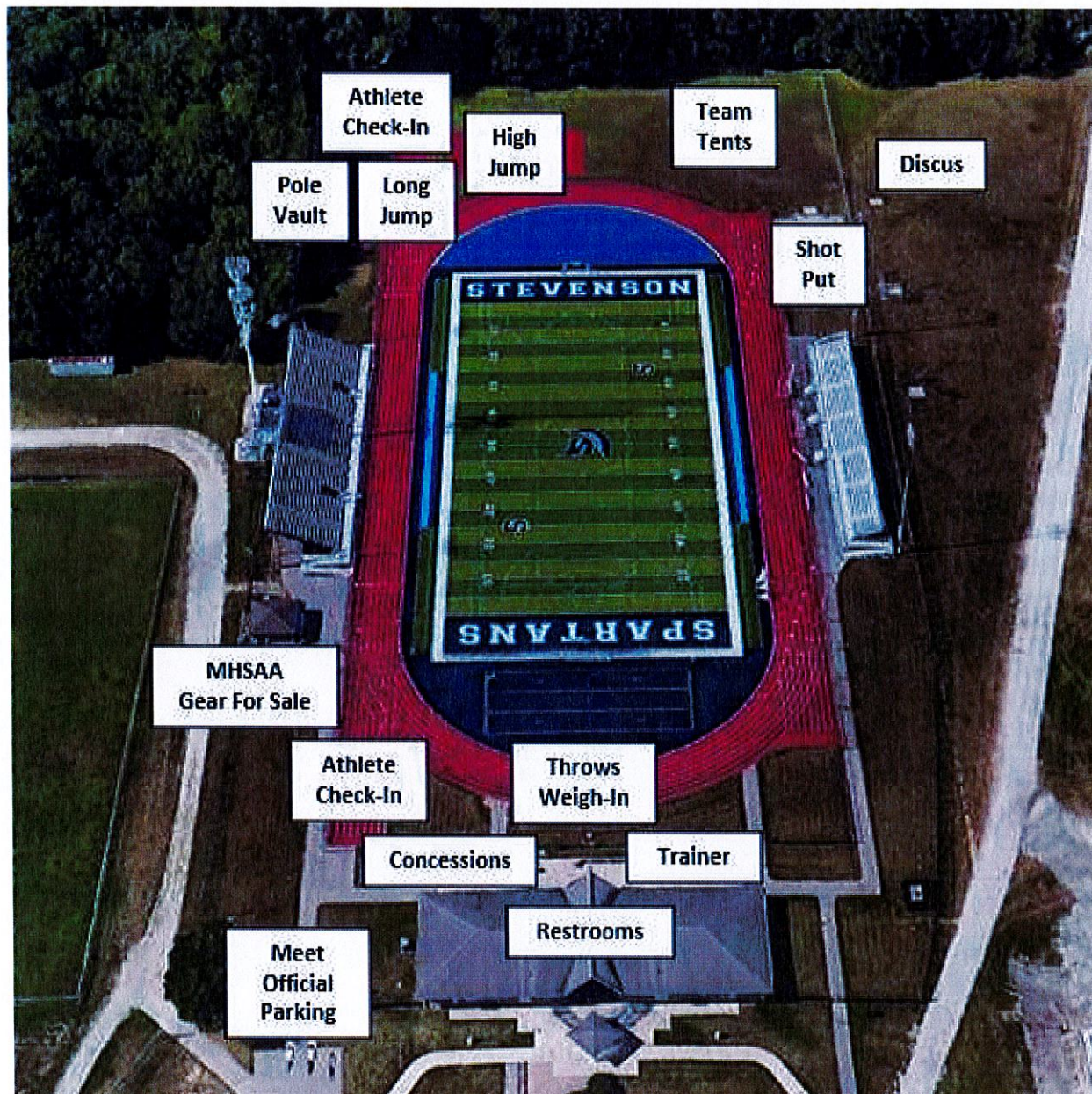
Thanks in advance for helping!

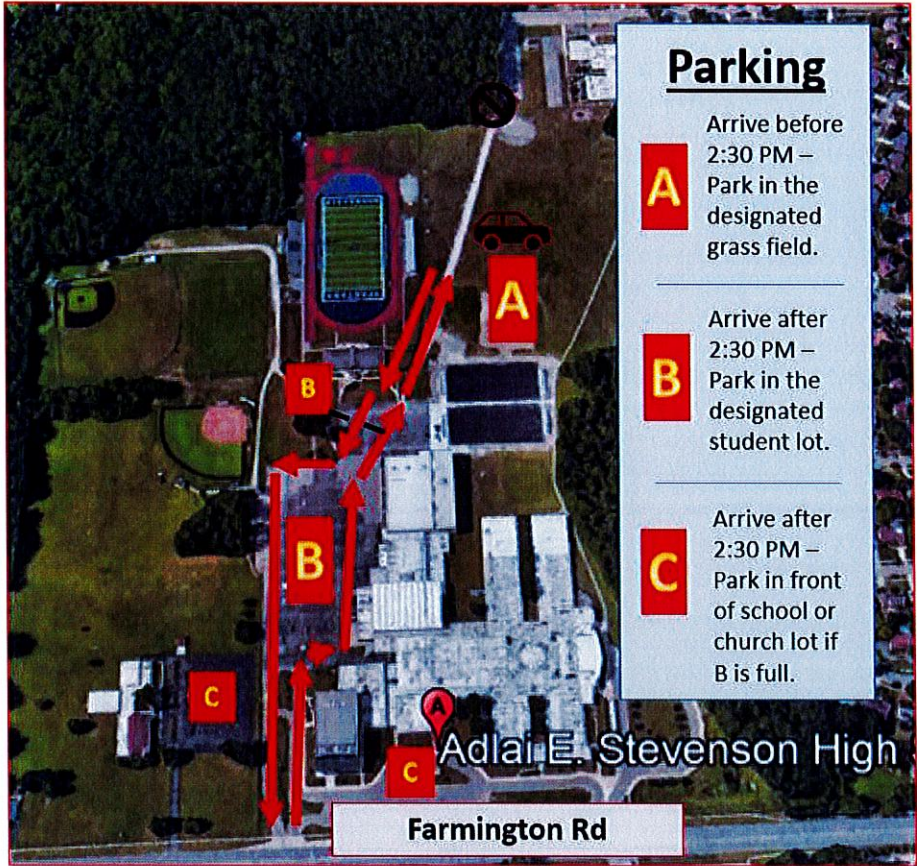
Infraction	<ul style="list-style-type: none"> • Stepped on or over inside line for three consecutive steps. • Impeded another competitor by jostling. • Impeded another competitor by running across opponent’s path. • Ran on or inside of corner curved line for three consecutive steps. • Illegally ran outside of the assigned lane or course.
Hurdling	<ul style="list-style-type: none"> • Did not attempt to clear each hurdle. • Advanced or trailed a leg or foot alongside of hurdle. • Ran over hurdle not in the assigned lane. • Ran around a hurdle. • Impeded another hurdler.
Relays	<ul style="list-style-type: none"> • Violation of substitution. • Failure to pass baton in the exchange zone. • Baton not handed between runners. • Incoming runner pushes outgoing runner. • Throwing the baton after race is ended.
Uniforms	<ul style="list-style-type: none"> • Failure to wear the school uniform. including • Failure to wear assigned contestant number. • Failure of relay team to wear matching school uniforms.
Conduct	<ul style="list-style-type: none"> • Disrespectfully addressing an official. • Using profanity. • Criticizing an opponent or an official. • Willful failure to follow an official’s direction. • Pacing or assisting a contestant. • Leaving track and re-entering to continue race. • Contestants joining hands in a tie. • Using an aid during the race.

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Overview/Parking/Bus Map





MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION
Region 6-1 Track & Field Meet
Livonia Adlai Stevenson High School
May 19, 2023

Plymouth Welcomes the Following Schools

Canton ~ Dearborn ~ Crestwood ~ Dearborn Edsel Ford ~ Livonia Churchill ~ Livonia Franklin ~
Livonia Stevenson ~ Northville ~ Novi ~ Plymouth ~ Redford Thurston ~ Salem ~ South Lyon ~
South Lyon East ~Wayne Memorial ~ Westland John Glenn

ATHLETIC TRAINER: Available on site. Please bring your own water and taping supplies

FACILITY: Metric Track; 8 lanes (42"); Latex rubber surface

Only 1/4-inch spikes will be allowed on the track.

The shot put and discus circles are concrete slabs.

Long Jump, high jump and pole vault runways are latex rubber.

Please use chalk for markers – no tape.

MEET MANAGER: Arnie Muscat

HEADPHONES: Ear-covering headphones are not permitted in competition area.

PICTURES: Photos may only be shared with athletes in non-restricted areas.

COACHES MEETING: 1:30 p.m. – Questions/meet review by the shed.

REPORTING IN: Coaches report to the shed (at the south end of track) to pick up meet packets. Only athletes in uniform will be admitted free.

ENTRIES: Each team can enter three (3) entries per event but only two (2) may compete unless all athletes have met the regional additional qualifier in that event. All additional qualifying marks must have been done in competition by 11:59 p.m. on Sat. May 12, 2018.

ENTRIES DUE: **Entries are due Monday, May 15, 2023, no later than 4:00 p.m.**

FALSE TIMES: Confirmed false times will be placed in last position or first section without Seeding. The coach challenged must submit verification.
Coaches – please do not place your athletes in this position.

INFIELD AREA: **ONLY COMPETING ATHLETES AND COACHES WITH A PASS WILL BE ALLOWED IN THE IN-FIELD AREA (PASSES ARE IN PACKET). NO TENTS, FOOTBALLS, FRISBEES, FOOD, ETC ARE ALLOWED IN THE INFIELD AREA.**

TENTS: Tents are allowed in the area outside the fence. The area traditionally used by some teams for tents, by the south end of the home bleachers, will be unavailable this year due to bleacher construction.

The area around the visitors' bleachers will be available for tents.

2023 REGION 6-1 TRACK & FIELD CHAMPIONSHIP
May 19, 2023

- WARM-UP AREA:** All warmups must be done outside the track area. No athletes will be allowed on the field or on the track for warming up.
- SCORING AND MEDALS:** Top 8 score (10-8-6-5-4-3-2-1); Medals to top 8 places.
- THROWS WEIGH-IN:** Shot Put and Discus weigh-in will be set up on the table by the double gate as you enter the track area. (Flagpole end of the track)
Weigh In will be from 11:30 a.m. until 12:30 p.m.
- POLE VAULT:** **Girls:** 12:00 p.m. Starting height **8'3", 8'9", 9'3", 9'9", 10'3"**
Boys: 1 hour after conclusion of girls pole vault.
 Starting height **11'0", 11'6", 12', 12'6", 13'0"**
 This event will be run in rotations of "five-alive" when possible.
- HIGH JUMP:** **Boys:** 1:00 p.m. Starting height: **5'8", 5'11", 6'1", 6'3"**
Girls: 1 hour after conclusion of the boys.
 Starting height: **4'8", 4'10", 5'0", 5'2"**
 This event will be run in rotations of "five-alive" when possible.
- LONG JUMP:** **Boys:** 1:00 p.m. Open order for 1 hour. Top 9 to finals after the conclusion of prelims.
Girls: 1 hour after the conclusion of the girls. Open order for 1 hour. Top 9 to finals after conclusion of prelims.
Final will be the reverse order of best jump from prelims.
- SHOT PUT:** **Girls:** 1:00 p.m. – Top 9 to finals, 10 minutes after conclusion of prelims.
Boys: 30 minutes after the conclusion of girls.
 Event will be run in flights, throwing 2-1.
Finals will be the reverse order of best throw from prelims.
- DISCUS THROW:** **Boys:** 1:00 p.m. – Top 9 to finals 10 minutes after conclusion of prelims.
Girls: Boys: 30 minutes after the conclusion of boys.
 Event will be run in flights, throwing 2-1.
Finals will be the reverse order of best throw from prelims.

2023 REGION 6-1 TRACK & FIELD CHAMPIONSHIP
EVENT & TIME SCHEDULE

Friday, May 19, 2023

12:00 p.m.	Pole Vault (Boys); Girls follow.	
1:00 p.m.	<u>PRELIMINARY SCRATCHES DUE</u>	
1:00 p.m. (Boys): Girls follow.	Open order 1:00 p.m. to 2:00 p.m. (top 9 to finals) then finals Discus (Boys) ~ will be run in flights; Girls follow.	Long Jump
Put (Girls) ~ will be run in flights; Boys follow.	High Jump (Girls); Boys follow.	Shot
1:30 p.m.	Coaches Meeting (at shed, southwest corner of track)	
2:55 p.m.	<u>National Anthem</u>	
3:00 p.m.	PRELIMS: 100m Dash Prelims 110m High Hurdles Prelims 100m Hurdles Prelims	200m
Dash Prelims		
	3200m Relay Finals	
<u>4:00 p.m.</u>	<u>FINAL SCRATCHES DUE</u>	
<u>4:55 p.m.</u>	<u>National Anthem</u>	
<u>5:00 p.m.</u> <u>FINALS</u>	110m High Hurdles (boys) 100m Hurdles (girls) 100m Dash 800m Relay 1600m Run. 400m Relay 400m Dash 300m Hurdles 800m Run. 200m Dash 3200m Run. 1600m Relay	

PRESENTATION OF AWARDS Boys – Girls

SCORING ~ 10 ~ 8 ~ 6 ~ 5 ~ 4 ~ 3 ~ 2 ~ 1 Medals 1st - 8th place.

2023 REGION 6-1 TRACK & FIELD CHAMPIONSHIP

Friday, May 19, 2023

SUMMARY OF RULES INFRACTIONS

Good meets require preventative officiating and good coaching. **COACHES** – please emphasize these points to keep your athletes in the meet! Thanks in advance for helping!

INFRACTION

1. Stepped on or over inside lane line (3 consecutive steps)
2. Impeded another competitor by jostling.
3. Impeded another competitor by running across opponent's path.
4. Ran on or inside of a corner curved line (3 consecutive steps)
5. Illegally ran outside the assigned lane or course.

THE HURDLER

6. Did not attempt to clear each hurdle.
7. Advanced or trailed a leg or foot alongside of hurdle.
8. Ran over hurdle not in the assigned lane.
9. Ran around a hurdle.
10. Impeded another hurdler.

RELAY TEAMS

11. Violation of substitution
12. Failure to pass baton in exchange zone.
13. Baton not handed between runners.
14. Incoming runner pushes outgoing runner.
15. Throwing the baton after race is ended.

UNIFORMS

16. Failure to wear the school uniform including assigned contestant number.
17. Failure of relay team to wear matching school uniforms.
18. Exposed undergarments with writing or mismatched colors

CONDUCT – UNACCEPTABLE

19. Disrespectfully addressing an official
20. Using profanity
21. Criticizing an opponent or an official
22. Willful failure to follow an official's directions.
23. Pacing or assisting a contestant

24. Leaving track and re-entering to continue race.
25. Contestants joining hands to finish in tie.
26. Using an aid during a race

2023 REGION 6-1 TRACK & FIELD CHAMPIONSHIP
Friday, May 19, 2023

SCHOOL NAMES AND CODES (PER MHSAA REQUIREMENT)

Canton	CANTON
Dearborn	DEARBORN
Dearborn Edsel Ford	DEDSLFRD
Dearborn Heights - Crestwood	DHTCREST
Livonia Churchill	LIVCHURH
Livonia Franklin	LIVFRANK
Livonia Stevenson	LIVSTEVE
Northville	
Novi	
Plymouth	PLYMOUTH
Redford Thurston	
Salem	SALEM
South Lyon	
South Lyon East	
Wayne Memorial	WAYNEMEM
Westland John Glenn	WSTJGLEN

OFFICIALS

Assistant Meet Manager: Jim Gibbons
 Referee: Rob Philips
 Referee: Ron Buchanan
 Finish Line: Ed Gabrys
 Boys Starter: Dennis Betts
 Girls Starter: Deb Karabees Betts
 Girls Clerk: Darlene Barber
 Boys Clerk: Steve Boyak
 Head Umpire/Meet Monitor: Jim Gibbons
 Umpire: Mark Lauzon

Announcer:
 FAT Timing: Fairchild Timing
 Meet Coordinator:

Jury of Appeals:

- (Officials)
- (Boys Coach)
- (Girls Coach)