MHSAA STATE REGIONAL TRACK & FIELD RENAISSANCE HIGH SCHOOL



Your team has been assigned to the MHSAA Track & Field State Regional meet hosted by Renaissance High School.

WHEN: Thursday, May18,2023 (POLEVAULT ONLY) @ Grosse Pointe

South High School @ 4:30pm.

Please note that we must conclude the POLE VAULT

competition by 5:30pm due to an event on the field. If we are unable to conclude by 5:30pm for any reason, we will resume

competition on Monday, May 15, 2023 at 4:30pm.

Saturday, May 20, 2023 (Running Events& Field Events)

WHERE: Renaissance H.S.-6565 W. Outer Drive, Detroit, MI 48235

Grosse Pointe South H.S.-11 Grosse Pointe Blvd, Grosse

Pointe Farms, 48236 (POLE VAULT ONLY)

ENTRIES DUE: ****Tuesday, May 16, 2023****

ENTRIES INFO: 1) ENTRIES MUST BE SUBMITED ON-LINE THRU ATHLETIC.NET.

2) Eligibility List sent to the Meet Manager.

a. Email: Khall@vistamaria.org

IMPORTANT REMINDER:

ONLY TWO ENTIRES PER INDIVIDUAL EVENT ALONG WITH ONE RELAY TEAM PER RELAY EVENT. You do have the option to enter three in each individual event, but you must scratch one of the three by the deadline on the day of the meet if you use this option. Of course, if all three (or more) have met the additional published qualifying standard, then all may compete. All performances shall have been achieved prior to 8:00 p.m. May 16th. IF YOU ENTER THREE AND DO NOT SCRATCH ONE OF THE THREE ON MEET DAY, WE WILL RANDOMLY PICK ONE OF YOUR THREE ENTRIES AND DELETE THAT ENTRY. We are required to do this. Please be very careful when using this option.

Athletes or relay teams that do not have times submitted or with incorrect times submitted, will be placed in the last heat or first section without seeding consideration.

Late Entries for CLERICAL ERRORS ONLY

- \$50 must be paid before the contestant or team will be allowed to participate.
- o There are to be no late entries after the Regional individual positions are set.
- o The late fee may not be used to change any time, height or distance.
- o The only changes which are permitted after 11:59 p.m. the day of the entry date will be scratches, or clerical errors.

It is recommended that you bring a confirmation printout of your Athletic.net entries.

Athlete Check-in

- Athletes will check-in with the clerks for each running event
- Call system: 1st and 2nd call will be used. All athletes must check in by 2nd call.
- Athletes that do not check in by 2nd call for an event, will be scratched from the event.

Starting Blocks

- Traditional starting blocks will be provided.
- Non-traditional blocks must be approved by the referee/starter, prior to the event

Infield

• No one is allowed on the Infield. This is a restricted area during the finals. We ask for the assistance of all coaches. Athletes may use the infield to warm-up, prior to their event.

Implement Weigh-In

Implement Weigh-In is located in the first locker room near the concession stand.

Uniform Rule

 Make sure that you understand the MHSAA uniform rules. You already received your warning through the MHSAA on-line rules meeting.

Appeals Committee (Karen Hall, Les Hale, Darnell Hall, Andrea Smiley)

 The Appeals Committee shall be made up of the meet director, one Head Girls coach, one Head Boys coach and an MHSSA official on duty. Appeals must be written on formal appeals form and made within 30 minutes after the alleged infraction. Coaches are required to cite the rules violation number for the NFHS handbook when appealing.

Tents

 Tents can be set up behind the stadium bleachers on the home side or any grass area that does not interfere with field events.

Admission

• Admission is \$6.00 for all spectators. Admission will be through the GoFan.co Ticket link. The GoFan.co Ticket Link will be sent as the event approaches.

Concession

The concession stand will be Open.

We look forward to providing your athletes will an awesome track & field experience. Feel free to e-mail if you have any questions or concerns. We wish you the best with the remainder of your season!

Karen Hall-Meet Director - khall@vistamaria.org

MHSAA STATE REGIONAL TRACK & FIELD RENAISSANCE HIGH SCHOOL



SCHEDULE OF EVENTS

Thursday, May 18, 2023 & Saturday May 20, 2023

****POLE VAULT WILL BE CONTESTED @ GROSSE POINTE SOUTH H.S. - 11 Grosse Pointe Blvd, Grosse Pointe Farms, 48236 4:30pm Girl's: Pole Vault @ Gross Pointe South H.S. 4:30pm Boys: Pole Vault @ Gross Pointe South H.S.

SATURDAY, MAY 20, 2023		
FIELD EVENTS SESSION		
DISCUS, SHOT PUT, HIGH JUMP AND LONG JUMP WILL BE		
CONTESTED AT RENAISSANCE H.S.		
6565 W. Outer Drive, Det. 48235		
8:00am	Gates Open	
8:00am	Weight Station Open for Shot put & Discus	
9:00am	Coaches Meeting @ the 20 Yard line on the infield	
9:00am	Field Event Scratches Due	
10:00am	Boys: Discus and Long Jump	
	Girls: High Jump and Shot Put	
11:30am	Girls: High Jump, Shot Put	
	Boys: Discus and Long jump	

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Thursday, May 18, 2023 & Saturday May 20, 2023

SATURDAY, MAY 20, 2023		
SATURDAT, WAT 20, 2023		
RUNNING EVENTS SESSION @ RENAISSANCE H.S.		
SESSION 1		
12:00pm	Scratches Due for SESSION 1 Running Events	
12:30pm	3200 relay FINALS	
1:00pm	100 dash prelims-8 fastest to finals	
1:20pm	110 / 100 hurdle prelims-8 fastest to finals	
1:40pm	200 dash prelims-8 fastest to finals	
SESSION 2		
2:00pm	Scratches Due for SESSION 2 Running Events	
2:40pm	National Anthem	
2:45pm	110 / 100 hurdle finals	
ROLLING	100 dash finals	
SCHEDULE	800 relay finals	
	1600 run finals	
	400 relay finals	
	400 dash finals	
	300 hurdle finals	
	800 run finals	
	200 dash finals	
	3200 run finals	
	1600 relay finals	
7:30pm	Medal pick-up / Team Trophy Presentation	
The Running Event Session will begin at the indicated times and will		
run as a rolling schedule following the 100 dash finals.		
2023-GIRLS RUN FIRST		

