

MHSAA MS Track Regional
Zone 1, Divisions 3 & 4
Thursday, May 16, 2024
Hosted by Bangor Public Schools

CONTACT INFORMATION

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COMPETING SCHOOLS: Each participant must be a MHSAA member school at the JH/MS level and be located in Zone 1 to participate in this event. This Regional does not count against your season maximum 10 regular season meets. The 1st 25 schools to sign up will be allowed to compete. Please sign up on athletic.net

ENTRIES: Entries will be submitted online at www.athletic.net and are due by 9:00 PM on Monday, May 13, 2024. Each school is allowed 2 entries per individual event and one relay team. A 3rd individual will be allowed if all 3 participants meet the additional qualifying standard.

Per MHSAA, THE MHSAA REGIONAL COMPETITION IS FOR YOUR TEAM'S MOST COMPETITIVE ATHLETES IN EACH EVENT.

Our goal is to run an efficient meet and we may have to limit entries. With the potential of 25 schools attending the MHSAA Regional, our goal is to limit entries to the top 40 athletes in the events 400 M & below and 30 entries in the events 800 M & above. Please only enter your most competitive runners.

CHECK-IN: All athletes must check in to the clerking area found at the West end on the track by 2nd Call. The clerks will take them to the Starting line. There is a gate to enter this area by the scoreboard

TIMING SYSTEM: FAT Timing will be used provided by Stampede Timing

SCORING: 10-8-6-4-2-1

Team Trophies to 1st place Boys & girls Teams

Medals: 1st – 6th Place Individual Events, 1st – 3rd place Relays

ADMISSION: \$6.00 through GoFan – Passes will not be accepted as this is an MHSAA Event

CONCESSIONS: A fully stocked concession stand will be provided by the Viking Boosters

TENT/TEAM SET-UP: Please set-up outside around the track on the grassy area

INFIELD: The infield is to be clear of all athletes and coaches. There is plenty of warm-up area outside of the stadium on our practice fields.

CHAMPIONSHIP APPAREL: E.A. Graphics will provide MHSAA Championship Apparel for purchase. Their tent will be set up North of the concession stand by the flagpole.

ATHLETIC TRAINER: Will be on site all day.

TIME SCHEDULE

1:00 PM	Track is Open
1:45 PM	Coaches Meeting (Scratches due at this time)
2:00 PM	Girls Pole Vault (Starting heights and raises to be determined) Followed by Boys
3:00 PM	Boys (East pit) and Girls Long Jump (West Pit) Open Pit – 3 Jumps – followed by top 7 to finals for 3 more jumps Boys & Girls High jump – We will be using two high jump pits (Starting heights and raises to be determined) Boys & Girls Shot Put - We will be utilizing 2 Shot Put Rings 3 puts (1-1-1), top 7 to Finals (1-1-1)
4:30 PM	4 X 800 Meter Relay Boys are 1st in all events this year 55 M Hurdles 100 M Dash 4 X 200 M Relay 1600 M Run 4 X 100 M Relay 400 M Dash 70 M Dash 800 M Run 200 M Hurdles 200 M Dash 3200 M Run 4 X 400 M Relay

Additional Qualifying Standards

<u>EVENT</u>	<u>BOYS</u>	<u>GIRLS</u>
55 M Hurdles	10.09	10.59
100 M Dash	12.89	13.89
1600 M Run	5:19.99	5:59.99
400 M Dash	59.19	1:07.49
70 M Dash	9.29	10.19
800 M Run	2:22.99	2:41.99
200 M Hurdles	30.09	34.09
200 M Dash	26.89	29.99
3200 M Run	11:39.99	13:04.99
High Jump	5'3"	4'6"
Pole Vault	8'	7'
Long Jump	16'8"	13'9"
Shot Put	36'0"	30'0"