



MHSAA MS Track and Field Regional



Welcome to the MHSAA Middle School Track and Field Regional. Central Montcalm is excited to host this event and appreciate you being part of an excellent opportunity to display some of the best Track and Field Athletes in Michigan!

GENERAL INFORMATION FOR Middle School MHSAA Regional:

-Event Date: Thursday, May 30, 2024 at Central Montcalm HS

-Entries will be completed through Athletic.net. They are due by WEDNESDAY, May 29, 2024 at 3:00 p.m. If you experience any problems completing entries, please contact Kris Kolbe at krkolbe@central-montcalm.org.

-No cost/Entry Fee for TEAM participation.

-Event Address: 1480 S. Sheridan Rd., Stanton, MI 48888

-MHSAA Admission will be charged for Spectators- **\$6.00 via GoFan Digital Ticketing.**

-Each school will be allowed **TWO (2)** athletes per individual event and **One (1)** relay. If additional athletes meet the qualification standards along with the 2 individuals already entered into the event, they can also be entered into the event. **ALL Athletes entered into the event must meet the qualification standards. No more than THREE (3) competitors from any one school would be able to compete in an event regardless of best times, heights, or distances.**

-Scoring for this meet will be as follows;

-Individual events: **10-8-6-4-2-1** scoring

-Relay events: **10-8-6-4-2-1** scoring

- MHSAA trophies and medals will be awarded for each gender. MEDALS to top 6 places OVERALL in Individual Events and top 3 places OVERALL in Relays. One (1) Team Champion trophy will be awarded to each gender.

-The JH/MS MHSAA Regional Track & Field Events will follow the MHSAA JH/MS Order of Events.

-NO additions, only scratches on the day of the meet.

-In running events boys go first in even years. Girls will run first in odd years.

-MHSAA Rules are in effect in regards to rotation of field events.

-Shot and Long Jump will be **finals** only with each athlete receiving **four** throws/jumps. Shot will use a 2 X 2 format to achieve the 4 throws. Long jump will be an open pit with a 1 hour and 15 minute time limit.

-Opening heights will be:

-Pole Vault; Boys - 7'0" and Girls - 6'0" (**1st raise will be 12"**, then 6" thereafter for both)

-High jump; Boys - 5'0" and Girls - 4'3" (**1st raise will be 3"**, then 2" raises thereafter for both)

-Finals only for **ALL** running events.



-FAT will be used. ALL places will be awarded on time.

-All Results can be found LIVE on Athletic.net following the conclusion of each race.

-An Athletic Trainer will be on site for the entire meet.

-Water will be available at the finish line for all athletes.

-All athletes and spectators must remain OFF the infield (football field). The only exception to this would be athletes who are making their way to or from an event. Please help us in this regard throughout the day.

-Team Camps will need to be set up on the OUTSIDE of the fence EAST END of the Football/track Facility.

Approximate Time Schedule For Track Meet

1:30 p.m. - Coaches meeting and Field Event scratches (please make at EVENT)

1:30 p.m. - Pole Vault Begins (1 Pit)

2:00 p.m. - All Field Events begin (1 Pit for HJ & LJ)

3:00 p.m.- Running event scratches due via Athletic.net

3:30 p.m. - Running Events Begin

-All Running Events will be Finals

****These times are approximate and we will try to stay as close to them as possible.****

***We will have a concession stand open throughout the meet.**

Thank you for participating in this year's MHSAA Middle School Track and Field Regional meet! We hope you have had a great season so far and look forward to seeing you soon! Good Luck the rest of the season!

Kris Kolbe - Athletic Director/Varsity Head Track Coach

Phil Kahler - MS Boys Track and Field Coach

Jennifer Train - MS Girls Track and Field Coach

If you have any questions, please don't hesitate to contact me at

krkolbe@central-montcalm.org.



2024 Junior High / Middle School Track Regional Qualification Standards

Large School

*Large Schools are JH/MS that feed into Division 1 & 2 High Schools

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
3200m Relay	9:59.99	11:19.99
55m Hurdles	9.79	10.39
100m Dash	12.59	13.59
800m Relay	1:46.99	1:59.39
1600m Run	5:11.99	5:51.99
400m Relay	49.89	55.99
400m Dash	57.39	1:06.49
70m Dash	9.19	10.09
800m Run	2:22.49	2:38.99
200m Hurdles	28.89	33.79
200m Dash	25.89	29.29
3200m Run	11:24.99	12:54.99
1600m Relay	4:02.99	4:37.99
High Jump	5'3"	4'7"
Pole Vault	8'	7'
Long Jump	16'11"	13'11"
Shot Put	36'6"	30'6"

Small School

*Small Schools are JH/MS that feed into Division 3 & 4 High Schools

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
3200m Relay	10:14.99	11:39.99
55m Hurdles	10.09	10.59
100m Dash	12.89	13.89
800m Relay	1:49.79	2:01.49
1600m Run	5:19.99	5:59.99
400m Relay	50.99	56.99
400m Dash	59.19	1:07.49
70m Dash	9.29	10.19
800m Run	2:22.49	2:41.99
200m Hurdles	30.09	34.09
200m Dash	26.89	29.99
3200m Run	11:39.99	13:04.99
1600m Relay	4:05.99	4:43.99
High Jump	5'3"	4'6"
Pole Vault	8'	7'

updated 4/29/24



Long Jump
Shot Put

16'8"
36'0"

13'9"
30'0"