



## 2024 MHSAA LP DIVISION 3 TRACK AND FIELD STATE FINALS

SATURDAY, JUNE 1, 2024

Hosted by Kent City High School

**LOCATION:** Ward Memorial Field, 351 N. Main St., Kent City MI 49330

### PRE-MEET SCHEDULE – FRIDAY, MAY 31, 2024

#### 4:00 p.m. – 7:00 p.m.:

- Facility will be open for teams to inspect. The track will be available for workouts. Field event areas will **be closed** for practice. Athletes may mark steps during this time. Remember that no marks can be made on the actual runways (only on the cement edges) and relay marks must not be larger than  $\frac{1}{3}$  the width of the lane.
- Tents can be set up in designated areas, however, please use caution if there are high winds. Please do not attach anything to our fences! Also, please do not drive your vehicle on our practice field (Tent City).
- Vaulting poles can be inspected and stored overnight. This will take place on the west end of the homestand, under the bleachers.
- Packet pickup is available for coaches during this time (Ticket Booth). Packet pickup will also be available starting at 8:00 a.m. on Saturday morning (Tent Near Team Drop-Off)
- Souvenir shirts will be available for purchase next to the ticket booth.

### SPECTATOR INFORMATION

**ADMISSION:** \$11.00. All tickets must be purchased through GoFan. The link to purchase tickets is available on the MHSAA website. No passes are accepted. Do not validate the ticket prior to the event. If a ticket is validated, it will not be accepted. We will have a credit card reader on site.

**PARKING:** \$5 per vehicle. Please use the northernmost entrance on Peach Ridge Avenue. Please encourage your spectators to buy parking via GoFan at the following link to speed up the process: \_\_\_\_\_

**PROGRAMS:** \$5 per program.

**AMENITIES:** Several options for restrooms and concessions will be present throughout the facility. Our main restrooms are located on the east end of the stadium on either side of the concession stand. We will also have several porta-jons in Tent City, by the stadium entrances, and near the field event area. Additionally, access to bathrooms in our high school will be available throughout the day.

**ENVIRONMENT:** Kent City Public Schools is a tobacco and alcohol-free environment.

## **MEET SCHEDULE – SATURDAY, JUNE 1, 2024**

<b>Time</b>	<b>Event</b>	<b>Location</b>
7:45 a.m.	Gates Open	Stadium
8:00 a.m.	Pole Vault Pole Inspection (8:00 a.m. – 8:45 a.m.)	Pole Vault Pit
	Implement Weigh In (8:00 a.m. – 9:15 a.m.)	Table Near Shot and Discus Areas
9:00 a.m.	Girls Pole Vault Begins	Pole Vault Pit
	Girls Long Jump Begins (Open Pit – 1 hour 15 minutes)	Long Jump Pit
	Morning Scratch Deadline	Check In Tent
9:55 a.m.	National Anthem	Stadium
10:00 a.m.	Boys Shot Put, Girls Discus, and Boys/Girls High Jump	Shot and Discus Areas
	Boys/Girls 4x800 M Relay (Boys Run First in 2024)	Track
	100 m, 110/100 m hurdles, & 200 m Preliminaries. Only two rounds of competition – 1st Round and Finals. Heat winners advance to finals. Remaining slots are filled based on times recorded in first round.	Track
10:30 a.m.	Girls Long Jump Finals	Long Jump Pit
11:00 a.m.	Implement Weigh In (1 hour between genders)	Table Near Shot and Discus Areas
11:45 a.m.	Boys Long Jump (Open Pit – 1 hour 15 minutes) Approximately 1 hour following completion of the girls event.	Long Jump Pit
	Boys Pole Vault – Approximately 1 hour after completion of the girls event.	Pole Vault Pit

12:00 p.m.	Afternoon Scratch Deadline	Check In Tent
12:15 p.m.	Boys Discus Begins	Discus Area
	Girls Shot Put Begins	Shot Put Area
12:55 p.m.	National Anthem	Stadium
1:00 p.m.	Running Event Finals (or one hour after the last semi-final preliminary race, whichever is later)	Track
1:15 p.m.	Boys Long Jump Finals (15 minutes after the completion of the 1 hour 15 minute open pit)	Long Jump Pit
5:15 p.m.	Team Award Presentation (Time is approximate)	Stadium

**COACHES INFORMATION**

**PACKET PICKUP:** Packets may be picked up on Friday between 4:00 – 7:00 P.M. (Ticket Booth) and Saturday starting at 8:00 A.M. (gate leaving Tent City and entering track on the southeast corner)

**TEAM PARKING:** Team vehicles should use the access drive on 17 Mile Road. One team parking pass will be in the team packet for coaches. Parking receipts will only be given for team vehicles without a parking pass with same-day reimbursement at packet pickup. Teams may pull up to the southwest corner of Tent City to drop student-athletes before parking in this area. If you are bringing a bus, please contact us at [jason.vogel@kentcityschools.org](mailto:jason.vogel@kentcityschools.org) so we can make arrangements for off-site parking near our elementary school.



**ENTRIES:** A list of entries will be available at [www.mhsaa.com](http://www.mhsaa.com) following the Regional meet. If you find any errors, please call the meet manager by Friday, May 24. Known scratches should be made via [athletic.net](http://athletic.net) ASAP after the regional meet so that heat sizes can be planned. Also, you are asked to declare all four relay athletes expected to run by Friday, May 24 via [athletic.net](http://athletic.net). Substitution for other eligible athletes on the day of the meet is still permitted.

**ADMITTANCE:** Contestants must be in uniform for admittance. Coaches must wear their pass (wrist band) that is distributed in the meet packet. Per MHSAA policy, three coach passes will be provided per team. Contestants and coaches should use the entrance near Tent City to enter and exit the stadium.

**RESTROOMS:** There will be several options for restrooms. We have restrooms located on either side of the concession stand. We will also open our buildings with access to more restrooms in our high school. Finally, there will be a number of porta-jons located in Tent City, by the stadium entrances, and near the field event area on the northwest side of the facility.

**TEAM TENTS:** Team tents and camps must be placed on our practice field to the southeast of the stadium.

**APPAREL SALES:** State Finals apparel will be sold next to the ticket booth by EA Graphics.

**MISC ITEMS:** Portable radios, speakers, footballs, frisbees, etc. will not be allowed in the stadium. Only personal music devices used with headphones/earbuds will be acceptable. Coolers will be allowed in the team tent area only. No sunflower seeds, gum, food or drinks (other than water) on the turf football field!

**CROWD CONTROL:** Coaches will be allowed in the field event areas. Once running events begin, coaches are not allowed on the track or football field at any time except in the case of an injured athlete, to submit a scratch form, to file an appeal, or if requested by meet staff.

**COACHES ON THE INFIELD:**

One coach per team may enter the designated coaches' box on the south side of the track during distance races. There will also be a coaches' box near the high jump area accessible to one coach from each team with a competing jumper. Coaches must have proper credentials to be in either coaching box, which will be available at the check in tent after signing in.

**UNIFORMS:** Please review uniform rules with your athletes. Relay team members must have uniforms clearly indicating through predominant color, school logo, and color combination of all outer garments worn as a uniform, that members are from the same team. Uniform tops should be worn as intended by the manufacturer (no knots and no bare midriff), which may require them to be tucked in at the start of the race.

**UNIFORM WARNING:** A general uniform warning is issued to all coaches and athletes prior to competition. Should any athletes participate while wearing an illegal uniform, and the discovery is made while in competition, that athlete/relay will be disqualified from further competition in that specific event. **This is considered to be your official team uniform warning.**

**CHECK-IN & CALLS:** A three-call system will be used (1st call; 2nd call; final call). Athletes are expected to check-in promptly when first call is given and before final call for that event. Athletes competing in a field event will check in at the site of the field event. The location of the check-in area for all running events is at the tent located on the east end of the field near the gate closest to Tent City.

**STAGING AREA:** The staging area will be located next to the check-in table for all running events except for the 100, 200, and hurdles. These events will check in at their starting line. Hip numbers will be used in the 800 m, 1600 m, and 3200 m run, and the final leg of the 4x800 m and 4x400 m relays.

**ELECTRONIC COMMUNICATION DEVICES:** Athletes may view video or images on any device, including cell phones, during competition in unrestricted areas only. Electronic devices will not be allowed in any of the designated restricted areas (starting lines, clerk tent, finish line, and field event competition areas).

**WARM-UP AREA:** A designated warm-up area will be provided at each site (see map).

**RELAY CARDS:** Relay athletes will be pre-declared via athletic.net. Relay cards will only be used for substitutions on the day of the meet. Only substituted athletes will be listed on the card.

**SCRATCHES:** Upon arrival, coaches will find a table located at the clerk tent with the pre-scratch seed sheets attached. Please make scratches here. Remember – scratches only – no substitutions (except for relay teams) or additions. If you have any pre-meet scratches, please make them via athletic.net ASAP after the Regional meet so that heat sizes can be planned.

An athlete must be scratched prior to the deadline from any individual event in that session (prelims plus 4x800 or running finals) or that event WILL count against his/her four-event limit. Individual events are scratch only, no additions or substitutions.

**RELAY SUBSTITUTIONS:** Relay legs may be substituted at any time prior to running of the relay for another athlete on your roster, but the change must be reported PRIOR to the event being run. Any athlete on your eligibility list may be substituted, provided that he/she has a remaining event, mindful of the previous paragraph.

**ATHLETIC TRAINER:** An athletic trainer will be available onsite throughout the course of the meet in a tent near the 300 meter hurdles start. Ice and water will be provided.

**AWARDS AND POINTS:** Scoring for all events will be 10-8-6-5-4-3-2-1. Medals will be awarded in each event for places 1 through 8. Team awards will be given to each runner-up and first-place team. Please remind your athletes to listen to announcements for when medals will be distributed for each event. We will move forward with each award ceremony provided that the event winner is present.

**AWARD BREAKS:** In 2024 we have added two award breaks so student athletes can make it to the medal stand and so we are not interrupting events on the track. The first break will be immediately following the completion of the 4x200 meter relay and the second will be immediately after the 300 meter hurdles. The remainder of the awards will be announced during the 3200 m run and immediately following the conclusion of the meet.

## **EQUIPMENT INFORMATION**

**SHOT & DISC INSPECTION:** All shots and discs will need to be inspected, weighed, and marked before use in competition. This will be done in a tent near the shot and discus area from 8:00 a.m. – 9:00 a.m. (girls discus & boys shot put) and from 11:00 a.m. – 12:00 p.m.\* (boys discus & girls shot put) (refer to map).

\*Time is approximate – 2nd implement weigh and inspection will last one hour following the conclusion of both genders in the throws.

**VAULTER INFO:** All vaulting poles will be inspected at the vaulting site. On Friday, vaulting poles can be inspected from 4:00 p.m. – 6:00 p.m. on the west end of the homestand and stored at the stadium. Coaches will need to list, on a form (no card), info for each vaulter. This should be done when the pole is inspected by the referee.

**SPIKES, BLOCKS, & BATONS:** Only ¼ inch or less of the spike may extend beyond the shoe sole. Random checks of spikes will occur in the staging area. We have starting blocks with adjustable pedals. If you are bringing your own blocks, they must be inspected and approved at the clerk station. Schools provide their own batons.

## **EVENT INFORMATION**

**TAKE-OFF MARKS:** Only chalk may be used on track surfaces to indicate a high jump or relay takeoff mark. Please tell your athletes to make their chalk marks reasonable in size and quantity (Maximum 1/3 the width of the lane on the track) . Only stick markers may be placed alongside the long jump and pole vault runways. No tape or scuff marks please.

**TIME LIMITS:** The time limits for all field events will be strongly enforced. This is within one minute after the competitor's name has been called for trial. There are extended time limits in the HJ and PV when 3 or fewer competitors remain.

**DISCUS & SHOT PUT:** All competitors will be allowed three preliminary throws/puts in the 1-1-1 format. Preliminaries will be conducted in flights in “worst to best” order. The top nine from all

flights will advance to the finals for three additional attempts competing in “worst to best” order based on their best prelim attempt. The finals will be conducted using the 1-1-1 format. In both prelims and finals, each attempt will be measured before another is made. Three warm-up throws will be allowed between flights.

**HIGH JUMP:** The high jump will be conducted simultaneously. The five-alive concept will be used until nine or fewer competitors are at a given height. Starting heights: Boys 5’9” and girls 4’8”. The bar will be raised using the MHSAA Raises Chart (Boys: 5’11”, 6’1” and 6’3” – Girls 4’10”, 5’0”, and 5’2”). When nine or fewer competitors is reached, the bar is to be raised one inch only for each successive jump.

**POLE VAULT:** The girls pole vault will be conducted first. The five-alive concept will be used until nine or fewer competitors are at a given height. Starting heights: Boys 11’0” and girls 7’9”. The bar will be raised using the MHSAA Raises Chart (Boys: 11’9”, 12’3”, and 12’9” – Girls 8’6”, 9’0”, 9’6”). When nine or fewer competitors is reached, the bar is to be raised in three-inch increments (until one with options to pass).

**LONG JUMP:** The girls long jump will be conducted first. All competitors will be allowed three preliminary jumps during the open pit time. The top nine will advance to the finals for three additional jumps. Finals will be run in worst to best order. Each jumper will be given a number to wear.

**RUNNING EVENT PREFERENCES:** Boys events will run first in 2024. Distance races will employ triple waterfall starts. All other races will have the lane preferences of lanes 5-6-4-7-3-8-2-9-1. In running event finals with more than one heat, the fastest heat is last; the slowest heat is first. For more detailed information, see the Seeding at the MHSAA Finals – 9 Lane Track included below.

**DISTANCE RACES:** Please remind your runners about staying to the right of the white line on the inside of the track, and not cutting-off another runner when passing.

**RELAY TEAMS:** Relay team members will be pre-declared via athletic.net. Relay cards will only be used for substitutions from eligible athletes (on your eligibility list) on the day of the meet. Relay cards, if needed, will be available at the check-in tent and upon completion are to be returned to the same location. Please make sure that your relay teams are legally attired.

**EXCHANGE ZONES:**

- The 4x800 Relay markings are blue triangles and blue line.
- The 4x400 Relay markings are solid blue triangles and a blue line for the other exchanges.
- The 4x100 Relay markings are all yellow triangles.
- The 4x200 Relay markings are red triangles for exchanges one and two, and yellow triangles for the third exchange.

- The 4x800 Relay will use a waterfall start and the 4x400 Relay will use a three-turn stagger.

**FINISH LINE:** Finish line administration will be provided by Michiana Timing. All results will be found at <http://fatresults.com>.

**QUESTIONS:**

Jason Vogel  
Kent City Athletic Director  
(616) 678-4210  
[jason.vogel@kentcityschools.org](mailto:jason.vogel@kentcityschools.org)



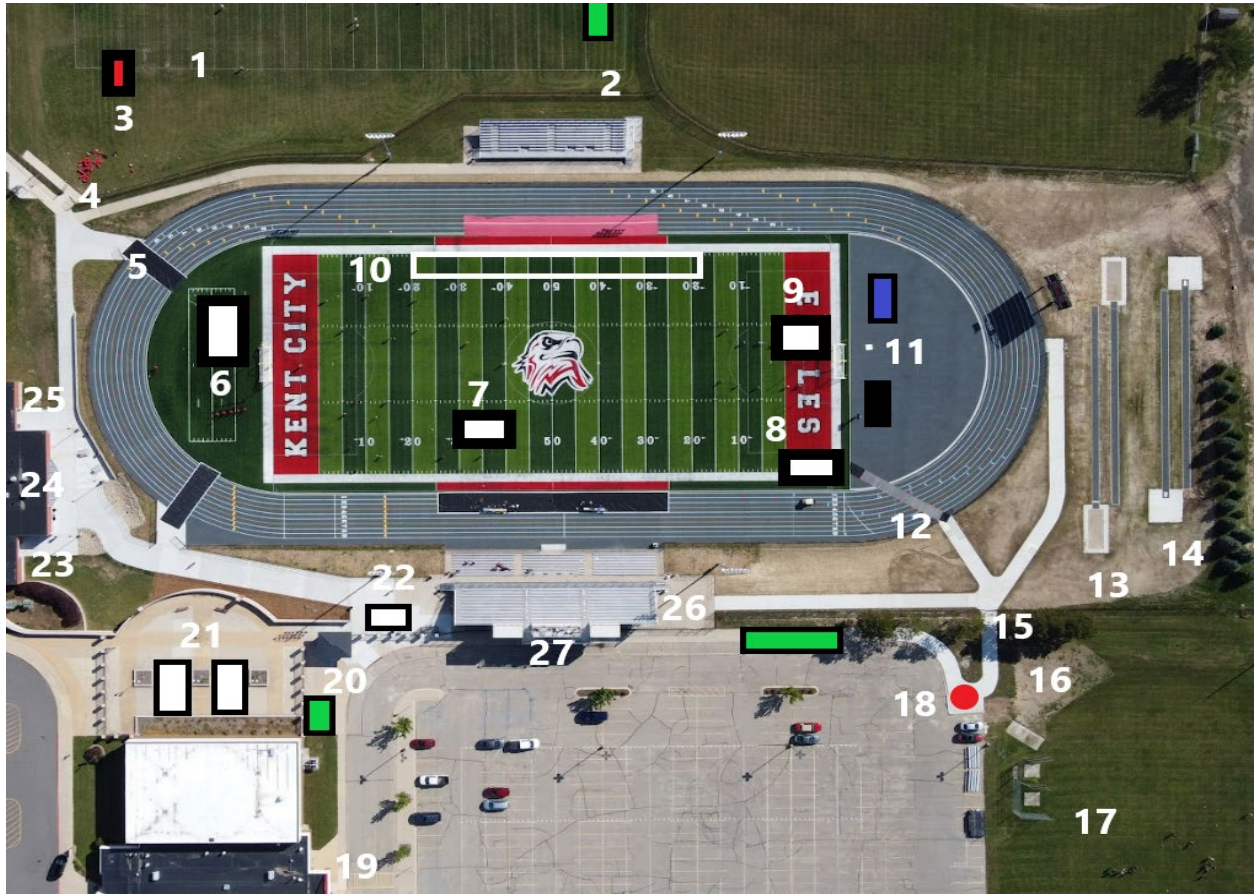




## Seeding at MHSAA Finals – 9 Lane

1. East Kentwood and Kent City are nine-lane tracks. For all events 400 meters and less as well as the 4x100 relay, 4x200 relay and the 4x400 meter relay the preferred lane order will be: 5, 6, 4, 7, 3, 8, 2, 9, and 1.
2. First-round sprint events will run using as few heats as possible, so divide the field by nine and the fewest heats possible will be formed to get all athletes into a first-round event.
  - a. 3 heats: Heat winners plus the next 6 fastest times
  - b. 4 heats: Heat winners plus the next 5 fastest times
  - c. 5 heats: Heat winners plus the next 4 fastest times
3. **800 Meter Dash:**
  - a. 20 - one heat
  - b. 21 – 26 - two heats with the 12 fastest plus ties in the second heat
  - c. 27 or more - two heats with the 18 fastest plus ties in the second heat.
4. **1600 Meter Run:**
  - a. 26 or less – one heat
  - b. 27 or more – two heats with the 18 fastest plus ties in the second heat.
5. **3200 Meter Run:**
  - a. 35 or less – one heat.
  - b. 36 or more – two heats with the fastest 24 plus ties in the second heat.
6. **3200 Meter Relay**
  - a. 14 or less – one heat
  - b. 15-27 – two heats with the 12 fastest plus ties in the second heat.
  - c. 28 or more – three heats with the 12 fastest plus ties in the third heat, the next 12 fastest plus ties in the second heat and the remaining teams in the first heat.
7. **Waterfall Seeding:**
  - a. Upper waterfall will have seeds 1 – 6 with 1 on the outside of lane 9 and 6 just inside lane 8.
  - b. Middle waterfall will have seeds 7 – 12 with 7 on the outside of lane 6 and 12 just inside lane 7.
  - c. Lower Waterfall will have remaining runners 13-30 with a possible number of 18 on the line, with number 13 on the outside of lane 9 and 30 along the inside of lane 1.
  - d. If there are more than 30 runners, we start the process over with a back row in the upper waterfall, 31 – 35, with 31 on the outside of lane 9 and 35 just inside lane 7.
  - e. More than 35 runners call for two heats

# KENT CITY HIGH SCHOOL – WARD MEMORIAL FIELD



## MHSAA D3 State Finals Key

- |                                     |  |
|-------------------------------------|--|
| 1. Tent City                        | 17. Discus Area                                |
| 2. Easy Access Gate to Field Events | 18. Implement Weigh In and Measurement         |
| 3. Satellite Heat Sheets            | 19. High School Bathroom Access (Red Triangle) |
| 4. Gate to Concessions & Track      | 20. Ticket Booth – Packet Pick up              |
| 5. Track Entrance                   | 21. Fan Plaza                                  |
| 6. Check In Tent and Staging        | 22. Apparel Sales                              |
| 7. Medal Tent and Stand             | 23. Women's Locker Room & Bathrooms            |
| 8. Timing Tent                      | 24. Concession Stand                           |
| 9. Medical Tent                     | 25. Men's Locker Room and Bathrooms            |
| 10. Coaches Box – Distance Races    | 26. Pole Vault Check In and Storage            |
| 11. High Jump (Two Pits)            | 27. Press Box and Worker Hospitality           |
| 12. Track Exit                      |  |
| 13. Long Jump Area                  |  |
| 14. Pole Vault Area                 |  |
| 15. Shot Put and Discus Gate        |  |
| 16. Shot Put Area                   |  |

**Green Rectangles = Porta Jons**