



## **2024 MHSAA LP DIVISION 4 TRACK AND FIELD STATE FINALS**

**SATURDAY, JUNE 1, 2024**

**Hosted by Hudsonville High School**

**LOCATION:** Hudsonville Eagle Stadium, 7855 36<sup>th</sup> Avenue, Hudsonville, MI 49426. **Please note that the stadium is NOT located at Hudsonville High School.**

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

**4:00 – 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. Hurdles are not able to be used. Athletes may mark steps during this time.

Tents can be set up in designated areas, however, please use caution if there are high winds.

Vaulting poles can be inspected from 4:00 – 6:00 p.m. and stored overnight. Note that while the track is open from 4:00 – 7:00 p.m., and official will only be on-hand to inspect poles until 6:00 p.m.

Packet pickup is available for coaches during this time. Packet pickup will also be available starting at 8:00 a.m. on Saturday morning.

Souvenir shirts will be available for purchase at the southwest corner of the facility and/or the north end of the facility.

### **SPECTATOR INFORMATION**

**ADMISSION:** \$11 per ticket. 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.

**PARKING:** \$5 per vehicle. Please use the entrance off Baldwin Street. Parking is available in lots surrounding the stadium and school buildings.

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

**AMENITIES:** Restrooms and concession stand will be available at the south end of the complex near the main entrance.

**ENVIRONMENT:** Hudsonville Public Schools is a tobacco, weapon, and alcohol-free environment.

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

#### ***BOYS RUN FIRST IN 2024***

8:00 A.M.	Gates Open
8:00 – 9:40 A.M.	Weigh-in of shots and discs at the building near the team entry on the far east of the complex. Vaulting pole inspection will take place at the vault site.
9:00 A.M.	Morning Event Scratch Deadline (form due at the check-in tent by high jump)
9:55 A.M.	National Anthem
10:00 A.M.	Girls & Boys Pole Vault (duplicate facilities) – complete vaulter info at site Boys Shot Put & Girls Discus Throw Girls & Boys Long Jump (duplicate facilities) – Open Pit: 10:00 – 11:15 A.M. Boys & Girls High Jump (duplicate facilities)
10:30 A.M.	4 x 800 Relay Finals Sprint/Hurdle – 1 <sup>st</sup> Round (100 Dash, High Hurdles, 200 Dash). Only two rounds of competition – 1 <sup>st</sup> Round and Finals. Heat winners advance to finals. Remaining slots are filled based on times recorded in the first round.
11:30 A.M.	Girls & Boys Long Jump Finals
11:00 AM. – Noon	Weigh-in of shots and discs at the building near the team entry on the far east of the complex.
Noon	Afternoon Event Scratch Deadline (form due at the check-in tent by high jump)
12:45 P.M.	Boys Discus Throw – approximately one hour after boys shot put is complete Girls Shot Put – approximately one hour after girls discus is complete
12:55 P.M.	National Anthem
1:00 P.M.	Running Event Finals (or one hour after the last semifinal race, whichever is later)

4:45 P.M. Team Awards Presentation (approximate time)

### **COACHES INFORMATION**

**PACKET PICKUP:** Packets may be picked up on Friday between 4:00 – 7:00 P.M. and Saturday starting at 8:00 A.M. (northeast corner of stadium)

**TEAM PARKING:** Team vehicles should use the entrance off 36<sup>th</sup> Avenue and park in the lot near the field event area. 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.

**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<sup>th</sup>. Known scratches should be made via 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<sup>th</sup> via 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 northeast gate near the team parking lot and field event area.

**RESTROOMS:** Athletes and coaches may use the restrooms in the concession building on the south end of the stadium. Portable toilets are also available in the north end of the stadium.

**TEAM TENTS:** Team tents and camps must be placed outside of the track and far enough from the field event areas so as to ensure safety and avoid interference (see map).

**APPAREL SALES:** Sweatshirts and t-shirts will be sold in the concourse area on the south end of the stadium near the main entrance.

**MISC ITEMS:** Portable radios, speakers, footballs, frisbees, etc. will not be allowed into 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 on the turf football field please.

**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. One coach per school may enter the designated coaches box on the east side of the track.

**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 (1<sup>st</sup> call; 2<sup>nd</sup> 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 directly behind the timer tent at the finish line. 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, 1600, and 3200 run, and 4 x 800 and 4 x 400 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.

**ATHLETIC TRAINER:** An athletic trainer will be available onsite throughout the course of the meet. 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.

### **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 at the ticket window of the eastern-most building near the team entrance room from 8:00 – 9:00 a.m. and from 11:00 a.m. – noon. (refer to map).

**VAULTER INFO & POLES:** All vaulting poles will be inspected at the vaulting site. On Friday, vaulting poles can be inspected and stored at the stadium. Coaches will need to list, on form (no card), info for each vaulter. This should be done when the pole is inspected by the referee.

**SPIKES, BLOCKS & BATONS:** Only  $\frac{1}{4}$  inch or less of the spike may extend beyond the shoe sole. We have AAE 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. Only stick markers may be placed alongside the long jump and pole vault runways. We will provide chalk and sticks at appropriate locations. No tape or scuff marks please.

**TIME LIMITS:** The time limits for all field events will be strongly enforced.

**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 boys and girls high jump will be conducted concurrently. The five-alive concept will be used until nine or fewer competitors are at a given height. Starting heights: Boys 5'8" and girls 4'7". The bar will be raised using the MHSAA Raises Chart (Boys: 5'10", 6'0" and 6'2" – Girls 4'9", 4'11", and 5'1"). When nine or fewer competitors remain, the bar is to be raised one inch only for each successive jump.

**POLE VAULT:** The boys and girls pole vault will be conducted concurrently. The five-alive concept will be used until nine or fewer competitors are at a given height. Starting heights: Boys 10'3" and girls 7'3". The bar will be raised using the MHSAA Raises Chart (Boys: 11'0", 11'6", and 12'0" – Girls 7'9", 8'3", 8'9"). When nine or fewer competitors remain, the bar is to be raised in three-inch increments (until one with options to pass).

**LONG JUMP:** The boys and girls long jump will be conducted concurrently. 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 in worst to best order.

**RUNNING EVENT PREFERENCES:** Boys' events will run first in 2024. Distance races will employ double waterfall starts. All other races will have the lane preferences of lanes 4-5-3-6-2-7-1-8. In running event finals with more than one heat, the fastest heat is last; slowest heat is first.

**DISTANCE RACES:** Please remind your runners about staying to the right of the yellow 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.

**TRADITIONAL EXCHANGE ZONES:**

The 4x800 Relay markings are blue/green triangles.

The 4x400 Relay markings are solid blue triangles for exchange one, and blue/green 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 for the third exchange.

The 4x800 Relay will use a waterfall start with a one-turn stagger.

**SEEDING:**

1. For all events 400 meters and less, as well as the 4x200 M Relay and the 4x400 M Relay, the preferred lane order will be: 4-5-3-6-2-7-1-8
2. There are now only two rounds (semi-finals & finals) of competition in the 100 M Dash, High Hurdles, & 200 M Dash. Runners are seeded according to their Regional Qualifying Times in the semi-finals.
  - 3 heats: the winner of each and the next five fastest times advance to the finals.
  - 4 heats: the winner of each heat and the next four fastest times advance to the finals.
  - 5 heats: the winner of each heat, and the next three fastest times advance to the finals.
  - Format for additional heats is the same, winner of each heat and the next fastest times to fill eight lanes on the track.
3. In the finals for the events listed above, runners will be seeded in the following manner: Seed all heat winners by time, and then all remaining non-winning times in preferred lanes described in #1. Note that some slower times may get better lanes if that athlete won their heat but there was a faster time that an athlete ran in another heat that did not get a 1<sup>st</sup> place.
4. All events 800 meters or longer, all seeding will be done by Regional Performance Rank in the event and the hip numbers that are assigned. There is an option for a single waterfall (16 or less) or double waterfall (24 or less).
  - Single Waterfall: Hip #1 on the outside of lane 8 and highest hip number #16 on the curb.
  - Double Waterfall: Hip #1 on the outside of lane 8 in the upper waterfall line and #8 on the inside of lane 5. For the lower waterfall line then line up #9 on the outside of lane 8 and the #24 on the curb.
  - 3200 M Run with 25-34 runners: If there are more than 24 runners, the Top  $\frac{1}{3}$  of the field is to be placed in the Upper Waterfall and the Bottom  $\frac{2}{3}$  in the Lower Waterfall with seeding in the manner described in parts a and b.
  - Please remember that the upper waterfall may only cut to lane 5 until the backstretch (which is the cut in for the 4x400 M relay). The back waterfall may cut in immediately without cutting off other runners.
5. Heats of the 3200 M Run:
  - If 35 or less runners then one heat.
  - If 36 or more runners, then two heats will be conducted with the fastest 24 plus ties in the second heat and the rest of the field in the 1<sup>st</sup> heat.

