



Carman-Ainsworth High School
Athletic Department
Home of the Cavaliers
www.cacavaliers.com



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MHSAA REGIONAL 1-1 TRACK & FIELD

May 17, 2024

Athletic Director: Tiffany Roberts 810-591-5510 (office)
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Meet Manager: Marty Crane 810-614-5236 (mobile)
 810-626-2800 (home)

Team Drop Off: Use the following GPS address and the main gates for team drop-off: (Our Track is located at our middle school).
1409 Maple Rd, Flint, MI 48507 (See the map.)

Buses may park in the highlighted areas labeled bus parking.

Spectators: Parking is available in the large lot across from the middle school and the smaller lot next to the middle school building.

Admission: \$7 All spectators. GoFan Digital Tickets ONLY. Prepurchase or Credit Card Reader on site.
 One ticket booth location will be open for spectators in the main gated entrance off VanSlyke Rd. **Only athletes in uniform will be admitted for free.**

Locker Rooms: Please dress at home. Limited dressing facilities will be available.



Entry Deadline: Your entries must be submitted online to Carman-Ainsworth High School from athletic.net on or before 11:59 p.m. on TUESDAY, MAY 14, 2024. Eligibility forms may be emailed to troberts@carmanainsworth.org by Tuesday, May 14 at 4:00 p.m. Please enter your times as FAT times to the hundredth (.00) or handheld equivalent, adjusted by +.24

Entries: Schools assigned to Regional 1-1 will go to athletic.net to submit entries.
Any school that fails to submit entries by 11:59 p.m. on Tuesday, May 14, will incur a \$50.00 late fee.

Entry Limits: **One relay team is allowed** per school. A maximum of **three individuals** may be listed by a team in each individual event but one must be scratched. If three (3) or more entries by a school team in an event have equaled or bettered the Regional additional qualified standards, these individuals may be entered.

Scratches: Scratches made during the scratch periods will not count in the individual's participation limitations. However, if the competitor is not scratched during these scheduled periods and does not show to the clerking area before that runner's position is set, the competitor will be disqualified from the event and that event will count toward the competitor's personal limit. The clerk of course shall inform heats following the last call for that event. The call system will be first call, second call and final call for each event.

Coaches Meeting: 11:30a.m. located at the finish line

Spikes: Only ¼" or less pyramid spikes or flats are permitted.

Chalk: Chalk will be provided to make marks. Please do not use tape on the track.

Running Track: The track is 400 meter - 8 lanes, all weather surface.

Field Events: High jump pads, long jump runways and pole vault runways are all-weather surfaces. ¼" spikes or less or running flats only. Shot put and discus pads are concrete surfaces: **NO SPIKES.**

SPECIAL NOTICE: All long jump take-off boards are regulation high school boards.

Event Scratches: Scratch forms for the first session events must be handed in by 11:30 a.m.
Scratches for the second session events must be handed in 15 minutes after completion of the last 200 prelims

Starting Time: All field events will start at 12:00 p.m. The running events begin at 2:00 p.m.
Semifinals and finals will start after the 1-hour break between prelims and finals.

Scoring: The scoring is 10-8-6-5-4-3-2-1 in all events.

Awards:

1. Medal for each athlete that scores from first place through eighth place.
2. Medal for each of the four athletes that scores from first to eighth place in the relays.
3. Championship trophy for top boys team
4. Championship trophy for top girls team

Rules: Track and Field Federation Rules will govern the meet and MHSAA limitations of competition will be in effect.

Implement Check: Shot and discus will be weighed measured and marked prior to competition. Implements that do not pass will not be allowed in the stadium. If your implement does not meet standards, it will be stored until you are finished with the event by the inspector of the field events. Please show the judge your verification mark prior to performing the event.

Starting Blocks: **CAHS** will provide all starting blocks. Your blocks WILL be allowed into the stadium BUT MUST BE INSPECTED BY FIELD REFEREE if being used.

Heat Assignments: Heat assignments will be made after all scratches have been completed. No Seed Meeting.

Ties: In the event that there is a tie, team points will be divided and, if necessary, additional medals will be awarded.

Running Event Scoring: Final placement will be based on time when not in the same race. Fastest eight times will be scored in all final races.

Regionals using FAT will eliminate one round of competition: There will be semi-final heats in the 100 meter dash, 100 meter high hurdles, 110 meter high hurdles, and 200 meter dash. These events will be held after the 3200 meter relay.

Advancing Athletes: **HEAT WINNERS FROM EACH HEAT AND THEN THE FASTEST TIMES TO FILL ALL REMAINING AVAILABLE LANES.**

Circle Races: The 400 meter dash will be run in lanes for the entire distance. The 800, 1600, and 3200 meter runs will begin with waterfall starts. In the 800 meter relay, runners from each team will run in their lanes. In the 1600 meter relay, the first runner must run in his/her lane all the way: the second runner will run the curve and break in at the top of the back straight away. The 400 meter relay will be run in lanes the entire distance.

Coaches and Spectators: Spectators will **NOT** be permitted on the infield at any time. Please remain in the stands.

Tents: Tents are permitted in grass areas inside the stadium. No Team tents on the infield. See Map.

Restrooms: Restroom facilities will be available in the stadium by the ticket booth

Concession: A concession stand will be in operation.

2024 MHSAA REGIONAL 1-1 TRACK & FIELD MEET

Carman-Ainsworth High School –Friday, May 17th, 2024

Track location is at Carman-Ainsworth Middle School

1409 Maple Rd, Flint MI 48507

9:00am Gates will open

Buses can park on the back side of the stadium and around the east side of the building. There will be volunteers directing buses on where to park upon arrival.

Packet pick-up will be under the bleachers on the east end of the stadium.

9:30am-11:00am Weigh-In of shot and discus will be at the east end of the stadium by packet pick-up

**11:30am Morning scratches are due to the timer at the start/finish line
Coaches meeting location will be at the start/finish line**

**12:00pm Field Events Begin
The following field events will be conducted simultaneously
Boys and Girls Long Jump
Boys and Girls High Jump
Boys and Girls Shot (Boys 1st)
Boys and Girls Discus (Girls 1st)
Boys and Girls Pole Vault**

1:55pm National Anthem

**2:00pm Running Events Begin
4 X 800 Relay Final
100 Meter Dash Prelims
110/100 Hurdles Prelims
200 Dash Prelims**

Afternoon scratches are due 15 minutes after completion of the last 200 prelims

1 Hour Break (Between prelims and finals)

National Anthem

Running Finals Begin (Boys run first)

110/100 Hurdles

100 Dash

4 X 200 Relay

1600 Run

4 X 100 Relay

400 Dash

300 Hurdles

800 Run

200 Dash

3200 Run

4 X 400 Relay

Coaching boxes will be available in field event areas

Awards packets and team trophies will be given out at the conclusion of the meet.