



Shepherd High School Athletics

321 S 4th Street • Shepherd, Michigan 48883 • 989-828-6601 • Fax 989-828-5452

**Garth Cornwell
Athletic Director**

Date: April 30, 2024,
To: Athletic Directors/Boys' and Girls' Track Coaches
From: Garth Cornwell, Shepherd High School Athletic Director
Re: MHSAA Men's and Women's Track & Field Regional

Welcome to the Division 2 Region 11 Track Meet at Shepherd High School. Enclosed you will find directions for your entries and additional regional information. **Entries are due online on athletic.net no later than Tuesday May 14th, by 11:59pm.** Reminder: **Also, forward a copy of your school's Master Eligibility List** as soon as possible. These can be sent to Garth Cornwell - gcornwell@shepherdschools.net

If you have any questions, please feel free to contact me at (989) 828-6601 or Carey Hammel (Entries) at (989) 506-8556 or careyhammel@gmail.com. We look forward to seeing you on Saturday **May 18, 2024 at 12:30pm** for our regional Coaches meeting in the Pole Barn to the South of the Stadium.

Competing Schools

Alma
Big Rapids
Cheboygan
Freeland
Gladwin
Ludington
Petoskey
Shepherd

Bay City John Glenn
Cadillac
Essexville Garber
Gaylord
Howard City Tri County
Ogemaw Heights
Saginaw Swan Valley

General Notes regarding Region 11-2

Entries: Please make sure you enter only 3 athletes in each event unless each one has hit additional qualifying mark for regionals. Entries are due by 11:59PM Tuesday May 14th. You must scratch down to 2 athletes on Friday unless all have hit additional qualifying mark.

FAT Conversion: All times must be entered as FAT times to the hundredth (.00) or hand held equivalent adjusted by rounding to the nearest tenth and adding .24.(done by athletic.net)

Example Hand Time = 11.51

Converted FAT Time = 11.84

(11.51 round to tenth is 11.6 add .24 is 11.84)

Coaches Meeting: We will have a Coaches meeting in the Pole Barn at 12:30pm. We hope to communicate everything well enough that the Coaches meeting is not super necessary but we will check in to turn in scratch sheets and pass on any last minute details.

Athlete Check In/Bull Pen Procedure: We will be using Athletic.net RunMeet and uploading heat sheets to the main page for the meet. Please communicate this with your athletes. Athletes should check in no later than 3rd Call. If there are scratches beyond the scratch period please communicate these to the Clerk so plans can be made.

Scratches: Field event and prelim scratches will be due to the pole barn at 12:30pm, at the beginning of the coaches meeting. All remaining scratches will be due to the bullpen at 5:00 PM.

Parking: Buses should park in Parking Lot #6, Shepherd Public Schools bus loop. Buses can drop athletes off at Parking Lot #2 and then make their way over to Parking Lot #6. 3rd Street is the best Street for buses to take to drop off teams. Spectators can park in Parking Lot #1 east of the Track Complex and, if that fills up, space will be available in Parking Lot #4 & #5. **See attached map.**

Tent/Team Area: Please setup camp/tents on the grass south of the visiting side bleachers and headed around the end of the track towards the Long Jump area, please do not go past the scoreboard though. Tents might also be able to setup behind the home bleachers up against the Softball Field depending on how dry this area is. Please do not setup or play around on the softball or baseball fields. Additional space will be available behind and between the Shot and Discus areas. Please setup Team Camps spaced out from other teams. **See attached map.**

Emergency Info: In case of severe weather we will follow MHSAA protocol and postpone the meet. All athletes and coaches should go to their buses. If necessary, the High School Gym will be made available.

MHSAA Regional and Final Track & Field tournament: Will include a wheelchair Track & Field category for wheelchair participants in four events. These events will include the 100m , 200m , 400m and shot put. Participants in this category must be eligible team members, meeting all MHSAA eligibility requirements and be listed on the school's Master Eligibility list. Participants in this category at a Regional meet must have participated in these events during two regular season meets. For example, to compete in the wheelchair 100m at a Regional meet, a student must have competed in the 100m during two regular season meets. Participants in this category at a Final meet must have participated in these events during the Regional meet in addition to two regular season meets. For example, to compete in the wheelchair 100m at a Final meet, a student must have competed in the 100m during the Regional meet and during two regular season meets. For students competing in these wheelchair events, MHSAA individual awards (medals) will be provided for these events at both the Regional and Final meets. Results for all wheelchair events will be published at MHSAA.com with all other meet results from each Regional and Final meet. Scores will not be added to team results for wheelchair events at MHSAA Regionals or Finals.

- Wheelchair heats of the 100m, 200m and 400 m will be conducted in the regular meet order of events between the boys and girls running heats of the same event. Wheelchair athletes will compete against other wheelchair athletes in their heats and events for medals.

Shepherd High School host MHSAA 11-2 Track and Field Meet

At Shepherd High School

Saturday, May 18, 2024

Time Schedule

1:00 p.m.	Boys and Girls Pole Vault	
2:00 p.m.	Boys and Girls High Jump	
	Girls Long Jump	** In Shot Put, Long Jump & Discus 3 attempts and top 9 get 3 more attempts. 1 Hour between genders for these field events.
	Girls Discus	
	Boys Shot Put	
3:00 p.m.	3200m Relay Finals	
3:30 p.m.	100m Dash Round 1	
3:55 p.m.	110m and 100m Hurdle Semi-Finals Round 1	
4:15 p.m.	200m Dash Semi-Finals Round 1	** Boys run first in all running events in 2024
4:30 p.m.	Mandatory 1 hour Break	
		Finals
5:25 p.m.	National Anthem	**We will run ahead of schedule if possible and we do plan on being able to. However the Finals will not start earlier than 5:30 p.m.
5:30 p.m.	110m and 100m Hurdle Finals	
5:45 p.m.	100m Dash Finals	
5:55 p.m.	800m Relays	
6:15 p.m.	1600m Runs	
6:35 p.m.	400m Relays	
6:55 p.m.	400m Runs	
7:20 p.m.	300m Hurdles	
7:40 p.m.	800m Runs	
8:00 p.m.	200m Dashes	
8:15 p.m.	3200m Runs	
9:00 p.m.	1600m Relays	

Advancing from Semi-Final Round 1(Prelims) to 1 heat(8 person) Final

Heat winners from each heat and then the fastest times to fill all remaining available lanes.

If 2 Heats – 2 heat winners, 6 fastest times to fill lanes

If 3 Heats – 3 heat winners, 5 fastest times to fill lanes

If 4 Heats – 4 heat winners, 4 fastest times to fill lanes

If 5 Heats – 5 heat winners, 3 fastest times to fill lanes

Awards and Results

Each head coach will receive an awards packet as soon as possible after the meet. The awards will be available in the middle room of our locker room building on the North side of the Track. Points and Medals will run through eighth place.

Scoring

Scoring in all events is done to 8 places:

10-8-6-5-4-3-2-1

The Top 2 Teams and Individuals qualify for the MHSAA Division 2 State Meet as well as any who qualify using the additional qualifying standards.

**MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION
2023-24**

**REGIONAL ADDITIONAL QUALIFYING STANDARDS
BOYS & GIRLS TRACK & FIELD**

REGIONAL

	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
100 Meters	11.50	13.20	11.70	13.50	11.90	13.80	12.20	14.10
100/110m Hurdles	16.35	17.10	17.00	18.10	18.00	18.90	19.30	19.80
200 Meters	23.50	27.40	24.00	28.30	24.30	28.90	24.90	29.90
300m Hurdles	42.60	50.20	44.00	52.60	45.20	55.00	47.30	56.70
400 Meters	52.50	1:02.60	53.80	1:04.70	54.70	1:07.00	56.80	1:09.70
800 Meters	2:03.00	2:28.00	2:06.00	2:36.00	2:12.00	2:42.00	2:16.00	2:48.00
1600 Meters	4:38.00	5:34.00	4:46.00	5:45.00	5:00.00	6:03.00	5:10.00	6:22.00
3200 Meters	9:58.00	12:08.00	10:30.00	12:35.00	11:05.00	13:10.00	11:30.00	14:05.00
4x100 Relay								
4x200 Relay								
4x400 Relay								
4x800 Relay								
Discus	127-00.00	98-00.00	120-06.00	90-00.00	117-00.00	86-00.00	106-00.00	79-00.00
High Jump	5-10.00	4-10.00	5-09.00	4-08.00	5-06.00	4-06.00	5-06.00	4-05.00
Long Jump	19-11.00	15-07.00	19-04.00	14-11.00	18-09.00	14-03.00	18-01.00	13-09.00
Pole Vault	12-03.00	9-03.00	11-03.00	8-03.00	10-06.00	7-00.00	9-03.00	6-06.00
Shot Put	43-08.00	32-05.00	42-06.00	30-08.00	41-00.00	29-08.00	37-00.00	27-06.00

**FINAL ADDITIONAL QUALIFYING STANDARDS
BOYS & GIRLS TRACK & FIELD**

FINAL

	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
*100 Meters	11.10	12.65	11.30	12.90	11.40	13.20	11.65	13.50
*100/110m Hurdles	15.35	15.65	15.90	16.40	16.30	17.20	16.80	17.80
*200 Meters	22.55	25.90	23.10	27.00	23.30	27.40	23.80	28.10
300m Hurdles	40.50	46.80	42.00	49.30	42.70	50.20	43.60	51.60
400 Meters	50.40	59.60	51.50	1:01.10	52.50	1:02.60	53.50	1:04.50
800 Meters	1:57.80	2:20.00	2:00.50	2:25.00	2:03.50	2:27.80	2:06.70	2:33.50
1600 Meters	4:24.00	5:10.00	4:30.00	5:22.00	4:37.50	5:28.00	4:45.00	5:43.00
3200 Meters	9:33.00	11:15.00	9:48.00	11:43.00	10:10.00	12:02.00	10:30.00	12:47.00
4x100 Relay	43.50	50.30	44.70	51.80	45.30	53.10	46.60	55.00
4x200 Relay	1:30.70	1:46.60	1:33.00	1:49.50	1:34.50	1:51.50	1:37.00	1:56.90
4x400 Relay	3:27.00	4:07.50	3:31.50	4:16.00	3:36.00	4:21.00	3:42.70	4:30.00
4x800 Relay	8:06.00	9:47.00	8:19.00	10:05.00	8:34.00	10:26.00	8:53.00	10:50.00
Discus	145-00.00	114-00.00	140-00.00	108-00.00	132-00.00	102-06.00	124-00.00	97-00.00
High Jump	6-02.00	5-02.00	6-02.00	5-01.00	6-00.00	4-11.00	5-11.00	4-10.00
Long Jump	21-01.00	16-09.00	20-08.00	16-04.00	20-04.00	15-06.00	19-10.00	15-03.00
Pole Vault	13-03.00	10-06.00	12-08.00	9-03.00	12-00.00	8-09.00	11-00.00	8-00.00
Shot Put	48-04.00	36-08.00	48-00.00	35-00.00	45-08.00	33-06.00	42-00.00	31-08.00

*Must be run in the Regional Final

**MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION
2023-24**

**REGIONAL BOYS & GIRLS TRACK & FIELD
STANDARD RAISES FOR HIGH JUMP**

REGIONAL

BOYS	Regional AQ	Regional Start	1st Raise	2nd Raise	3rd Raise & Final AQ	Final Start
DIV. 1	5'10	5'8	5'10	6'0	6'2	5'11
DIV. 2	5'9	5'7	5'10	6'0	6'2	5'11
DIV. 3	5'6	5'4	5'7	5'10	6'0	5'9
DIV. 4	5'6	5'3	5'6	5'9	5'11	5'8

GIRLS	Regional AQ	Regional Start	1st Raise	2nd Raise	3rd Raise & Final AQ	Final Start
DIV. 1	4'10	4'8	4'10	5'0	5'2	4'11
DIV. 2	4'8	4'6	4'9	4'11	5'1	4'10
DIV. 3	4'6	4'4	4'7	4'9	4'11	4'8
DIV. 4	4'5	4'2	4'5	4'8	4'10	4'7

**FINAL BOYS & GIRLS TRACK & FIELD
STANDARD RAISES FOR HIGH JUMP**

FINAL

BOYS	Final AQ	Final Start	1st Raise	2nd Raise	3rd Raise
DIV. 1	6'2	5'11	6'1	6'3	6'5
DIV. 2	6'2	5'11	6'1	6'3	6'5
DIV. 3	6'0	5'9	5'11	6'1	6'3
DIV. 4	5'11	5'8	5'10	6'0	6'2

GIRLS	Final AQ	Final Start	1st Raise	2nd Raise	3rd Raise
DIV. 1	5'2	4'11	5'2	5'4	5'6
DIV. 2	5'1	4'10	5'1	5'3	5'5
DIV. 3	4'11	4'8	4'10	5'0	5'2
DIV. 4	4'10	4'7	4'9	4'11	5'1

NOTE: Finals use raise chart until 9 jumpers remain.

**MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION
2023-24**

**REGIONAL BOYS & GIRLS TRACK & FIELD
STANDARD RAISES FOR POLE VAULT**

REGIONAL

BOYS	Regional AQ	Regional Start	1st Raise	2nd Raise	3rd Raise	4th Raise & Final AQ	Final Start
DIV. 1	12'3	11'3	11'9	12'3	12'9	13'3	12'3
DIV. 2	11'3	10'9	11'3	11'8	12'2	12'8	11'8
DIV. 3	10'6	10'0	10'6	11'0	11'6	12'0	11'0
DIV. 4	9'3	8'6	9'3	10'0	10'6	11'0	10'3

GIRLS	Regional AQ	Regional Start	1st Raise	2nd Raise	3rd Raise	4th Raise & Final AQ	Final Start
DIV. 1	9'3	8'3	9'3	9'9	10'3	10'6	9'6
DIV. 2	8'3	7'3	8'0	8'6	9'0	9'3	8'9
DIV. 3	7'0	6'6	7'3	7'9	8'3	8'9	7'9
DIV. 4	6'6	6'0	6'6	7'0	7'6	8'0	7'3

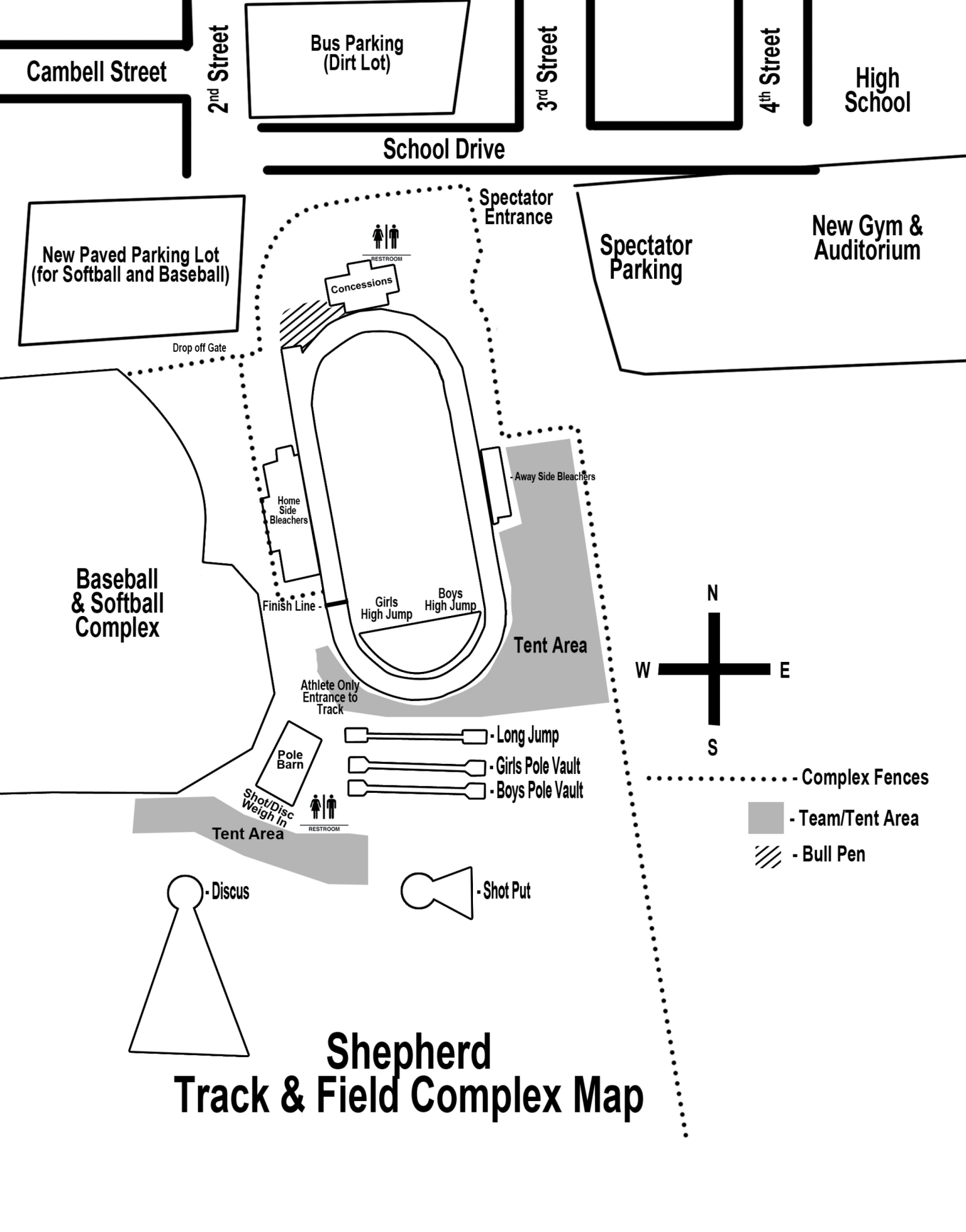
**FINAL BOYS & GIRLS TRACK & FIELD
STANDARD RAISES FOR POLE VAULT**

FINAL

BOYS	Final AQ	Final Start	1st Raise	2nd Raise	3rd Raise
DIV. 1	13'3	12'3	13'0	13'6	14'0
DIV. 2	12'8	11'8	12'4	12'10	13'4
DIV. 3	12'0	11'0	11'9	12'3	12'9
DIV. 4	11'0	10'3	11'0	11'6	12'0

GIRLS	Final AQ	Final Start	1st Raise	2nd Raise	3rd Raise
DIV. 1	10'6	9'6	10'0	10'6	11'0
DIV. 2	9'3	8'9	9'3	9'9	10'3
DIV. 3	8'9	7'9	8'6	9'0	9'6
DIV. 4	8'0	7'3	7'9	8'3	8'9

NOTE: Finals use raise chart until 9 jumpers remain.



Cambell Street

2nd Street

Bus Parking
(Dirt Lot)

3rd Street

4th Street

High School

School Drive

New Paved Parking Lot
(for Softball and Baseball)

Drop off Gate

Spectator
Entrance

Spectator
Parking

New Gym &
Auditorium

Concessions

RESTROOM

Home
Side
Bleachers

Away Side Bleachers

Baseball
& Softball
Complex

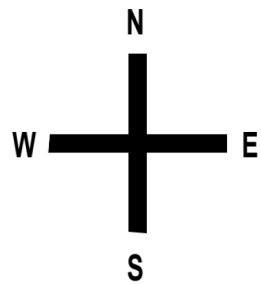
Finish Line

Girls
High Jump

Boys
High Jump

Tent Area

Athlete Only
Entrance to
Track



Pole
Barn

- Long Jump

- Girls Pole Vault

- Boys Pole Vault

Shot/Disc
Weigh In

RESTROOM

Tent Area

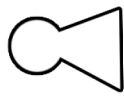
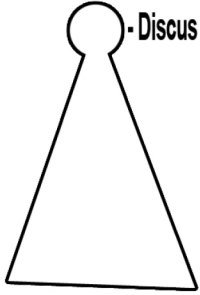
- Complex Fences

- Team/Tent Area

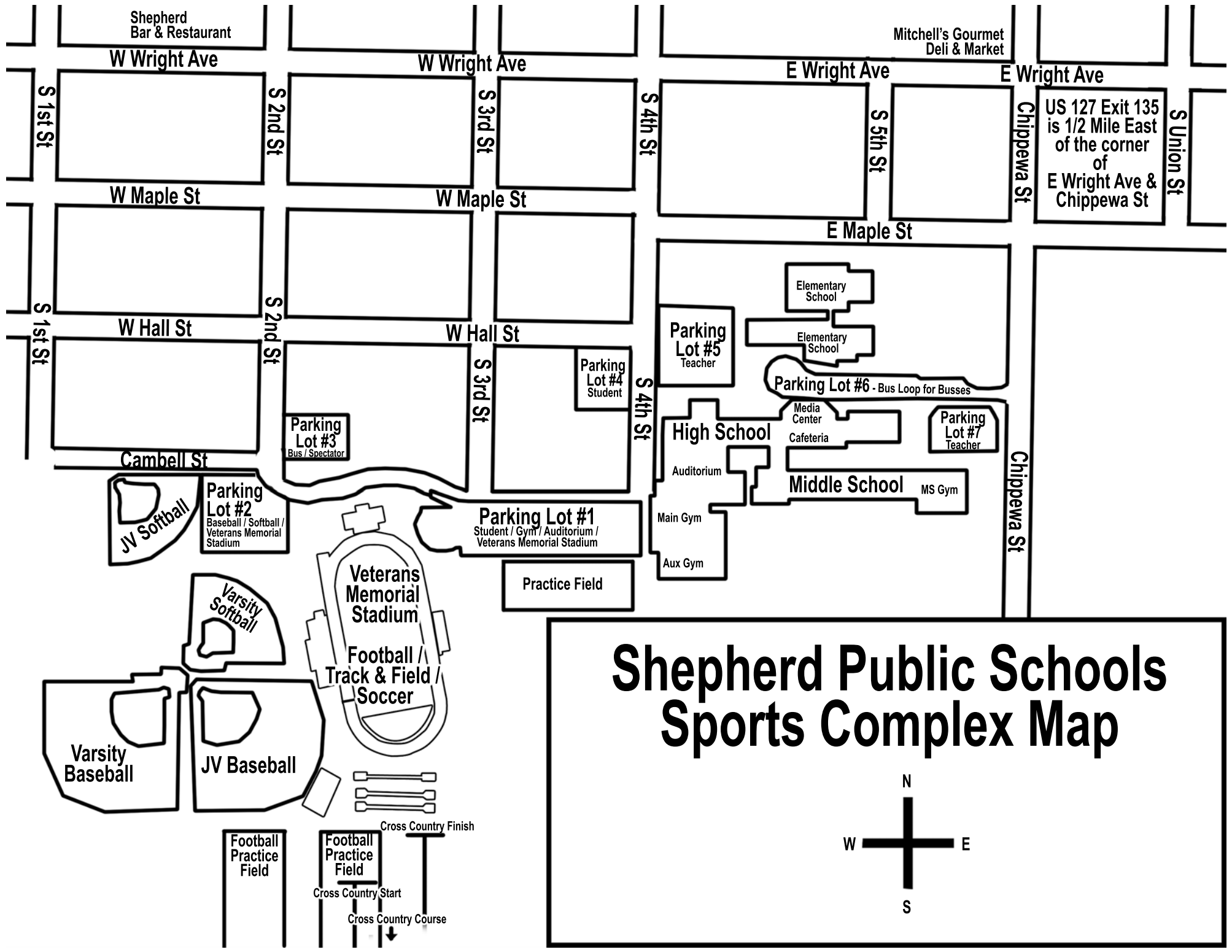
- Bull Pen

- Discus

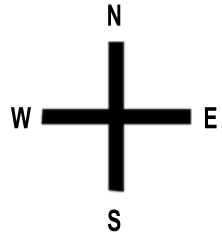
- Shot Put



Shepherd Track & Field Complex Map



Shepherd Public Schools Sports Complex Map



US 127 Exit 135
is 1/2 Mile East
of
E Wright Ave &
Chippewa St