



## 2024 Regional Track and Field Meet hosted by Fremont High School

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Address: 504 S Division Ave, Fremont, MI 49412  
Pine Street Athletic Complex, Fremont MI  
*Parking Lot Entrances are off of Division or Cedar Street*

Date: Thursday, May 16, 2024

Participating Schools:

Allendale, Coopersville, Fremont, Fruitport, Hamilton, Holland, Holland Christian, Hopkins, Hudsonville Unity Christian, Muskegon Oakridge, Muskegon Orchard View, Newaygo, Spring Lake, Wayland, Whitehall

Entry Deadline:

Entry due date for electronic entries, in all Divisions is 11:59 p.m. on May 14, 2024 • A maximum of THREE INDIVIDUALS may be listed by a school for each bona fide team in EACH INDIVIDUAL EVENT at Lower Peninsula Regional Meets. Only two, however, may compete unless all three or more have met the additional qualifier (AQ) standard. AQ standards may be found on the MHSAA website.

All times, distances, and heights shall have been achieved prior to 11:59 p.m. on May 14. Times must be entered as FAT times to the hundredth (.00) and must represent true times. (No relay splits or estimates!)

Times must be entered as FAT times to the hundredth (.00) or handheld equivalent (e.g. 10.23 hand time is first rounded up to 10.3, then add .24=10.54 converted time) Entries for which times were not submitted or for which false times were submitted, are to be placed in the slow heat or without seeding consideration. All times must be from the current outdoor season, and if questioned, the entering coach must provide the date, location, and opponent when the time was achieved.

Entry Limitations:

One relay team per school team. A maximum of three individuals may be listed by a team in each individual event, no alternates, and no substitutions. **Only two may compete**; however, if three or more entries by a school team in an event have equaled or bettered the times or distances listed for the Division 2 Additional qualifying Times/Distances during the current outdoor season, then all these entries may enter and compete.

Additional Qualifiers:

If three or more entries by a school team in an event have equaled or bettered the times or distances listed for Division 2 Additional Qualifying Time/Distances during the current outdoor season, then all these entries may enter and compete in that event.

Call System:

To keep the meet running smoothly and efficiently the announcer will use the following system: First Call, second call, and third/final call. Athletes that have not reported by the third and final call will be scratched from that event, and it counts towards one of their four events.



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### Time Schedule:

- 12:00p.m. Pole Vault check-in (**coaches must** sign off on pole capacity) and warm up at event (east end of track and field complex) Team Packet Pick-Up at Coaches Area(Storage Shed)
- 12:30p.m. **Implement (shot and discus) weigh-in and check in** (at pavilion between the shot and discus throwing area) open from **12:00-1:00p.m.**
- 12:50 p.m. **Coaches' Meeting** at Track storage barn located at south west corner track.
- 1:00p.m. **Opening Round Scratches Due** (field events, 3200 relay and semifinals) to Coaches Area.
- 1:00p.m. Field events begin
- **Girls Pole Vault** (east of bleachers)
  - **Girls Discus** (behind bleachers)
  - **Girls/Boys Long Jump** (east of bleachers) Girls and Boys Long Jump will be run simultaneous on run on two pits.
  - **Boys High** (east end of infield)
  - **Boys Shot Put** (behind bleachers)
- 2:00p.m. Boys **3200m relay** (1 heat), followed by girls (1 heat)
- 2:30p.m. **Semifinals** (will start immediately following conclusion of girls 3200 relay)
- 100m dash (boys, then girls: heat winners + next fastest times to fill 8 lanes)
  - 110m/100m hurdles (boys, then girls: same qualifying as 100)
  - 200m dash (boys, then girls: same qualifying as 100)
- 4:20p.m. **Final scratches** due to Coaches Area
- 4:55 p.m. Nation Anthem
- 5:00p.m. **Finals** begin with boys 110m hurdles final (rolling schedule, thereafter)



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### Starting Blocks:

Traditional Starting Blocks will be provided, if you bring your own, they must be approved by the meet manager or meet referee.

### Running Event Warm-Up:

The track will be available for warm-up until 1:45 pm and then again during the break between the semis and finals.

### Field Event Warm-Up:

The Field event areas will be available for warm-up from 12:00-12:40 for the first session. Announcements will be made as each field event is completed so contestants will know the event is open for warm-up. One warm-up trail will be available between flights.

### Awards/Results:

Results will be announced as soon as possible. Live results will be posted on Athletic.net. Team award packets will be available for pickup at the conclusion of the meet at the coaches' area.

### Field Events:

All Field events except high jump are located behind and east of the home bleachers.

### High Jump:

The five alive method will be used. Boys will jump first(even year) followed by the girls. The pit is on the east end of the football field.

### Long Jump:

Open pit format will be used for both the semi-finals and the finals. We will conduct the girls and boys long jump simultaneously on two pits.

### Shot Put:

Throws will be conducted going 1-1-1. All implements will be checked in and weighed at the pavilion between the throws area. Boys shot will be first followed by the girls.

### Discus:

Throws will be conducted going 1-1-1. All implements will be checked in and weighed at the pavilion between the throws area. Girls Disc will be first followed by the boys.

### Pole Vault:

Girls will vault first followed by the boys. All poles must be verified and inspected at the event venue. This done by athlete, coach, and field event referee. All coaches must sign the weight verification cards for their vaulters.

### Track:

The track is an eight lane track, only chalk may be used to mark handoffs.

Starting System: We will be using an electronic starting device.

Scoring: 10-8-6-5-4-3-2-1 in all events



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**Admission:**

All ticket sales will be done through the Gofan.co website. You will be able to purchase tickets via cards on site.

**Concessions:**

Will be available throughout the event

**MHSAA Regional Merchandise:**

MHSAA Apparel provided by EA Graphics will be for sale at the site

**Parking:**

Parking will be at a premium, there are two parking lots located off of Cedar (bigger parking lot) and Division Street. We will be sending a map to each school. There will also be on street parking on Pine Street.

**Team Tent Area:**

The team tent area will be in the north west corner of the facility by the field events.

If there are any questions or concerns contact Dave Walls:

[dwalls@fremont.net](mailto:dwalls@fremont.net)

231-638-1330 cell