



MHSAA TRACK AND FIELD REGIONAL 15-2

MASON HIGH SCHOOL

MAY 17, 2024

Participating Schools: Harper Creek, Pennfield, Charlotte, DeWitt, Eaton Rapids, Hastings, Ionia, Northwest, Lakewood, Lansing Eastern, Lansing Sexton, Marshall, Mason, Parma Western, Portland.

Entries Due: Tuesday, May 14, 2024 at 11:59 p.m. There is \$50 late fee.

Entries are to be completed online using athletic.net. No late entries accepted unless clerical error (\$50 fee). All efforts submitted shall be earned prior to Entry due date.

Officials: Starters - Mike Nestell, Tom Montpas; Referee – Ron Beegle

Admission: 2024 Tournament Admission will be through GoFan. Ticket link TBD

Trainer: We will have a Certified Trainer on site throughout the meet.

Infield: No one is allowed on the Infield – this is a restricted area during the finals. We ask for the assistance of all coaches. Athletes may use the infield to warm-up, prior to their event.

Qualifying Round: Advancing athletes - Heat winners from each heat then the fastest times to fill all remaining lanes.

Parking: Busses are to drop off participants at stadium entering North Gate and then park at the fairgrounds (Kipp and Temple St) until after 3:00 then can park in front of HS on west side.

Locker Rooms: Locker room space will not be available.

Tents: Tents are to be set up outside the stadium and at the NORTH EAST end of the stadium.

Results: Results will be posted on athletic.net after the meet. Awards pick-up in press box.

Warm-up Area: Located on the grass area/practice fields north of the Soccer field. Infield warm-up is available 3 events prior to scheduled race.

Packets: Will be available in the TRACK building at the WEST END of the stadium upon arrival.

Starting Blocks: Will be provided.

Spikes: Only track shoes with ¼” or less spikes or running flats will be permitted on the track.

MHSAA Website: Please refer to the www.mhsaa.com for specifics not covered in this communication

2024 DIVISION II TRACK AND FIELD REGIONAL

Time Schedule for Friday, May 17, 2024

1:30 PM	Gates Open	
1:45 PM	Weight Station Opens in girls team room, Pole Inspection at site	
2:00 PM	Officials/Coaches Meeting (track building West end of stadium)	
2:15 PM	PM Event Scratch Sheets Due in Track building	
2:30 PM	Girls Pole Vault Boys Pole Vault will begin one hour after the conclusion of the Girls Pole Vault.	
3:00 PM	Field Events	Girls Long Jump Girls Discus Boys and Girls High Jump Boys Shot Put
3:30 PM	Finals	Boys 3200 M Relay Girls 3200 M Relay
4:00 PM	Qualifying Round	Boys 100 M Dash Girls 100 M Dash Boys 100 M Hurdles Girls 110 M Hurdles Boys 200 M Dash Girls 200 M Dash
5:00 PM	Final Scratch Sheets are due in the press box fifteen (15) minutes after the completion of the semi-finals.	

FINAL SCHEDULE

5:45 PM National Anthem

6:00 PM Running Finals

**Boys 100 M Hurdles
Girls 110 M Hurdles**

**Boys 100 M Dash
Girls 100 M Dash**

**Boys 800 M Relay
Girls 800 M Relay**

**Boys 1600 M Run
Girls 1600 M Run**

**Boys 400 M Relay
Girls 400 M Relay**

**Boys 400 M Run
Girls 400 M Run**

**Boys 300 M Hurdles
Girls 300 M Hurdles**

**Boys 800 M Run
Girls 800 M Run**

**Boys 200 M Dash
Girls 200 M Dash**

**Boys 3200 M Run
Girls 3200 M Run**

**Boys 1600 M Relay
Girls 1600 M Relay**

MHSAA TRACK REGIONAL FIELD EVENT INFORMATION

LONG JUMP: Open pit for one hour fifteen minutes. Each athlete will be allowed three (3) jumps. Top nine jumpers advance to the finals and get three (3) additional jumps.

SCHEDULE: Girls open pit: 3:00 – 4:15 PM Finals at 4:30 PM
Boys open pit: 5:30 – 6:45 PM Finals at 7:00 PM

SHOT PUT: Each thrower will be allowed three (3) throws. (Two then one) Top nine throwers will advance to the finals and get three (3) additional throws.

SCHEDULE: Boys: 3:00 PM
Finals will begin fifteen minutes after each contestant has had his three throws.
Girls: Will begin thirty minutes after the boys' finals are complete. Finals will begin fifteen minutes after each contestant has had her three throws.

DISCUS: Each thrower will be allowed three (3) throws. (Two then one) Top nine throwers will advance to the finals and get three (3) additional throws.

SCHEDULE: Girls: 3:00 PM
Finals will begin fifteen minutes after each contestant has had her three throws.
Boys: Will begin thirty minutes after the girls' finals are completed.

POLE VAULT: Boys Opening Height: 10' 9" Raises: 6", 5", 6", then 6"
Girls Opening Height: 7' 3" Raises: 9", 6", 6", 3"

SCHEDULE: Girls: 2:30 PM
Boys: One hour after the boys' competition is completed.

HIGH JUMP: Girls Opening Height: 4'6" Raises 3" once then 2"
Boys Opening Height: 5'7" Raises 3" then 2"

SCHEDULE: Girls and Boys: 3:00 p.m.

**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

**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

**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