

NORTH BRANCH HIGH SCHOOL

6598 Brush St, North Branch, MI 48461



Location: North Branch High School, 6598 Brush St, North Branch, MI 48461

Schools: Armada, Bloomfield Hills Cranbrook Kingwood, Croswell-Lexington, Goodrich, Imlay City, Macomb Lutheran North, Marine City, Marysville, North Branch, Orchard Lake St. Marys, Ortonville Brandon, Pontiac, Pontiac Notre Dame Prep, Richmond, St. Clair, Yale.

Entries: All entries need to be made on athletic.net before **11:59 PM, Tuesday, May 14, 2024**

- Each team is allowed 3 entries and must scratch down to 2 contestants. A team may enter more than 3 athletes, provided all athletes have met the regional additional qualifying standards.
- All performances shall have been achieved prior to 11:59 p.m. May 14 • Times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by rounding up to the highest tenth then adding +0.24 (i.e., 12.52 = 12.6 + 0.24 = **12.84**)
- Athletes or relay teams that do not have times submitted or with incorrect times submitted, will be placed in the last heat or first section without seeding consideration.
- Late Entries for CLERICAL ERRORS ONLY
 - \$50.00 must be paid before the contestant or team will be allowed to participate.
 - There are to be no late entries after the Regional individual positions are set.
 - The late fee may not be used to change any time, height, or distance.
 - The only changes which are permitted after 11:59 p.m. the day of the entry date will be scratches, or clerical errors.

Officials: • TBA

Appeal Committee

- TBD – Boys Coach
- TBD – Girls Coach
- TBD – If an appeal involves a committee member, the alternate will be used

**Athlete Check-In/
Hip Numbers:**

- Athletes will check-in with the clerk located near the start of the 100m (hip/chest numbers will be distributed for those races that need them).
- Call system: 1st, 2nd, 3rd (last) call will be used. All athletes must check in by 2nd call.
- Athletes that do not check in by 2nd call for an event, will be scratched from the event.

Starting Blocks:

- Traditional starting blocks will be provided.
- Non-traditional blocks must be approved by the referee/starter, prior to the event.

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Warm-up Area:

- Athletes that are preparing for the next event may warm-up on the infield.
- All other warm-ups must be done outside of the track infield.

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- Scoring:**
- 10-8-6-5-4-3-2-1
- Awards/
Results:**
- Team award packets may be picked up behind the press box following the conclusion of the meet.
 - Team championship trophies will be presented in the middle of the football field immediately following the conclusion of the meet.
 - Results will be posted live. Results will not be printed.
 - MHSAA State Finals qualifier information will be posted on MHSAA.com Restricted Areas:
- Restricted Areas:**
- Field event coaches will be allowed to coach from designated boxes in each event area.
 - Coaches ONLY (no spectators) are allowed on the infield area.
 - ONLY athletes that are warming-up for the next event are allowed on the infield area. If it gets too congested, we will request that athletes leave the area.
 - No team camps in the bleachers.
 - Athletes competing in upcoming races will check in and get hip/chest numbers at the east end of the track (near the 100m start line) and be held there until the start of their event.
- Marking Material:**
- Chalk is the only acceptable marking material and will be provided.
 - Long jump and pole vault – chalk marks are to be on the outside of the runway lines.
- Spike Size:**
- ¼” pyramid spikes only.
- Trainer:**
- Will be available on site.
- Concessions:**
- Will be available behind the press box.
- Restrooms:**
- Rest rooms will be available by the concession stand.
- MHSAA Merchandise:**
- MHSAA merchandise will be available.
- Admission:**
- Admission is \$6.00, for all spectators, **cash only**. There will be no Go Fan Digital tickets for this event.
- Bus Parking:**
- Buses may drop off athletes in the parking lot at east end of the track (see map). North Branch High School, 6655 Jefferson St, North Branch, MI 48461
- Spectator Parking:**
- Note that North Branch School District classes are in session and will let out between 2:15pm and 2:25 pm so the parking will be limited until after 3:00pm (see map).

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- Pole Vault:**
- Women will pole vault first, followed by the Men
 - **Men** – The opening height will be 10' 9" and follow the MHSAA Regional Standard Raises for Pole Vault.
 - **Women** – The opening height will be 7' 3" and follow the MHSAA Regional Standard Raises for Pole Vault
- High Jump:**
- Five Alive method will be used for groupings.
 - Men will jump first, followed by Women.
 - **Men** – The opening height will be 5' 7" and follow the MHSAA Regional Standard Raises for High Jump.
 - **Women** – The opening height will be 4' 6" and follow the MHSAA Regional Standard Raises for High Jump.
- Long Jump:**
- Women long jump first, followed by Men.
 - Preliminaries will be an open pit for 1 hour and 30 minutes (11:00 AM to 12:30 PM)
 - Each athlete will get 3 attempts during the prelims.
 - The top 9, plus ties, will advance to the finals, which will be 3 more jumps in reverse order (planned start time is 1:00 PM)
- Shot Put & Discus:**
- Flights with 10 minutes between flights for warm-up.
 - Preliminaries will be 3 throws (1+1+1), and finals will be 3 throws (1+1+1). •
 - The top 9, plus ties, will advance to the finals, and compete in reverse order.
 - Women will throw discus first, followed by Men.
 - Men will throw shot put first, followed by Women.
- Implement Weigh-in:**
- Throwing implements will be weighed at the shed next to the shot put and discus area (the grey press box).
- Pole Vault Verification:**
- Pole vault cards must be verified by the coach and turned into the pole vault field event official prior to the start of the event.



Schedule

- 8:30 AM** **Gates Open**
- Packet pick-up will be behind the press box.
- 9:30 AM** **Implement Weigh-in for Shot Put and Discus**
- Located in the shed by the shot put and discus area (The Gray Press Box)
- 9:30 AM** **Coaches Meeting** (at the finish line on the track)
- 10:00 AM** **Field Events** – scratches due at 9:30 AM at the event site (you must officially scratch an athlete)
- Women's Pole Vault (Men to follow)
- 11:00 AM** **Other Field Events**
- Men's High Jump (Women's to follow)
 - Women's Long Jump (Men's to follow)
 - Women's Discus (Men's to follow)
 - Men's Shot Put (Women's to follow)
- 10:30 AM** **Scratches due** at the finish line for the 4x800m Relay, qualifying heats of 100m Dash, 110/100m Hurdles, and 200m Dash
- 11:30 AM** • **4x800m Relay Finals** – Men followed by Women (Waterfall start for all events 800 meters and up)
- **Qualifying Heats for Sprints**
 - o Men's 100m Dash followed by Women's 100m Dash
 - o Men's 110m Hurdles followed by Women's 100m Hurdles
 - o Men's 200m Dash followed by Women's 200m Dash
- Advancing athletes to the Finals (8 lanes)
- o 1 Heat – heat winner + 7 fastest times to fill lanes
 - o 2 Heats – heat winner + 6 fastest times to fill lanes
 - o 3 Heats – heat winner + 5 fastest times to fill lanes
 - o 4 Heats – heat winner + 4 fastest times to fill lanes
- 1:00 PM** **Long Jump Finals** – Women and Men (start as close to 3:00 PM as possible, after qualifying sprint heats end)

