



GRAND HAVEN HIGH SCHOOL ATHLETICS

17001 FERRIS ST. GRAND HAVEN, MI 49417

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2024 MHSAA Region 02-1 Track Meet @Grand Haven High School Friday May 17, 2024

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

All times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by +.24.

Athletes without or with incorrect times submitted, will be placed in the last heat or 1st section without seeding consideration.

1:00 PM Gates Open

1:30 PM Coaches Meeting - Make scratches at the Coaches meeting (100, Hurdles, 200, & 4x800 Relay)

2:00 PM All Field Events begin – *Scratches at the event site.*

Boys and Girls Pole Vault (*simultaneously dual pits opening heights girls 8'3" - boys 11'3"*)

Girls Shot Put, Boys Discus – followed by finals in each (*Switch upon completion, top 9 advance to Finals*)

Boys & Girls High Jump (*simultaneously dual pits opening heights girls 4'8" - boys 5'8"*)

Boys & Girls Long Jump (*Open Pit simultaneously dual pits – top 9 advance to Finals. Finals is an open pit to accommodate athletes in multiple events*) Prelims for LJ 2:00 - 3:00 PM. Finals 3:45 PM

Jumpers must check out and in with the judges. We will try to accommodate jumpers in multiple events within reason.

2:30 PM 3200m relay Finals Boys run first in 2024 (1 heat per gender regardless of numbers)

800m run, 1600 run, 3200M relay and 3200M run Regional and Final meets will use waterfall/double waterfall start.

3:00-3:30 PM Qualifying Heats Sprints Will start immediately after the end of the 3200 relay.

Regionals must use FAT to eliminate one round of competition in the 110m/100m hurdles, 100m dash and the 200m dash. The first round for these events will be conducted following the 3200m relay (1st running event).

Boys/Girls 100m Dash

Boys 100m High Hurdles

Girls 110m High Hurdles

Boys 200m Dash

Girls 200m Dash

Advancing athletes to the Finals

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

Two Heats – 2 heat winners, 6 fastest times to fill available lanes.

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

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

3:45 PM Long Jump Finals Open Pit – *Best jumper in finals has the final jump*

4:00 PM Scratch Deadline for Final Running Events

***4:25 PM National Anthem**

***4:30 PM Running Event Finals Begin** (*or one hour after the final event of the Qualifying round.*)

Boys 100M High Hurdles

Girls 100M Hurdles

100M Dash

4 x 200M Relay

1600M run – *Two heats only if the entries exceed 24. If 2 heats, 2nd heat will have 16 fastest entries.*

4 x 100M Relay

400M Dash

300M Hurdles

800M Run *Two heats only if entries exceed 20. If 2 heats, the 2nd heat will have 16 fastest entries.*

200M Dash

3200M Run *One heat per gender regardless of numbers*

4 x 400M Relay

7:30 PM*

Trophy Presentation

***All times are approximate**



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All times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by +.24.

Athletes without or with incorrect times submitted, will be placed in the last heat or 1st section without seeding consideration.

Teams may enter three participants in each individual event online, however only two athletes may compete unless all three entrants meet the Additional Qualifiers (AQ) performance posted on MHSAA.com. Coaches must scratch down to two entries on the scratch sheets if all three do not meet the AQ. Entrants may be DQ'd if this rule is violated.

Participating Schools at Region 2 Grand Haven - Cedar Springs, GR Kenowa Hills, GR Northview, GR Union, Grand Haven, Grandville, Holland West Ottawa, Hudsonville, Jenison, Muskegon, Muskegon Mona Shores, Muskegon Reeths-Puffer, Rockford, Zeeland East, Zeeland West.

- There are to be no late entries after the above deadline dates.
- The late fee may not be used to change any time, height, or distance.
- **Each team may enter three and scratch to two unless there are additional qualifiers.**
- The only changes permitted after 11:59 p.m. May 14, are scratches, clerical errors or relay substitutions

Scratches & Relay Substitutions – please read carefully

This applies to the scratch deadlines on the day of the meet

- **By the designated scratch deadline, you must have scratched down to two athletes per event UNLESS all have met the AQ standard.** All athletes who have met the AQ standard may compete, you need not scratch them. But **all athletes must have met the AQ standard if more than two are participating.**
- Once the scratch deadline has passed, all non-scratched events are counted in the athlete participation limit whether or not the athlete participates. In other words, the event counts for that athlete even if you later scratch that athlete from an event, post scratch deadline.
- Relay substitutions can occur at any time BEFORE the event is run by using any athlete on your eligibility list with a remaining event. If an athlete is already in four events after the scratch deadline, they could not later scratch an individual event to be entered on a relay. But if they still have a remaining event, they may be substituted. Failure to actually notify the meet manager or timer of the substitution before the event is run is basis to disqualify the relay. So be sure to make the substitution.

***As a reminder the Wheelchair category is new this year to MHSAA Regional and Final competition. Wheelchair heats of the Wheelchair 100m, 200m and 400m can be set up within this meet with prior notification from schools.**

FACILITIES INFORMATION;

Dogs and other animals are PROHIBITED in the GHHS stadium and fields unless they are certified service animals.

- Please enter through the south main gates near the school and concessions
- Admission: All Spectators - \$7.00 on sale at the gate and, sold via www.GoFan.com. A mobile device may be used.
- **MHSAA MERCHANDISE** – officially licensed MHSAA merchandise will be sold at the front gate.
- Team tents can be set up on the soccer field west of the track. **For tents on the soccer field, no stakes.**
- Athletes should warm up on the soccer field or in designated spots on the infield.
- Radios or stereos are not allowed. No balls or Frisbees or non-track related equipment are allowed.
- Shot, discus, PV, LJ areas on the far north field outside the stadium. HJ is in the end zone on the football field.
- In case of in-climate weather, space is provided for teams under the bleachers.
- Bathrooms are located on the south end of the stadium near concessions.
- Marker stakes are provided at the LJ and PV.
- **Event check-in clerk** will be at a table in the north end zone in front of the team rooms. **Athletes must check-in.**
- Water is provided on the field. Please advise athletes water is only for filling bottles, do not drink from supplies.
- A trainer will be on duty in the north end of the stadium by the team rooms.
- Concessions will be open in the stadium on the south end near the main gates.

IMPORTANT RULES-POLICIES-PROCEDURES

- **Event check-in clerk** will be at a table in the north end zone in front of the team rooms. **Athletes must check-in.**
- Uniform Rules will be enforced under the new guidelines. This is your warning.
- Spikes are to be ¼” or less.
- The **Games Committee** includes Coaches who attend the Coaches meeting.
- An **Appeals Committee** shall be made up of the meet managers, one Head Girls coach, one Head Boys coach and an MHSSA official on duty. Appeals must be written on formal appeals form and made within 30 minutes after the alleged infraction. Coaches are required to cite the rules violation number for the NFHS handbook when appealing.
- **SCORING** for all events will be **10-8-6-5-4-3-2-1**. **Medals** will be given in each event for places **1 through 8**.
- **Scratches** need to be made with the timer for running events and at the site of the event for field events.
- All shot and discs will need to be inspected and weighed on the north side of the stadium near the training rooms.
- **Sprint Qualifying heats** – *Advancing athletes.*
 1. *Heat winners from each heat and then the fastest times to fill all remaining available lanes.*
 2. *Heats – 2 heat winners, 6 fastest times to fill available lanes*
 3. *Heats – 3 heat winners, 5 fastest times to fill lanes*
 4. *Heats – 4 heat winners, 4 fastest times to fill lanes*
- **Distance events heats** - The 1600-meter run, 3200-meter relay and 3200-meter run at all Lower Peninsula Regional and Final meets will use waterfall (step-up) and a one-turn stagger. The upper waterfall cut-in will be at the start of the back straightaway. The lower waterfall cut-in immediately.

FIELD EVENTS 2024 - Boys discus, Girls shot first. (Followed by Girls discus, PV, LJ) High jump, Long jump, pole vault use simultaneous pits one for boys and one for girls.

- In the **Long Jump**, three preliminary jumps for all entrants and three more jumps for the finalists. The preliminary and final jumps will be done “open pit” to accommodate multi-event athletes. The top 9 from the Prelims will advance to finals. Jumping in the finals will 1-1-1. We will be flexible about conducting finals in reverse order.
- In the **Shot Put and Discus Throw** - All legal throws in the shot put and discus must be measured after each throw. The concept of two puts/throws and then one put/throw will be used for the 3 preliminary throws. The prelims will be conducted 1-1-1. The top 9 will advance to finals competing in “worst to best” order based on their prelim attempts. The finals will be conducted using 1-1-1 format.
- In the **High Jump**, the 5 alive concept will be used until 9 or fewer competitors are at a given height. **Girls start at 4’ 8”**. **Boys start at 5’ 8”**. **The bar is raised in 2-inch intervals for boys and girls**. When seven or fewer competitors remain, then the bar is raised in 1-inch intervals.
- In the Pole Vault, the 5 alive concept will be used until 9 or fewer competitors are at a given height. **Girls start at 8’ 3”**. **Boys start at 11’ 3”**. The bar is raised in 6-inch intervals. When seven or fewer competitors remain, then the bar is raised in 3-inch intervals.

MISCELLANEOUS INFORMATION

- **A three-call system** will be used. Athletes must check-in promptly at first call. Field Event athletes check-in at the site of the field event. The check-in for the running events is at the tent in the north end zone
- Coaches are allowed on the infield during all running events. Non-participants are NOT allowed on the infield.
- Meet results will be available LIVE online at **FATRESULTS.COM** and on athletic.net after the meet.
- **Relay Zone Colors** - 4X100 Yellow, 4X200 black, black, yellow, 4X800 and 4X400 Blue
- **Meet Manager:** John Tarr, Grand Haven,
Start Line and Heat management -
Meet Starter: Steve Start, Curt McDowell Referee/**Officials:** Jill Baker-Cooley
Appeals Committee: John Tarr Grand Haven,
Timer: Michianna Timing, Jacob Kuyvenhoven



TRACK AND FIELD APPEAL FORM

THE APPEAL PROCESS

1. Appeal is to reverse a ruling or correct an error.
2. Protest is to express dissatisfaction with a decision or procedure.
3. The rules address the appeal process, not "the protest."

WHAT IS SUBJECT TO APPEAL?

1. Misapplication of a rule.
2. Clerical errors in placing (30 min. Limit).
3. Team scoring errors (48 hour limit).
4. Misapplication or failure to follow a procedure in the terms and conditions of competition announced in advance.

WHAT IS NOT SUBJECT TO APPEAL?

1. Judgment.
2. Decision by finish judges/timers that does not involve misapplication of a rule.

WHAT IS THE APPEAL PROCESS?

1. Head coach shall verbally inform meet monitor.
2. Head coach shall file in writing on the appeal form.
3. Include competitor name, school, number, and specific event.
4. The specific rule.
5. A brief description.
6. Give form to meet monitor.

IS JURY OF APPEALS REQUESTED TO

REVIEW THIS ISSUE? NO

YES

The Jury of Appeals shall have the final
Coach _____ authority.

PLEASE PRINT

EVENT _____ LANE _____

INDIVIDUAL _____ # _____

RULE REFERENCE _____

DESCRIPTION OF THE APPEAL:

Signature of Head

**INSTRUCTIONS FOR TRACK & FIELD APPEAL
FORM TRACK AND FIELD MANAGERS
REGIONAL/FINAL MEETS**

**The reverse side of this form is a master
APPEAL FORM which you will use to duplicate for use at your meet.**

Each coach is to receive one APPEAL FORM.

Duplicate on any color paper you desire.

**You may wish to have others available in the Press Box and from the
Meet Monitor.**