

2024 MHSAA REGIONAL 20-2 TRACK & FIELD MEET



SITE: Corunna High School Track @ Nick Annese Field – 485 E. McArthur St., Corunna 48817

DATE: Friday, May 17th, 2024 **TIME:** Field Events – 3:00pm & Prelim-Running Events – 4:00pm

SCHOOLS: Birch Run, Bridgeport, Clio, Corunna, Flint Kearsley, Flint Powers Catholic, Flint Southwestern Academy, Fowlerville, Frankenmuth, Hamady, Haslett, Lake Fenton, Linden, Owosso, St. Johns, Williamston

ENTRIES: All entries need to be made on Athletic.net before 11:59pm on Tuesday May 14th, 2024. Master Eligibility Lists emailed to cdeines@corunna.k12.mi.us before 11:59pm on Tuesday May 14th, 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 14th
- 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: Brad Peet (Starter), Kurt Balien (Starter), TBD- (Field Event Officials), Camron Nellis (Clerk), Jason Beldyga (Clerk),

Timing /Meet Manager: – *Aldrich Timing* – Gordie Aldrich

Athlete Check-In / Hip Numbers:

- Hip/chest numbers will be distributed for non-lane races only: 4x400m, 4x800m, 800m, 1600m, and 3200m from the clerk when checking in for the race.
- Athletes will check-in with the clerk located near the start of their race (i.e., 100m by the 100m start line, 200m by the 200m start line, relays by the start/finish line chute, etc).
- 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 turf infield.
- All other warm-ups must be done outside of the turf/track infield.

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

Awards / Results:

- Team award packets may be picked up at the Awards tent (located mid-field) 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 on athletic.net. Results will not be printed.
- MHSAA State Finals qualifier information will be posted on MHSAA.com

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, and No Food allowed on the infield /Turf Football field.

Marking Material:

- Chalk is the only acceptable marking material for runways and track. NO Tape.
- Long jump and pole vault – chalk marks are to be on the outside of the runway lines.

Spike Size:

- 1/4" pyramid spikes only.

Athletic Trainer:

- Will be available on the infield near their gator, in the South endzone.

Concessions:

- Will be provided by the Corunna Athletic Club and located between the ticket booth and restroom building. Please NO FOOD allowed on the infield/ Turf Football field.

Rest Rooms:

- Rest rooms will be available by the concession stand.
- Additional Port-A-Potties will be available near the Shot-Put area and by HOME bleachers and team tent area.

MHSAA Merchandise:

- MHSAA merchandise will be available located near the ticket booth area.

Admission:

- Admission is \$7.00 for all spectators.
- GoFan will be used for Digital Ticketing at ALL sites - \$7.00 admission per ticket at:
<https://gofan.co/app/school/MI4182>

Bus Parking:

- **TEAM DROP OFF**- All team buses should drop teams off on the EAST side of the Stadium (on Kingsley St.) behind the visiting bleachers. There will be a large gate open for you to come through and setup your team tents/camp. PLEASE do not drop your team off on the West side of the facility at the Ticket gate.
- **BUSES** – After team drop off, buses may stay parked along Kingsley St (but do not block the gate), or proceed to Corunna High School parking lot (see attached map).

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Coaches Hospitality Area:

- There will be pizza or subs, and water provided for the coaches between 6:00-7:00pm located in the press box!

Pole Vault:

- Five Alive method will be used for groupings.
- Men and women will vault at the same time, on separate pits. Men will jump on the East pit (closest to Discus), and women will jump on the West pit (closest to the equipment barn).
- 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 and women will jump at the same time, on separate pits. Men will jump on the North pit (furthest from the finish line), and women will jump on the South pit (closest to the finish line).
- 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:

- Men and women will jump at the same time on separate runways. Men will jump on the West pit (closest to the track), and women will jump on the East pit (furthest from the track).
- Preliminaries will be an open pit for 1 hour and 30 minutes (3:00pm – 4:30pm)
- 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 for the finals is 5:00pm)

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 pole vault and discus area (North end of the stadium).

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:

1:30 PM Gates Open

- Packet pick-up will be behind the press box.

1:30 PM – 2:30PM Implement Weigh-in

- Located in the shed by the shot put and discus area (southeast corner of the stadium)

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- 2:30 PM** Coaches Meeting (at the finish line on the track)
- 3:00 PM** Field Events – scratches due at 2:30 PM at the event site (you must officially scratch an athlete)
- Men's and Women's High Jump (two separate pits)
 - Men's and Women's Long Jump (two separate pits – open pit from 3:00pm – 4:30pm)
 - Men's and Women's Pole Vault (two separate pits)
 - Women's Discus followed by Men
 - Men's Shot Put followed by Women
- 3:00 PM** Scratches due at the finish line for the 4x800m Relay, qualifying heats of 100m Dash, 110/100m Hurdles, and 200m Dash
- 3:55 PM** National Anthem (first round)
- 4:00 PM – 4:45 PM**
- 4x800m Relay Finals – men followed by women – one section for each gender (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
 - o 5 Heats – heat winner + 3 fastest times to fill lanes
- 5:00 PM*** Long Jump Finals – Women and Men (start as close to 5:00 PM as possible, after qualifying sprint heats end)
- 5:30 PM** Scratches Due for all running finals. Please turn these into the finish line.
- 5:55 PM** National Anthem (finals session)
- 6:00 PM*** Running Event Finals (or one hour after the final event of the qualifying heats end)
- Men run first**
- Men's 110m Hurdles / Women's 100m Hurdles
 - 100m Dash
 - 4x200m Relay
 - 1600m Run – 2 heats if entries exceed 24. If 2 heats, then the 2nd heat will have the 16 fastest entries
 - 4x100m Relay
 - 400m Dash
 - 300m Hurdles
 - 800m Run – 2 heats if entries exceed 20. If 2 heats, then the 2nd heat will have the 16 fastest entries
 - 200m Dash
 - 3200m Run – 1 heat per gender, regardless of number of entries
 - 4x400m Relay
- 9:30 PM*** Trophy Presentation

***approximate times**

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Information for Fans & Spectators:

- Our stadium is across the street from our high school. Access to the parking lots can be found off of McArthur St.
 - o **For GPS purposes – 485 E. McArthur St. Corunna, MI 48817**
- **Tickets are \$7.00 and must be purchased on GoFan.** <https://gofan.co/app/school/MI4182>
- **Once in the stadium, spectators may not leave without re-paying to enter.**
- Handicap parking is available near the stadium gates.
- Our campus is a **smoke & vape free / tobacco free facility.** This INCLUDES the parking lot!

****Lastly, PLEASE remind your families that Fido should stay at home. Registered and properly marked service dogs are the only ones allowed on the campus of Corunna Public Schools! Our AD will be euthanizing all others on site. Just Kidding! - but seriously- **No dogs/pets allowed.****

