

MHSAA DIVISION 3 REGIONAL TRACK AND FIELD MEET
Thursday, MAY 16, 2024
CHARLEVOIX HIGH SCHOOL

Meet Manager: Travis Garrett 231-547-8203 tgarrett@rayder.net

ENTRY DEADLINE

Entries must be received on line (athletic.net) on or before 11:59 p.m. on **Tuesday, May 14, 2024**. All times, distances and heights shall have been achieved prior to 4:00 p.m. on the Opt-Out-Date. **All times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by +.24.**

LATE ENTRY

Late entries for the Regional Meet will be accepted until 4:00 p.m. on **Wednesday, May 15, 2024**, if accompanied by a **\$50.00 check made payable to Charlevoix High School**. Only efforts earned before 4:00 p.m. on Monday, May 13, 2024 shall be the accepted as a late entry. The late fee may not be used to change an entry time, height or distance.

ELIGIBILITY LIST

A copy of your 2023-24 eligibility list must be emailed, faxed or mailed to Charlevoix High School by **Monday, May 13, 2024**. The mailing address is 5200 Marion Center Road Charlevoix, Michigan 49720. The fax number is (231) 547-3245, the email is tgarrett@rayder.net.

ENTRY LIMITATIONS

One (1) relay team per school team. A maximum of three (3) individuals may be listed by a team in each individual event, no alternates, and no substitutions. **Only two (2) may compete**; however, if three (3) or more entries by a school team in an event have equaled or bettered the times or distances listed for Division 3 Additional Qualifying Times/Distances during the current outdoor season, then all of those entries may enter and compete in that event.

ADDITIONAL QUALIFIERS

If three (3) or more entries by a school team in an event have equaled or bettered the times or distances listed for Division 3 Additional Qualifying Times/Distances during the current outdoor season, then all these entries may enter and compete in that event.

CONCUSSION PROTOCOLS

Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional. All National Federation and MHSAA protocol will be strictly adhered to.

DRUG, TOBACCO AND ALCOHOL POLICY

The use of, or being under the influence of, alcohol or tobacco products or any kind of "look alike products" (e cigarettes, etc.) is strictly prohibited at Charlevoix Public Schools and by the MHSAA. This also includes narcotics and/or their similar substances.

YOUTH PROTECTION POLICY

Per MHSAA policy, all tournament managers, volunteers, staff assisting in the event and officials or any other personnel must follow school district policy and state statute regarding the mandatory reporting of child abuse, bullying, hazing and sexual harassment. A report of such activity shall be made to legal authorities and to the MHSAA Executive Director or his designee.

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UNMANNED AERIAL VEHICLE (DRONE) POLICY

The use of unmanned aerial vehicles (“UAV”), also known as drones, is prohibited for any purpose by any persons at MHSAA tournament venues. Tournament management shall refuse admission or entry to anyone attempting to use a UAV; and if necessary, tournament management shall remove anyone attempting to use a UAV and/or confiscate the UAV until the event has been completed.

CALL SYSTEM

To keep the meet running smoothly and efficiently the announcer will use the following system: First call, second call, and last call. Athletes that have not reported to the clerk of the course (located at the bull pen-100m Dash start) or field event supervisor by the third and final call will be scratched from that event and it will count toward their four events.

RUNNING TRACK

The track is an eight- (8) lane, 400 meter, polyurethane surface. Only chalk may be used on the surface of the track for marking starts/handoffs. **All spikes must be 3/16” pyramid or less. Spikes will be checked and marked.** A limited amount of 3/16” pyramid spikes will be for sale in the press box.

FIELD EVENTS

The high jump pit is located at the south end of the infield. Pole Vault is located on the north end of the infield. Long Jump is located just south of the visitor bleachers outside of the infield. Shot and Disc are located outside the track perimeter on the south east corner beyond the scoreboard. Shot put and discus pads are concrete - spikes are prohibited. Only chalk may be used to mark starts/takeoffs for the high jump and pole vault areas.

DRESSING FACILITIES

Locker room facilities are available on site however dressing at home is encouraged. Restroom facilities are also available on site.

TIME LIMIT OF ATHLETES’ ABSENCE FROM COMPETITION

The “excused” length of time for competitors leaving a field event to go to a running event will be divided into three categories:

- | | | |
|----|---------------------------------|------------|
| 1. | Going to races of 400m or less | 10 minutes |
| 2. | Going to races of 800m or 1600m | 15 minutes |
| 3. | Going to races of 3200m | 20 minutes |

In all cases, the times begin when the athlete asks to be dismissed until his/her return. These times will be recorded by the field event judge.

When it becomes evident to a competitor that he/she will not be able to comply with the time limitation during staging, a substitute from the team can sit in and provide information necessary to the actual competition.

CONCESSIONS

A full concession stand will be available all day.

MHSAA REGIONAL SALES ITEMS

A limited amount of MHSAA regional track and field sales items will be sold.

ADMISSION

Admission is \$7.00 per person. Passes will not be honored. Tickets are available on www.gofan.co cash will not be accepted at the gate. Only GoFan. We will have a card reader available at the gate as well.

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EVENT SCRATCHES

Scratches will be accepted for the morning session until 11:30 a.m. Scratches must be turned in and/or completed at the coaches meeting. Afternoon scratches are due in the field house (north end zone to the right of the concession stand) not later than 1 hour prior to the finals.

COACH'S MEETING

One coach per team must attend the coach's meeting held at 11:30 a.m. in the field house (north end zone to the right of the concession stand).

STARTING TIMES

First session field events:	12:00 p.m. (Second session of field events will follow by announcement.)
3200 Meter Relay	1:00 p.m.
Preliminaries	1:45 p.m. (Approximately)
Finals:	4:00 p.m. (Approximately)

Final start time is approximate; it is required to have one hour between the preliminaries and the finals. ***We will run ahead of schedule whenever possible but will NOT start the finals before 4:00 p.m.***

SCORING

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

RUNNING EVENT WARM-UP

The track will be available for warm up until 12:45 p.m. and again during the one-hour break between prelims and finals.

FIELD EVENT WARM-UP

The field event areas will be available for warm-up between 11:00 and 11:45 a.m. for the morning session. Announcements will be made as each field event is completed so contestants will know the event is open for warm up. One (1) warm up trial will be available between flights.

EVENT RESULTS

Live results will be available via athletic.net at the conclusion of each event.

AWARDS

1. A medal for each athlete that scores from first (1st) place through eighth (8th) place in each individual event.
1. A medal for each of the four (4) athletes that score from first (1st) place through eighth (8th) place in each of the four (4) running relays.
1. Championship trophy for Division 3 Women.
1. Championship trophy for Division 3 Men.

There will be no individual awards presentation. Medals will be given to coaches at the conclusion of the meet. Trophy presentation to regional team winners will take place at the conclusion of the 1600m Relay

RULES

Track and Field National Federation Rules will govern the meet and MHSAA limitations of competition will be in effect.

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IMPLEMENT CHECK

Your shot put and discus will be weighed, measured, and marked between 11:00 - 12:00 a.m., in the field house (North End zone to the right of the concession stand). Implements that do not meet the standards will be confiscated and held in the press box until the conclusion of the meet.

MEN'S SHOT PUT

12:00 p.m. Contestants will be arranged in flights. Three (3) puts in the preliminaries plus three (3) additional puts for the top nine (9) contestants. Convenience puts will be provided for dual competitors. Finals will begin as soon as the top nine (9) contestants are determined. Final contest order will be based on the preliminary results. Final contestants will be flighted from least furthest put to best put; therefore, the best contestant will throw last.

WOMEN'S SHOT PUT

Will begin following a short break after the final men's shot put contestant. Announcements will be made. Other rules are the same as men's shot put described above.

WOMEN'S DISCUS

12:00 a.m. Contestants will be arranged in flights. Three (3) throws in the preliminaries plus three (3) additional throws for the top nine (9) contestants. Convenience throws will be provided for dual competitors. Finals will begin as soon as the top nine (9) contestants are determined. Final contestants will be flighted from least furthest throw to best throw; therefore, the best contestant will throw last.

MEN'S DISCUS

Will begin following a short break after the final women's contestant. Announcements will be made. Other rules are the same as the women's discus description above.

WOMEN'S LONG JUMP

12:00 a.m. Open order. Each contestant will be given three (3) jumps; the top nine (9) jumpers will be allowed three (3) more additional jumps if they choose.

MEN'S LONG JUMP

Will begin following a short break after the final women's contestant. Announcements will be made. Other rules are the same as the women's long jump description above.

MEN'S HIGH JUMP

12:00 p.m. Contestants will be arranged in flights. The starting height is 5'4". The first raise will be three (3) inches. Raises will then follow in two (2) inch increments. Once there are less than or equal to eight (8) contestants remaining the raise will be 1".

WOMEN'S HIGH JUMP

Will begin following a short break after the final men's contestant. Contestants will be arranged in flights. The starting height is 4'4". The first raise will be three (3) inches. Following raises will be in two (2) inch increments. Once there are eight (8) contestants remaining the raise will be one (1") increments.

WOMEN'S POLE VAULT

12:00 p.m. Starting height is 6'6". The first raise will be 6". Raises will be in six (6") inch increments until nine (9) competitors remain. Once there are nine (9) contestants remaining the raises will be three (3") inches.

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MEN'S POLE VAULT

Will begin after a short break following the final women's competitor. Starting height is 10'. The first raise will be 6", the second will be 6", the third and fourth raises will be 6". Consecutive raises will then be 3". Once there are nine (9) contestants remaining the raises will be 3".

TIME ALLOTMENT TO INITIATE TRIALS IN THE HIGH JUMP AND POLE VAULT

Contestants will have one (1) minute to initiate his/her trial in the high jump and pole vault. Once there are three or few contestants remaining athletes will have three (3) minutes to initiate the trial. When there is a single competitor remaining that athlete will have five (5) minutes to initiate his/her trial.

STARTING BLOCKS

Charlevoix will provide all standard starting blocks. If you use stand up blocks, you may use them upon approval of meet manager.

4 X 800 METER RELAY

1:00 p.m. The 4 X 800 Meter Relay finals will be the first running event of the day. The first runner will begin with a two (2) turn alley/stagger start.

PRELIMINARY HEATS

1:45 p.m. Preliminary heats will be run in the following events if necessary following scratches:

- 100 Meter Dash
- 110 Meter 33" Hurdles (Men's)
- 100 Meter High Hurdles (Women's)
- 200 Meter Dash

Advancing Athletes from Preliminary

- 1) Winners from each heat and 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 available lanes
- 4) Heats- 4 heat winners, 4 fastest times to fill available lanes

RUNNING EVENTS SCORING

Final placement will be based on time when not in the same heat. Fastest eight (8) times score and all afternoon races are final.

HEAT ASSIGNMENTS

Heat assignments will be made following scratches.

TIES

In the event of a tie, team points will be divided and additional medals will be awarded.

JURY OF APPEALS

Any appeal requests must be made to the meet monitor located in the press box. **Judgment decisions may not be appealed.** Members of the Jury of Appeals are (TBD at coaches meeting)

- Travis Garrett – Meet Manager
- Women's Coach :
- Men's Coach :

Two meet officials

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AREAS WITH LIMITED ACCESS

Infield will be open to coaches and athletes warming up/cooling down for races.

Tents need to be along the exterior fence line to allow room for spectators

ELECTRONIC REVIEW AREAS

Areas will be designed and marked for coaches to use electronic devices to review performances. Those areas will be visible and gone over with coaches at the coaches meeting. Those will be the only areas athletes are allowed to review performances electronically. Meet officials will monitor those areas.

SAFETY THREAT POLICY

In the event of a safety threat Charlevoix Public Schools will utilize their safety protocol procedure. This policy will ensure the safety of all participants and spectators. Instructions will be given by announcements should any emergency situations arise.

PERSONAL BELONGINGS

Please do not allow your athletes belongings/bags/backpacks to be lying around "haphazardly". Please keep your athletes belongings in the same general area as your team. Unattended belongings will be subject to inspection and/or confiscation. Please return your equipment bags (shot, discus, etc.) to the bus when you have finished with it for the day. The Michigan High School Athletic Association and Charlevoix Public Schools and its staff are not responsible for personal belongings and school equipment.

ADDITIONAL REGIONAL QUALIFYING STANDARDS

In order to enter more than two (2) athletes in an individual event at the Division 3 Regional, all of the entries must have equaled or bettered the following standards during the current outdoor season prior to Monday, May 14, 2018, at 4:00 p.m.

TO REGIONALS

EVENT:	WOMEN'S:	MEN'S:
POLE VAULT	7'0"	10'6"
SHOT PUT	29'8"	41'0"
HIGH JUMP	4'6"	5'6"
LONG JUMP	14'3"	18'9"
DISCUS	86'	117'
110M HURDLES		:18.00
100M HURDLES	:18.90	
100M DASH	:13.80	:11.90
1600M RUN	6:03.00	5:00.00

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400M DASH	1:07.00	:54.70
EVENT:	WOMEN'S:	MEN'S:
300M I.H.		:45.20
300M L.H.	:55.00	
800M RUN	2:42.00	2:12.00
200M DASH	:28.90	:24.30
3200M RUN	13:10.00	11:05.00

ADDITIONAL REGIONAL QUALIFYING STANDARDS

In order to qualify to the Division 3 State Final Track and Field Meet an athlete must finish first or second in their event or equal or better the following standards:

REGIONALS TO FINALS

EVENT:	WOMEN'S:	MEN'S:
POLE VAULT	8'9"	12'
SHOT PUT	33'6"	45'8"
HIGH JUMP	4'11"	6'
LONG JUMP	15'6"	20'4"
DISCUS	102'6"	132'
3200M RELAY	10:26.00	8:34.00
110M HURDLES		:16.30
100M HURDLES	:17.20	
100M DASH	:13.20	:11.40
800M RELAY	1:51.50	1:34.50
1600M RUN	5:28.00	4:37.50
400M RELAY	:53.10	:45.30
400M DASH	1:02.60	:52.50
300M I.H.		:42.70
300M L.H.	:50.20	
800M RUN	2:27.80	2:03.5
200M DASH	:27.40	:23.30
3200M RUN	12:02.00	10:10.00
1600M RELAY	4:21.00	3:36.00

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TENTATIVE TIME SCHEDULE

(WE WILL RUN AHEAD OF SCHEDULE WHENEVER POSSIBLE.)

11:00 a.m.	Implements weighed, measured and marked.
11:00 - 11:45 a.m.	Field Event Warm-Up
11:30 a.m.	Scratch sheets for morning events are due at the coaches meeting. Coach's Meeting
11:58 a.m.	National Anthem
12:00 p.m.	<u>Field Events Begin:</u> (The opposite gender will follow in each event after the final contestant in each respective field event. Announcements will be made as each event is completed as to when the each respective area will be open for warm up and the start time for the next gender.) Men's High Jump Men's Shot Put Women's Pole Vault Women's Discus Women's Long Jump
1:00 p.m.	3200M Relay (4 x 800)
1:45 p.m.	<u>Preliminaries in the following Order:</u> (If needed after scratches.) 100M Dash 110M Hurdles 100M Hurdles 200M Dash
2:30 p.m.	Afternoon scratch sheets are due in the press box
3:45 p.m.	National Anthem
4:00 p.m.	<u>FINAL EVENTS BEGIN</u> (Men run first) 110M Hurdles (Men) 100M Hurdles (Women) 100M Dash 800M Relay (4 x 200) 1600M Run 400M Relay (4 x 100) 400M Dash 300M Hurdles 800M Run 200M Dash 3200M Run 1600M Relay (4 x 400)