



# Chippewa Hills Athletic Department

3226 Arthur Road; Remus, MI 49340

989-967-2125

## Chippewa Hills Athletic Department Planner

We would like to welcome you to Chippewa Hills for the **Division 3 Region 22 MHSAA Track and Field Regionals**. **Entries are due on athletic.net by Tuesday, May 14th @ 11:59 PM.** \$50 Late fee for any entries after the deadline.

Reminder: Please forward your copy of your school's Master Eligibility List as soon as possible. If you need anything while visiting Chippewa Hills, please contact:

Joe Szombati, Athletic Director, 517-331-7549, jszombati@chsd.us

Zach Hatfield, Girls Coach, 989-330-1583, zhatfield@chsd.us

Casey Russell, Boys Coach, 989-560,0155, crussell@chsd.us

### Participating Teams:

Benzie Central	Chippewa Hills	Ewart	Grand Traverse Academy
Hart	Hesperia	Kingsely	Lake City
Leroy Pine River	Manistee	Manton	Mason County Central
McBain	Reed City	Shelby	Traverse City St. Francis

### Event Information:

**Date:** Saturday, May 18, 2024

**Event:** MHSAA Track and Field Regional #22

**Time:** Team Arrival - 8:00 AM

Field Events start at 10:30 AM

**Location:** Chippewa Hills Warrior Stadium 3226 Arthur Road; Remus, MI 49340

**Spectator Entry:** Spectator Gates open at 9:00 AM. \$7 MHSAA Admission on GoFan. Link will be sent out. **NO PASSES AND NO CASH SALES AT THE GATE.**

**Spectator Parking:** All parking will be available outside of the fences in the athletic stadium area. Spectators are expected to park in designated parking spots.

**Team Parking:** Team buses/vans should pull around the back of the building and park in the MS activity parking lot.

**Team Camps:** Team tents/gatherings may not be set up on the infield of the track. They may be set up outside the perimeter of the track. Please DO NOT hang hammocks or

any other items on any of the fences. Teams are responsible for removing all trash from their areas before leaving the facility. Thank you for your cooperation.

**Entries:** Coaches are allowed to enter a maximum of 3 athletes per individual event. Only 2 athletes will be allowed to compete on meet day unless all three entries have met the additional qualifying Regional standard. If a team has 4 or more athletes that have all met the Regional standard, all may be entered and compete on meet day.

**FAT Conversion:** All times must be entered as FAT times to the hundredth (.00) or hand held equivalent adjusted by rounding to the nearest tenth and adding .24 (done by athletic.net) Example Hand Time = 11.51 Converted FAT Time = 11.84 (11.51 round to tenth is 11.6 add .24 is 11.84)

**Timing:** Aldrich Timing will be our timing company for this event.

**Warm-ups:** The track/infield will be available for warm-up activity until 10:00 AM at which time all participants must clear the area for competition. **The track will be available during the break before FINALS. NO WARM-UPS WILL TAKE PLACE IN THE FIELD EVENT AREAS UNTIL SUPERVISED!**

**Athlete Check In Procedure:** Heat and lane information will be available online at athletic.net and paper copies of heat information will be available. Athletes are expected to know this information. There are very few scratches at a Regional Final; however, it is possible that scratches could result in changing of heats after the start of the meet, so athletes should be in the clerking area in a timely manner. Athletes for ALL running events should be in the clerking area by 2nd call. If there are scratches beyond the scratch period, please communicate these to the meet clerk so plans can be made if necessary. Our meet clerk will be lining up athletes at their respective starting lines; i.e. 200 & 300h will be lined up at their starting lines. Distance races will be walked down the track after being lined up in the clerking area.

**Scratches:** Field event and prelim scratches will be done at the coaches meeting. All remaining scratches will be due to the finish tent at 12:30 PM.

**Infield:** Coaches ARE allowed on the infield. Athletes who are competing and those that are warming up for an upcoming event are as well. Spectators and athletes who are not competing should be outside the track. Meet officials need a clear view of the races, and athletes who aren't supposed to be on the infield risk disqualifying the very athlete(s) they are trying to support.

**Starting Blocks:** Starting blocks are provided. No other blocks may be used.

**Spikes:** 1/4" and shorter pyramid spikes only allowed.

**Track and Runway Markings:** Chalk only. No tape allowed. Please be considerate of others and keep your mark small.

**Field Event Area:** Only athletes that are competing are allowed inside the flagged off areas at our field events. There will be a coaching box provided for coaches. Please use and respect this rule, as the officials will be watching. Athletes & spectators are not allowed to be in the coaching box.

**Pets:** Service animals with proper vestige and documentation are allowed.

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Joe Szombati - Athletic Director/Assistant Principal - [jszombati@chsd.us](mailto:jszombati@chsd.us)

Emilly Reyes - Athletic Secretary - [ereyes@chsd.us](mailto:ereyes@chsd.us)

**Concession Stand:** Concession stand will be open and available

**Locker Rooms:** Not Available. Chippewa Hills is not responsible for any lost or stolen articles.

**Trainer and Water Information:** Athletic Trainer will be available. We will provide water, ice and basic first aid supplies. Athletes are encouraged to bring their own water bottles.

**Results:** All results and medals will be available for coaches approximately 20 minutes after completion of the final event. The MHSAA will post results to its website by Tuesday following the meet, provided files are submitted electronically.

**Weather:** We will follow the MHSAA inclement weather policy :

- *When lightning is observed or thunder is heard, the contest must be suspended. The occurrence of lightning or thunder is not subject to interpretation or discussion — lightning is lightning; thunder is thunder.*
- *When lightning is observed or thunder is heard and the contest is suspended, contestants shall not return to the playing field until lightning has been absent from the local sky and thunder has not been heard for 30 minutes.*
- *Delays for contests scheduled for 3 p.m. or later must not exceed one and one-half hours.*

## **FIELD EVENT INFO**

**Equipment Inspections** : Shot put, discus & poles must be inspected before they can be used in competition. Inspection will take place underneath our pressbox from 8:30 to 9:20 am. Implements that fail inspection will be marked and impounded until the completion of the meet. Please remember to pick up impounded equipment after the meet's completion.

### **SHOT PUT & DISCUS :**

- 3 preliminary throws (2+1) w/ finals (1+1+1).
- Top 9 throwers will advance onto the finals. Finals will begin 10 minutes after the names of the finalists are called over the loudspeaker. Please instruct your throwers to stay in the area.
- All throws will be measured, and their best throw from prelims and finals will be counted.
- Throwers will be given one warm up throw in between flights.
- If a thrower needed to check out during the event, please inform our event official upon check-in. Athletes **MUST** also tell our event official when they check out.
- Throwers will have one minute to complete their throw after their name is called.
- Schools must provide their own shaggers to retrieve their implements. Shaggers will remain outside of the throwing area.
- All 6 throws from prelims and finals will be used to determine medals and final placing.
- Measurements for shot put will be recorded to the lesser ¼ inch & lesser inch in discus.

### **HIGH JUMP:**

- Jumpers will have one minute from the time their name is called.
- Tape is not allowed on the high jump surface. **CHALK ONLY**
- Starting heights and raises are established by the MHSAA - [Starting Heights](#)

### **LONG JUMP:**

- Athletes will be assigned a number upon check in to aid in clerking of the meet.
- An open pit format will be used with jumpers given 3 preliminary jumps
- The top nine jumpers will advance onto the final, where they will be given an additional 3 jumps.
- The finals will be contested 10 minutes after the names of the finalists are called over the loudspeaker. Please instruct your jumpers to stay in the area.
- All 6 jumps from prelims and finals will be used to determine medals and final placing.

- No run throughs will be given after the start of the event. One run through will be allowed before the start of finals if desired.
- Run backs are not allowed at any time on meet day. Jumpers should have measured marks.
- Tape is not allowed to be used on the runway. CHALK ONLY

**POLE VAULT:**

- Jumpers will have one minute from the time their name is called.
- No run throughs will be given after the start of the event.
- Run backs are not allowed at any time on meet day. Jumpers should have measured marks.
- Tape is not allowed to be used on the runway. CHALK ONLY
- Starting heights and raises are established by the MHSAA - [Starting Heights](#)

## **Schedule:**

**8:30 AM** - Implements weighted, measured and marked (Underneath the press box)

**8:30 AM** - Pole Vault - Girls Pole Vault Check-In & Warmups

**9:30 AM** - Pole Vault - Girls first, followed by Boys one hour after completion of Girls

**9:40 AM** - Coaches Meeting located at the HS Cafeteria (located on Hill behind the Press Box). Scratch Sheets are due

**10:30 AM** - Field Events Begin - EVEN YEARS

Girls discus, pole vault and long jump first (Followed by Boys discus, pole vault and long jump)

Boys shot put and high jump (Followed by Girls shot put and high jump).

**10:30 AM to 12:00 PM** - Girls Long Jump Open Pit

**12:00 PM** - Girls Long Jump Finals

**1:30PM to 3:00 PM** - Boys Long Jump Open Pit

**3:30 PM** - Boys Long Jump Finals

**11:30 AM** - 3200 M Relay (4 x 800)

Preliminaries in the following order:

100m Dash

110m Hurdles

100m Hurdles

200m Dash

**12:30 PM** - Afternoon Scratch Sheets are due

**\*\*\*FINALS RUNNING EVENTS WILL BEING ONE HOUR AFTER THE COMPLETION OF THE PRELIMINARIES\*\*\***

### **FINAL EVENTS (BOYS RUN FIRST)**

110m Hurdles (Boys)

100m Hurdles (Girls)

100m Dash

800m Relay (4x200)

1600m Run

400m Relay (4x100)

400m Dash

300m Hurdles

800m Run

200m Dash

3200m Run

1600m Relay (4x400)

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