

Bangor High School Athletics

801 Arlington St., Bangor, MI 40013

Fred Smith, Athletic Director – fsmith@bangorvikings.org (269)427-6800

Ben Munoz, Head Coach Girls – bmunoz@bangorvikings.org

Marc Hunter, Head Boys Coach – mhunter@bangorvikings.org

2024 MHSAA Region #24-3 Track Meet @ Bangor 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

SCHOOLS ASSIGNED: Bangor, Bloomingdale, Bridgman, Buchanan, Cassopolis, Coloma, Comstock, Delton-Kellogg, Hartford, Kalamazoo Christian, Lawton, Niles Brandywine, Parchment, Schoolcraft & Watervliet

- 1:00 PM** **Gates Open**
Implement check-in at the garage South of the concession stand
- 1:30 PM** **Coaches Meeting (at the Finish Line)** Preliminary scratches due
- 2:00 PM** **Pole Vault (Dave Waaso, Head Judge)**
Girls 1st Starting Ht. 6'6" (5 alive)
Boys 2nd Starting Ht. 10'0" (5 alive)
- 3:00 PM** **High Jump (Chris Gray, Head Judge)**
Boys 1st Starting Ht. 5'4" (5 alive)
Girls 2nd Starting Ht. 4'4" (5 alive)
Long Jump (Rod Sturgis, Head Judge)
Girls 1st 3 Jumps- Open Pit 3:00 – 4:00 PM Top 9 to Finals
Boys 2nd 3 Jumps – Open Pit 5:15 – 6:15 PM Top 9 to Finals
Discus (Daryl Tackett, Head Judge)
Girls 1st 1+1+1, Top 9 to Finals
Boys 2nd 1+1+1, Top 9 to Finals
Shot Put (Dan Barz, Head Judge)
Boys 1st 1+1+1, Top 9 to Finals
Girls 2nd 1+1+1, Top 9 to Finals
- 4:00 PM** **4 X 800 M Relay** Boys are 1st in all running vents
- 4:30 PM** **Qualifying Prelims** Will start immediately after the conclusion of 3200 M Relay
Boys/Girls 100 M Dash
Boys 110 M Hurdles
Girls 100 M Hurdles
Boys/Girls 200 M Dash

We will take a 60-minute break at the conclusion of the preliminaries

5:55 PM **National Anthem**

6:00 PM **Running Event Finals** (or one hour after the conclusion of the qualifying round)

Boys 110 High Hurdles
Girls 100 M Hurdles
100 M Dash
4 X 200 M Relay
1600 M Run – *two heats if entries exceed 24. If 2 heats, fastest 16 will be in 2nd heat.*
4 X 100 M Relay
400 M Dash
300 M Hurdles
800 M Run – *two heats is entries exceed 20. If 2 heats, fastest 16 will be in the 2nd heat*
200 M Dash
3200 M Run – *one heat per gender regardless of numbers*
4 X 400 M Relay

9:00 PM* **Trophy Presentations** * All times approximate

ENTRIES: **All entries are due on athletic.net by 11:59 PM, Tuesday, May 14, 2024**

- Each team is all three entries per event and must scratch down to two contestants. A team may enter more than two contestants if all entries have met the MHSAA D3 Additional Qualifying Standard.
- All performances must be achieved by 11:59 PM, Tuesday, May 14, 2024
- Time must be entered as FAT times to the nearest hundredth (.00)
- Late entries for clerical errors only. (\$50.00 late fee must be paid before competing)

JURY OF APPEALS:

- Ken Dietz, Assistant Meet Manager
- Chris Rice, Clerk
- Daryl Tackett, Discus Head Judge
- Brad Manning, Hartford Head Boys Coach
- Ben Munoz, Bangor Head Girls Coach

ATHLETE CHECK-IN:

- Athletes will check in at the tents located at the West end of the track to receive heat and lane assignments
- The clerk will take them to the starting line
- Call system – 1st Call, 2nd Call (must report on 2nd call), final call will be used
- Please use the gate at the West end of the track (by the Viking) to enter the clerking area.

SCORING: 10-8-6-5-4-3-2-1 Medals given in each event for 8 places

SPIKES: Please use ¼" pyramid spikes

STARTING BLOCKS: We will provide traditional MACH II starting blocks. Non-traditional blocks must be approved by the meet referee

WARM-UP AREA/INFIELD:

- The practice fields outside the stadium may be used for warm-ups
- Coaches are allowed on the infield, but must remain behind all flagged areas.
- Non-participants are not allowed on the infield.

RELAY ZONE COLORS:

- 4 X 100 – Yellow
- 4 X 200 – Red, Red, Yellow
- 4 x 800 – Blue
- 4 X 400 – Blue

ATHLETIC TRAINER: Dr. Dan Miller will be available and located at the East end of the Field by the goalposts.

GAMES COMMITTEE: includes coaches who attend the coaches meeting.

DISTANCE RACES: All races 800 and above will use the step-up waterfall start.

CONCESSIONS: Will be provided by the Viking Boosters

INCLEMENT WEATHER: Space will be provided in the high school

FACILITY INFORMATION:

- Dogs and other animals are PROHIBITED unless they are certified service animals
- Admission: All Spectators \$7.00 on site at the gate (credit card) or via GoFan. NO CASH SALES
- MHSAA Tournament merchandise will be available provided by E.A Graphics
- Radios and Stereos are not permitted.

MEET OFFICIALS:

- Fred Smith, Bangor Athletic Director, Meet Manager
- Ken Dietz, Watervliet Athletic Director, Assistant Meet Manager
- Tim Baker, Boys Starter
- Bill Scaletta, Girls Starter
- Charlie Parker, Referee
- Bob Smola, Field Event Referee
- Chris Rice, Boys Clerk
- Chuck Jager, Girls Clerk

