

**Division 3 Track and Field Regional #25**  
**Hosted by Hillsdale High School**

<b>Date</b>	Friday, May 17, 2024
<b>Location</b>	Hillsdale High School
<b>Regional Managers</b>	David Pratt, Athletic Director Email: <a href="mailto:david.pratt@hillsdaleschools.org">david.pratt@hillsdaleschools.org</a>  Clay Schiman, Head Track Coach Email: <a href="mailto:clay.schiman@hillsdaleschools.org">clay.schiman@hillsdaleschools.org</a>
<b>Entries</b>	<p>Due Tuesday May 14<sup>th</sup> by 11:59 pm. All entries will be done on Athletic.net. Follow all instructions and regulations found on the MHSAA website for track and field under regional entry procedures. Please remember to send in your eligibility lists as well.</p> <p>You may enter three athletes in individual events but must scratch to two unless all entries of three or more have met the additional regional qualifying standards. Please see the additional regional qualifying standards on the MHSAA website</p>
<b>Athletic.net</b>	All times, distances and heights shall have been achieved prior to 11:59 pm on May 14. Times must be entered as FAT times to the hundredth (.00) or handheld equivalent – rounded up and then adjusted by +.24. Entries for whom times were not submitted or for whom confirmed false times were submitted will be placed in the first section without seeding consideration. Entries will be locked at 11:59 pm on Tuesday. Please contact Clay Schiman if you have questions about Athletic.net
<b>Participating Schools Info</b>	Please read all information on the MHSAA website for Track and Field participating school information
<b>Coaches Meeting</b>	There will be a coaches meeting held in the Hillsdale High School “Team Room” at 1:00pm (see map for location. The entrance will be the open door by the team camp area)
<b>Preliminary Scratches</b>	Must be turned in at the coaches meeting by 1:30pm
<b>Starting Device</b>	We will use an electronic starting device for all running events. From 3:15 to 3:30 athletes can come to the startline of the 100 to take practice starts from the device

<b>Implement Weigh-in</b>	All implements must weigh-in from 1:15pm to 2:15pm in the shed at the throwing venue. Any implement that doesn't pass, will be impounded until the throwing competition is complete
<b>Field Event Start Times</b>	2:00 Girls Pole Vault (Boys to follow) 3:00 Boys High Jump (Girls to follow) Boys Shot Put (Girls to follow) Girls Long Jump (Boys to follow) Girls Discus (Boys to follow)
<b>4x8 &amp; Preliminary Event Start Times</b>	4:00 3200 Meter Relay 4:30 Preliminary Running Events, beginning with the 100m dash
<b>Final Scratches</b>	Due by 5:45pm in the press box – please turn these in regardless of having scratches. If a competitor is not scratched by 6:00pm and does not show up to their scheduled event, they will be disqualified and the event will count towards that competitor's 4 event limit.
<b>Final Running Start Time</b>	6:15pm at the earliest, or a minimum of one hour after the preliminary races. This time will be announced as soon as preliminary events finish.
<b>Starters</b>	Brian Eves and Denver Towne
<b>Referee</b>	Lisa Towne
<b>Bus Parking</b>	Buses should be parked in the dirt lot on the south side of the school. Enter from South Street and take the drive just before the right field foul pole of our baseball field.
<b>Admission</b>	Tickets must be purchased through the GoFan app. They will not be available at the gate. Please use the link to access tickets. <a href="https://gofan.co/app/school/MI4362">https://gofan.co/app/school/MI4362</a>
<b>Team Camps</b>	Team camps will be in the field next to the school. Each school will have a specific area painted for them so that we can fit all 15 schools into this area. Please see the attached map.

<b>Bathrooms</b>	Located in the building at the south side of the track. Portable restrooms will also be located throughout the facility. Locker rooms will not be available.
<b>Warm-ups</b>	The track/infield will be available for warm-up activity until 3:30pm, at which time participants and coaches must clear the track for competition. The track will be available after preliminary events until 15 minutes before the start of the finals. All other warm-up should be done on the infield in the designated area (between where the hash marks would be if the field were lined for football). Please monitor this area and keep non-competing athletes outside the fence.
<b>Trainer</b>	An athletic trainer will be on site. Ice will be provided.
<b>Inclement Weather</b>	In case of severe inclement weather each school will be assigned a classroom within Hillsdale High School.
<b>Concessions</b>	Concessions will be available. The concession stand is located in the blue building at the south end of the track
<b>Marking Substances</b>	Chalk only – no tape
<b>Spike Size</b>	¼ inch pyramid spikes. No pin or Christmas tree spikes
<b>Hip Numbers</b>	Hip numbers will be utilized for the 3200 meter relay, 1600m, 800m, and 3200m. Please remind athletes that the hip number should go on their left hip
<b>Timing System</b>	We will use FinishLynx fully automatic timing
<b>Starting Blocks</b>	Schools may furnish their own starting blocks if they choose. We will have blocks available.
<b>Scoring</b>	10-8-6-5-4-3-2-1 for all events
<b>Awards/Results</b>	Medals are awarded for places 1-8 in all events. Duplicate medals will be ordered for tied positions. Medals can be picked up at the open room in the press box approximately 15 minutes after the conclusion of the 1600m Relay – we will make an announcement when they are ready. Results will be posted at a location TBA (we will tell you at the coaches meeting where they will be). The trophy presentation to the winning teams will take place at the center of the track.

**State Qualifiers**

The first two placers in each event, plus any contestant who equals or betters the published additional qualifying standard shall qualify to the MHSAA State Meet. Please see the MHSAA website for state qualifying marks. Efforts in the preliminary trials of field events may qualify the competitor to the MHSAA State Meet. State Qualifiers will compete on Saturday, June 4 @ Kent City HS

**Seed Lists**

Seed lists will be made visible on Athletic.net on Wednesday May 15

**Practice Time**

The track and field areas **will not** be available for practice before the regional meet

**Coaches Box**

The flagged area inside the track along both the backstretch and homestretch is the coaching box for running events (if the field were painted for football this area would run approximately from the hash marks to the out of bounds line). Please keep athletes and spectators out of this area. Athlete warm-ups are allowed in the designated area in between the two coach boxes. Coaches boxes will be painted or designated with flags at each field event.

**Check-in Procedure**

Check-in is at the NW corner of the track behind the 110 hurdle start line. It is the contestant's responsibility to notify officials if they have to leave one event for another. Running events have precedence over field events. Athletes must report to the clerk after the first call. Ten minutes will be allowed for a return to the field event after the contestant has competed in a running event. All events with a non-lane finish will utilize hip numbers.

**Jury of Appeals**

Meet Manager – Clay Schiman  
Boys Coach – Pete Konieczki (Jonesville)  
Girls Coach – Pete Norman (Napoleon)  
Referee – Lisa Towne  
Alternate – Dean Blacklidge (Hanover-Horton)

## Field Events

### **Long Jump**

The long jump will use an “open pit” format. The pit will be open for one hour; all contestants are allowed 3 preliminary jumps. The finals will begin approximately 10 minutes after the preliminaries and will include the top nine contestants. All ties for ninth place will advance to finals. All coaches, spectators and non-competing athletes must stand outside the fence.

### **Discus and Shot Put**

Flights will be arranged from worst entry performance to best. A brief warm-up period will be allowed between flights. There will be three trials in the preliminaries, thrown in the 1-1-1 format. The top nine performers will get three additional trials. All ties for ninth place will go to finals. The finals will begin approximately 10 minutes after the preliminaries. All implements must be weighed and labeled during the weigh-in session from 1:15 – 2:15

### **High Jump**

Starting height for girls: 4'4  
Starting height for boys: 5'4

### **Pole Vault**

Cards will be available before the meet for coaches to sign and verify pole and athlete weights. All coaches, spectators and non-competing athletes must stand outside the fence.  
Starting height for boys: 10'  
Starting height for girls: 6'6

## Running Events

One round of preliminaries will be run in the 100m dash, 100/110, hurdles, and 200m dash. Qualifying procedures for finals will be the heat winners plus the next fastest times. Heat winners will get preferred lanes.

The 800m, 1600m, 3200m and 4x800m relay will use a double waterfall start.

The 3200m and 4x800m will have one section per gender.

The 1600m will have one section unless the number of entries is over 24 competitors. If two sections are needed, the last heat (or fast heat) will have 16 competitors including ties.

The 800m will have two heats if there are more than 20 entries. If two sections are needed, the last heat (or fast heat) will have 12 competitors including ties. If there are more than 24 entries, the last heat will have 16 competitors including ties.

The 300m hurdles, 400m, 4x100 relay, 4x200 relay and 4x400 relay will be run in sections with the slowest qualifying times in section one.

Contestants should report to the staging area on first call and no later than second call if involved in a field event. The staging area is located at the NW end of the track behind the 110 hurdle start line.