

2024 MHSAA TRACK AND FIELD REGIONAL (34) DIVISION 4

SAUGATUCK HIGH SCHOOL
401 ELIZABETH STREET
SAUGATUCK, MI 49453

On behalf of the Michigan High School Athletic Association and Saugatuck High School, we would like to welcome you to this year's MHSAA Track Regional. We look forward to making this a fun and rewarding day for you and your athletes. If there is anything we can do to help you along the way with this event, please feel free to give us a call.

What follows is a list of items that you need to be aware of. Again, if you have questions or concerns, please feel free to call. If you are **NOT** planning on entering a team, please let me know immediately.

REGIONAL DATE & TIME: Friday, May 17, 2024 (12:00 pm Coaches Meeting at the Start/Finish Line)

REGIONAL SITE: Saugatuck High School
401 Elizabeth Street
Saugatuck, MI 49453

PLEASE SEE DIRECTIONS BASED ON CONSTRUCTION AT THE END OF THIS DOCUMENT AND PLEASE SHARE WITH YOUR TRANSPORTATION DEPARTMENT AND FAMILIES

EVENT MANAGER: Anthony M. Grech-Athletic Director 616-886-1079 (cell) 269-857-2133 (office)
Email: agrech@sauagatuckps.com

ATHLETIC ASSISTANT: Liz Wilson 616-836-6508(cell) 269-857-2133 (office)
email-ewilson@saugatuckps.com

MEET MANAGER: Dr. Tim Travis

ENTRY INFORMATION: Entries for your regional will be made via www.athletic.net to enter in this meet. Details on entry standards may be found on the MHSAA website. **The deadline to enter on time is 8pm on Tuesday, May 14th.** Late entries may be made until 4pm on Wednesday, May 15th. Enter maximum of three, scratch one, unless 3 or more meet AQ standards. Be sure to enter all FAT times with a small "a" so that the time will not be adjusted, For example, 11.23a. Failure to affix the "a" will result in the time being treated as a hand time.

Also be CERTAIN TO ENTER ALL RELAY ATHLETES and be CERTAIN TO ENTER YOUR RELAY SEED TIME ON THE A1 LEG OF THE RELAY.

The entry deadline is FIRM. Late entries incur a charge of \$50.00 and cannot be used to improve a seedtime.

Send an updated **Master of eligibility list** to the Regional Tournament Manager by the due date of **Tuesday, May 14, 4pm.**

Late entries:

- \$50 must be paid before the contestant or team will be allowed to participate.
- There are no late entries after the above deadline date.
- The late fee may not be used to change any time, height, or distance.
- The only changes, which are permitted after late entry deadline, will be scratches.

Venue Information

BUS PARKING: Park at the high school on Elizabeth street. When that area is filled, the back up parking will be at the Culver Street City Parking Lot. (400 Culver Street) This is a change from the past. There will be someone to guide you. **CHANGE - ADD MAP (This will be updated)**

*****Buses should drop students at the high school first and proceed downtown to park.*****

Parking is limited this year so please contact us if you are coming via van or bus. A shuttle for bus drivers will be available.

SPECTATOR PARKING: Stadium Parking Lot, Tennis Court Parking Lot and high school parking lot.

ADMISSION: GoFan-Tickets are \$7 for non-participating students & adults
NO PASSES WILL BE ACCEPTED including senior citizen passes [GoFan](#)

LOCKER ROOMS: Will not be available.

TEAM AREA: Plaza Grass Area

CONCESSION: A complete concession stand will be available.

APPAREL: **EA Graphics merchandise will be available for purchase**

TRAINER: Athletic Trainer on site. Please bring your own water.

SECURITY: Remind your athletes to not leave bags unattended.

RESULTS: Results will be available for coaches as soon as possible after completion of the final event. The results may be viewed on www.athletic.net

INFIELD: Non-contestants will **NOT be allowed** on the infield. Coaches will be allowed on the infield only with a badge.

TRACK: The track surface is an all weather track, only track shoes with spikes $\frac{1}{4}$ inch or less, or running flats will be allowed on the track. The long jump, high jump, and pole vault surfaces are made of the same material. The shot put and discus circles are concrete. Throwers must wear flats or tennis shoes. No tape or non-removable substances will be permitted on runways or the track. Chalk may be used to mark track and runways but marks must be not more than 8" square.

*Track markings are inline with the latest MHSAA and National Federation Guidelines.

SCORING:

- 1st: 10 points
- 2nd: 8 points
- 3rd: 6 points
- 4th: 5 points
- 5th: 4 points
- 6th: 3 points
- 7th: 2 points
- 8th: 1 point

SCRATCHES: All scratches will be done at the scorer's table or at each field event.

ADDITIONAL INFO: Please inform your spectators the entire environment on our school grounds is smoke-free, alcohol-free and pet free except for service animals.

EMERGENCY INFO: In case of severe weather we will follow MHSAA protocol and postpone the meet. The High School Gym will be made available for shelter.

Participating Schools

Host: Saugatuck

[Benton Harbor Countryside Academy](#)

[Centreville](#)

[Covert](#)

[Decatur](#)

[Eau Claire](#)

[Gobles](#)

[Kalamazoo Hackett Catholic Prep](#)

[Kalamazoo Phoenix](#)

[Lawrence](#)

[Marcellus](#)

[Martin](#)

[New Buffalo](#)

[Saugatuck,](#)

[St Joseph Our Lady of the Lake Catholic](#)

[Three Oaks River Valley](#)

[White Pigeon](#)

REGIONAL SCHEDULE

(All times are approximate)

12:00 pm: Coaches Packets & Meeting at the finish line
12:00 pm: Shot and Discus Weigh-in.
12:30 pm: Field event scratches due at the event
12:30 pm: Pole Vault Begins
1:00 pm: All Field events begin

EVEN YEARS: Boys discus, pole vault and long jump first. (Followed by girls discus, pole vault and long jump)
Boys shot put and high jump. (Followed by girls shot put and high jump.)

ODD YEARS: Girls discus, pole vault and long jump first. (Followed by boys discus, pole vault and long jump)
Girls shot put and high jump. (Followed by Boys shot put and high jump.)

2:00pm: Semi-Final Scratches

National Anthem 5 minutes before semi-finals

3:00 3200m relay Finals

SEMI-FINALS (run after the 3200 relay)

3:30 100m dash

3:55 110m hurdles/Girls 100m hurdles

4:15 200m dash

Final Scratch Sheets Due (30 minutes after the semi-finals)

National Anthem 5 minutes before the finals

FINALS 60 minutes after the conclusion of the semi-finals. No earlier than 4:45

Boys 110m hurdles/100m hurdles

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)

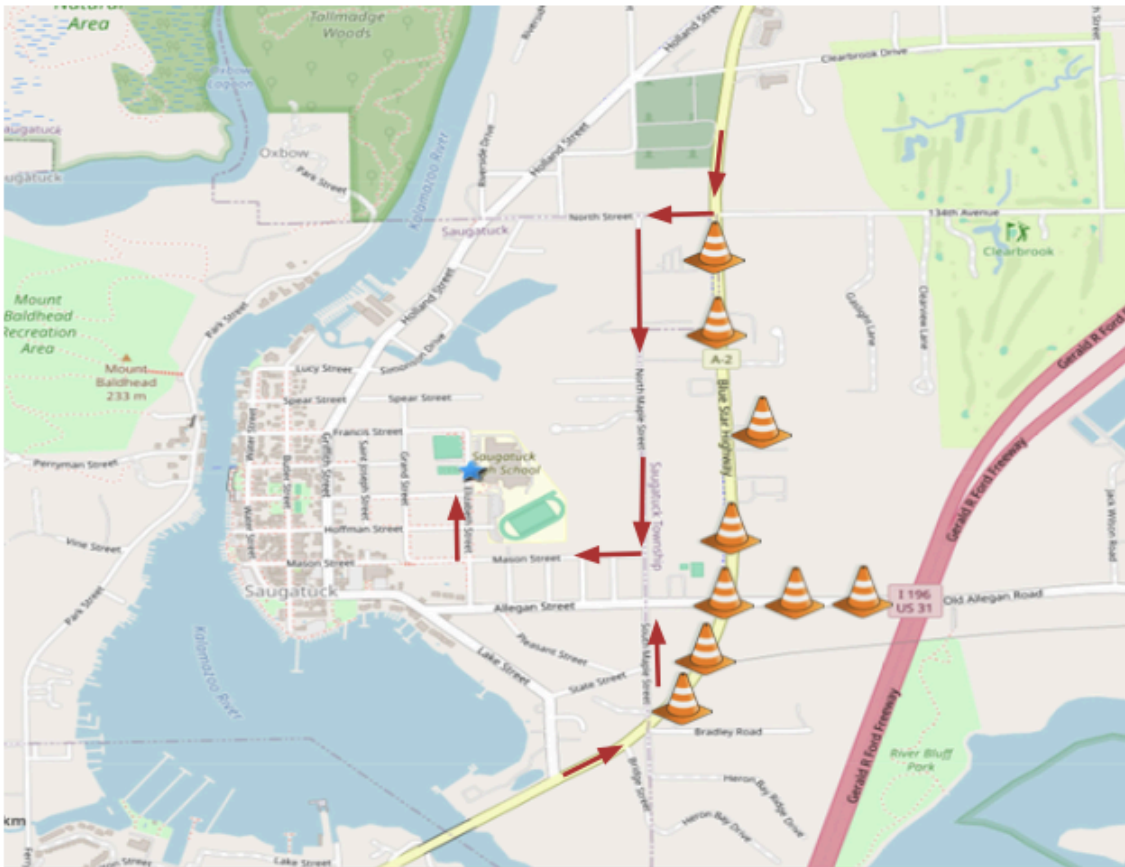
Advancing from Semi-Final Round 1(Prelims) to 1 heat(8 person) Final

Heat winners from each heat and then the fastest times to fill all remaining available lanes.
If 2 Heats – 2 heat winners, 6 fastest times to fill lanes
If 3 Heats – 3 heat winners, 5 fastest times to fill lanes
If 4 Heats – 4 heat winners, 4 fastest times to fill lanes
If 5 Heats – 5 heat winners, 3 fastest times to fill lanes

Awards and Results

Each head coach will receive an awards packet and complete results as soon as possible after the meet. The results and awards will be available at the timing tent. Points and Medals will run through eighth place.

The Top 2 Relay Teams and Individuals qualify for the MHSAA Division 4 State Meet as well as any who qualify using the additional qualifying standards.



When coming from the South, take Blue Star Highway to South Maple Street, turn left. Take South Maple Street to Mason Street, turn left. Take Mason Street to Elizabeth Street, turn right. Take Elizabeth Street to 401 Elizabeth. Your destination will be on the right.

When coming from the North, take Blue Star Highway to North Street, turn right. Take North Street to Mason Street, turn left. Take Mason Street to Elizabeth Street, turn right. Take Elizabeth Street to 401 Elizabeth. Your destination will be on the right.

