

2024 MHSAA Regional Meet # 4-Div.1 at Grand Ledge HS

Time Schedule

- 12:00p.m. Pole Vault check-in (**coaches must** sign off on pole capacity) and warm up at event (south end of track and field complex)
- 1:00p.m. * **Girls' pole vault begins** *
- **Implement (shot and discus) weigh-in and check in** (in coaches' office on northeast corner of concession/restroom building at north end of complex) open from 1:00-1:45p.m.
 - **Coaches' Meeting** at Track storage barn located at southwest corner of complex.
- 1:20p.m. **Opening Round Scratches Due** (field events, 3200 relay and semifinals) to press box (north end)
- 2:00p.m. Field events begin
- **Girls discus** (north end of complex)
 - **Girls LJ** (south end of complex)
 - **Boys HJ** (south end of infield)
 - **Boys SP** (northeast end of complex)
- 3:00p.m. Boys **3200m relay** (1 heat), followed by girls (1 heat)
- 3:30p.m. **Semifinals** (will start immediately following conclusion of girls 3200 relay)
- 100m dash (boys, then girls: heat winners + next fastest times to fill 8 lanes)
 - 100m hurdles (boys, then girls: same qualifying as 100)
 - 200m dash (boys, then girls: same qualifying as 100)
- 4:20p.m. **Final scratches** due to press box (north end)
- 5:00p.m. **Finals** begin with boys 110m hurdles final (rolling schedule, thereafter)

MHSAA Regional 04-1 at Grand Ledge HS May 17, 2024

Field Event Guidelines

Long Jump: *Girls* first with an open pit for one hour and fifteen minutes. Each jumper gets 3 jumps in prelims. Top nine (9) qualify to a reverse order final, following prelim. Boys prelims begin one hour after conclusion of girls' final and follow same format.

Discus: Girls first in flights. Three throws each in prelims (2 + 1) Top nine (9) qualify to a reverse order final, following prelim. (1+1+1) Boys begin prelims one hour after conclusion of girls' final and follow same format.

Pole Vault: *Girls* first. Opening height 8' 3", then 9' 3", then 9' 9", then 10' 3" & 10' 6" (state qualifier) Boys follow one hour after completion of girls event. Opening height 11' 3", then 11' 9", then 12' 3", then 12' 9", then 13' 3" (state qualifier)

High Jump: *Boys* first. Opening height 5' 8", then 5' 10", then 6' 0", then 6' 2" (state qualifier) Girls follow one hour after completion of boys. Opening height 4' 8", then 4' 10", then 5' 0", then 5' 2" (state qualifier)

Shot Put: *Boys* first in flights. Three throws each in prelims (1+1 + 1). Top nine (9) qualify to a reverse order final, following prelim. (1 + 1 + 1). Girls begin prelims one hour after conclusion of boys final and follow same format.