

MHSAA REGIONAL 40-4 TRACK & FIELD
MEET INFORMATION

LUTHERAN HIGH SCHOOL WESTLAND
SATURDAY, MAY 18, 2024

ADMISSION

All tickets will be digital, sold via GoFan and cost \$7.00. A mobile device is required. Links for GoFan will be on each site hosts GoFan account found at www.GoFan.co

TIME SCHEDULE

8:30 – 9:15	Implement Weigh-In (behind the press box)
9:00	Coaches Meeting/<u>Morning Scratches Due</u>
9:30	Girl's Pole Vault (boys to follow)
	Boy's High Jump (girls to follow)
	Boy's Shot Put (girls to follow)
	Girl's Discus (boys to follow)
	Girl's Long Jump (boys to follow) Prelims will be open order.
10:30	3200 Relay Finals
	100 Dash First Round
	110/100 Hurdle First Round
	200 Dash First Round

Afternoon scratches due at the conclusion of the Running Preliminaries and BEFORE the break!

NOTE: If there are 12 or fewer competitors remaining after scratches in any of the events with preliminaries - the 100m, 200m, 100/110 hurdles - we will not run prelims but have a 2 heat seeded final based on the entered times. Those finals will be run in their appropriate spot in the order of events after the break when running finals begin. If there are no prelims in any of the three events, we will have a break in the preliminary order to afford athletes appropriate recovery from any doubling up. NOTE – while this is more likely to happen in the short hurdles and not the 100/200, be prepared to listen to announcements on meet day!

Timed Running Finals. No earlier than noon! Boys run first...

- National Anthem
- 110/100 Hurdle Finals (2 heats each gender)
- 100 Dash Finals (2 heats each gender)
- 800 Relay Finals (multiple heats per gender)
- 1600 Run Finals (1 or two heats per gender)
- 400 Relay Finals (multiple heats per gender)
- 400 Dash Finals (multiple heats per gender)
- 300 Hurdle Finals (multiple heats per gender)
- 800 Run Finals (1 or two heats per gender)
- 200 Dash Finals (2 heats each gender)
- 3200 Run Finals (1 heat each gender)
- 1600 Relay Finals (multiple heats per gender)

SCHEDULE

We will give calls prior to the start of each race/event. It is the coach's and athlete's responsibility to check in at the bullpen with the Clerk of the Course and be ready to compete at the appropriate time. Make sure to check in with the clerk when the call is made for your event. It is permissible to have a teammate stand in for an individual that may be at a field event to help the clerk.

COACHES MEETING

There will be a coach's meeting at 9:00 on the track in front of the press box.

SCORING & AWARDS

8 places score in the meet (10, 8, 6, 5, 4, 3, 2, 1);

1st – 8th places will receive medals in all events.

A team trophy will be given to the first-place team at the conclusion of the meet.

TRACK

We have a 6-lane track so we will run a two-heat final in the HH, 100 and 200 with the 7th and 8th time qualifiers running in a heat and then the 6 fastest qualifiers running in their final heat. All times from both heats count as far as placings go.

All other races will be seeded based on entry mark, with all able to score/qualify to the LP finals.

QUALIFICATIONS FOR STATE MEET

Top 2 athletes in the finals, per event, will automatically qualify for the state meet. In addition, during the finals of a regional running event, any contestant who equals or betters the published additional qualifier standard shall qualify to the Final Meet in that event in that division. Efforts in the preliminary trials of the long jump, shot put and discus may qualify a contestant to the appropriate Final Meet.

PARTICIPATING SCHOOL INFORMATION

Please download and read the information from the MHSAA website.

IMPLEMENT WEIGH IN

8:30 – 9:15 behind the press box at the 50-yard line.

SCRATCHES

All field events and preliminary running event scratches are due by 9:00 to the timing tent. Remaining event scratches are due 20 minutes before the afternoon session begins.

JURY OF APPEALS

The jury of appeals will consist of the Meet Manager and a girls' coach representative and a boys' coach representative.

They will be announced at the coaches meeting.

MULTI-EVENT ATHLETES

Multi event athletes must check out of one event to report to another. If the athlete is in 2 field events at the same time, he/she may have to move back and forth between events. When the multi event athlete finishes one event, he/she has 5 minutes at the conclusion of that event, or trial, to report back to the other event. It is up to those athletes to keep the event judges aware of where they are. Running events take precedence over the field events.

STARTING BLOCKS

NO OUTSIDE STARTING BLOCKS ARE TO BE USED!!

MARKING MATERIALS

There will be NO chalk marking or tape allowed on the runway in long jump and pole vault. We will have a tape measure secured to the runway. Any markers for these events must be OFF the runway or on the lip of the runway. High jump is allowed one mark on the surface per athlete, and chalk will be provided. Chalk will also be provided for the relay teams to mark their start/takeoff on the track. Coaches, please make sure your athletes are aware.

SPIKES

Quarter inch pyramid spikes only!!!!!!!!!!!!!!

ENTRIES

Entries are due on Tuesday, May 14th at 11:59pm. Your entry consists of your Master Eligibility list (sent, faxed, emailed to our school) and meet entries entered at athletic.net. Entries must be FAT or converted to FAT by rounding up a hand time to the higher tenth and then adding .24 to a hand time. For example, a hand time of 26.63 must be converted to 26.7 and then .24 added for an entered time of 26.94.

For meet related questions you may e-mail Mike Unger at ungermike@yahoo.com or call 734-637-8559 (leave a text) or call the school at 734-422-2090.

For entry related questions can be submitted to Kevin Behmer at a2racemanagement@gmail.com or call 734-945-8548.

TENTS

Team tents need to be set up on the east side of the gravel road that runs behind the bleachers- the ground will be marked. No tents allowed on the baseball, softball, or soccer fields. Please keep a distance between tents.

LOCKER ROOMS

Locker rooms **WILL NOT** be available to participants.

TRAINER

There will be a trainer at the meet, but you'll need to supply your own supplies; i.e. tape.

FULLY AUTOMATIC TIMING *The meet will be fully automatic timed by A2 Race Management*

Live results link: <http://www.a2racemanagement.com/live2>

BUS PARKING: Behind the school!