



TRACK & FIELD

MHSSA Regional 41-1

Wednesday, May 15, 2024

Participating Schools:

Escanaba, Gladstone, Manistique, Marquette, Menominee, Sault Ste. Marie

ORDER OF EVENTS AND TIME SCHEDULE

In 2024, the BOYS Running Events will be first. All times listed are **EASTERN**.

3:00PM Gates Open

Admission: \$7.00 if purchased online via GoFan
No passes will be honored.

3:00PM Coaches Meeting – at the Superior Timing van.

3:25PM National Anthem

3:30PM Field Events Begin

***Girls Discus, Pole Vault, and Long Jump first, followed by Boys.
Boys Shot Put and High Jump first, followed by Girls.***

Starting Heights:

Pole Vault (Boys) 9'0"

Pole Vault (Girls) 6'6"

High Jump (Boys) 5'0"

High Jump (Girls) 4'4"

Discus/shot put competitors to receive three (3) throws each; top five performers advance to the finals to receive three (3) additional throws; places determined by best distance.

Long jump competitors to receive three (3) attempts each; top five performers advance to the finals to receive three (3) additional throws; places determined by best distance

3:45PM Running Events Begin

- 3200M Relay
- 110 / 100M High Hurdles
- 100M Dash
- 800M Relay
- 1600M Run
- 400M Relay
- 400M Dash
- 300M Low Hurdles
- 800M Run
- 200M Dash
- 3200M Run
- 1600M Relay

*Times are tentative. Participants must be ready and available for ALL event "calls" even if meet is ahead of schedule

NOTES:

ENTRIES: Individual and relay team entries will need to be entered via Athletic.net by no later than 11:59PM on Sunday, May 12.

REPORTING: Athletes must report to start by second call and if they are not on the line for their heat they will be scratched.

STARTING BLOCKS: Schools are required to bring their own starting blocks.

SPIKES: Pyramid spikes up to ¼" will be permitted.

AWARDS: Medals will be awarded to the top four individuals/teams in each event.

BUS PARKING: Buses may load and unload at the main track gate located at the south gate by the field house.

COACHES MEETING: Will be held at 3:00 PM to review and all concerns/changes.

CONTESTANTS: UNIFORM RULES WILL BE ENFORCED.

SCORING: INDIVIDUAL EVENTS: 5-3-2-1 RELAYS: 5-3-2-1

* **Only team members and coaches are permitted to be on the infield**