

MHSAA Track and Field UP Regional 43-2

Host: Ishpeming High School

Site: Ishpeming Playgrounds

Thursday, May 16, 2024

Schools: Ishpeming, Hancock, Ironwood, Painesdale-Jeffers, & West Iron County

Officials: Kyle Detmer and Mark Marana

Time:

- 2:45 P.M. Gates open
- 3:00 P.M. Scratch meeting in locker room coaches' office
- 3:28 P.M. National anthem
- 3:30 P.M. Field events
- 3:45 P.M. Running events

Entries: 4 per school for all events / 1 relay team per school

***Athletic.net used for seeding/Teams must register to run**

***Registration closes on Tuesday, 5/14/24 at 11:59 PM**

Scoring: Individual Events and Relays: 5-3-2-1

Awards: Medals to the top (4) individuals/teams for each event

Tickets: Per the MHSAA, only digital ticketing through GoFan will be used at \$7.00/person. Orders/w receipts can be done ahead of time or credit card scanners will be available at gate. No passes honored.

GoFan link: <https://gofan.co/event/1513751?schoolId=MI19259>

Concessions: Provided by the Ishpeming Booster Club

Contact AD: Bruce Matson at bmatson@ishpemingschools.com or 906-370-6299

Order of Events: Boys run first in 2024 (1/4" spikes or less)

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|---------------------|----------------------|------------------|
| 1. 3200 M Relay | 5. 1600 M Run | 9. 800 M Run |
| 2. 110/100M Hurdles | 6. 400 M Relay | 10. 200 M Dash |
| 3. 100 M Dash | 7. 400 M Dash | 11. 3200 M Run |
| 4. 800 M Relay | 8. 300 M Low Hurdles | 12. 1600 M Relay |

Girls Discus, Pole Vault & Long Jump compete first, followed by boys.

Boys Shot & High Jump compete first, followed by girls.

Girls High Jump begins at 4'2".

Boys High Jump begins at 5'0"

Girls Pole Vault begins at 6'0".

Boys Pole Vault begins at 8'0".

Discus & Shot Put gets (3) throws. Top 5 will advance to finals with 3 additional throws. Place will be determined by best distance.

Long Jump gets (3) jumps. Top 5 will advance to finals with 3 additional jumps. Place will be determined by best distance.