



**2024 MHSAA Track & Field Regional  
Division 2 - Region 44  
Munising High School – Mustang Stadium  
Saturday, May 18<sup>th</sup> - 12:00 PM**

Participating Schools: Bark River-Harris, Gwinn, Iron Mountain, Munising, Pickford, Rudyard

Entries: **Due Tuesday, May 14<sup>h</sup> by 11:59 pm**

Updated eligibility lists emailed to  
[nicole.lasak@mps-up.com](mailto:nicole.lasak@mps-up.com)

All entries submitted electronically [athletic.net](http://athletic.net)

Timing will be done by Superior Timing through the FAT system.

**Coaches must stick to the Maximum of Four (4) entries per event.**

Official Starter/Referee: DeeJay Paquette

Track Opens: 10:30 AM

Coaches/Scratches Due: 10:50 AM at the Starting Line - See attached forms

Implement Weigh In: 11:00 AM

National Anthem: 11:55 AM

Order of Running: For all running events in 2024, boys will run first.

Events:

3200 M Relay  
Boys 110 M Hurdles  
Girls 100 M Hurdles  
100 M Dash  
800 M Relay  
1600 M Run  
400 M Relay



400 M Dash  
300 M Hurdles  
800 M Run  
200 M Dash  
3200 M Run  
1600 M Relay

Field Events: 11:30 AM

Order of Field Events: Girls discus, pole vault and long jump first.  
Boys shot put and high jump first.

- 1) Shot Put, Discus and Long Jump will have three (3) attempts in regulation and three (3) attempts in finals. Top five (5) will go to finals and top four (4) will place.
- 2) Starting heights for high jump and pole vault will be determined at scratch meeting.
- 3) Field events will scratch right at their field event. Please send your athletes out of the field event that they are scratching immediately following the scratch meeting. See attached forms.
- 4) Shot put and disc weigh in will take place inside the home locker room.

Scoring: 5-3-2-1

Awards: MHSAA Medals will be awarded to first through fourth place for individual and relay events at the end of the meet. First -fourth place winners will advance to UP Finals in individual events and first and second place winners will advance to UP Finals in relay events. Trophies given to 1<sup>st</sup> place teams boys and girls.



- 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 host's GoFan account found at [www.GoFan.co](http://www.GoFan.co). PARENTS ARE NOT ALLOWED INSIDE THE TRACK FENCE FOR ANY REASON! Coaches and athletes only.
- Merchandise: Officially licensed MHSAA merchandise will be sold at the event.
- Trainer: An athletic trainer will be available on site.
- Team Parking: Team buses only should park at the field or at the parking lot at the bottom of the hill by the playground.
- Locker Rooms: Showers/lockers will be available to participants.
- Team Camps: Team tents MAY NOT be set up in the infield of the track. They may be set up outside the perimeter of the track. Remind teams to remove trash from their areas before leaving the facility.
- Security: Remind your athletes to not leave bags unattended.
- Appeals: There will be a jury of appeals consisting of the meet official, the meet manager, one coach representing a boys team, and one coach representing a girls team. The jury will serve as the final authority. Any member of the Jury of Appeals who is a party to an appeal is not eligible to serve so an alternation selection will be made to replace them for that appeal. The attached appeal form should be used. The meet manager will select jury members at the scratch meeting.



Contact Information: Nicole Lasak, Athletic Director  
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