

MHSAA Division 3 Region 45 Track & Field

Friday, May 17, 2024

→ Participating Schools

- Brimley, Ojibwe Charter, Islanders, Mackinac Island, Newberry, Whitefish, St. Ignace

→ Coaches Meeting

- 3:00pm

→ Field Events

- 3:30pm

→ Running Events

- 4:15pm

→ Place

- LaSalle High School Kiwanis Track
- The interior of our track is our practice football field therefore NO practice throws
- NO tents on infield
- NO lockerroom access
- NO chalk,
- Tape is allowed but must be removed immediately after
- Rubberized surface, the legal 1/8" pin spikes are allowed

→ Entries

- Must be submitted online at www.Athletic.Net
- **All entries are due by Tuesday, May 15 by 11:59 pm. Late entries will receive no seeding. NO EXCEPTIONS AND NO ADD-ONS!**
- Times must be entered as FAT times to the hundredth (.00) and must represent true times. (No relay splits or estimates!)

→ Scoring

- 5-3-2-1

→ **Bus Parking**

- All Busses MUST park in the school parking lot. Please DO NOT pull around back of the school parking lot, it will be blocked off and will be difficult to turn around.

→ **Admission**

- \$7 on gofan

→ **Concessions**

- A full concession will be available.

→ **MHSAA**

- A limited amount of MHSAA regional track and field sales items will be sold.
- MHSAA Officials for this meet are Joe Baker & Susan Edington

→ **Questions**

- **Nichole Martin - Athletic Director 231-330-1612**

FIELD EVENTS even years - 2024

Girls discus first

Girls Pole Vault first

Girls Long Jump first

Boys Shot first

Boys High Jump first

RUNNING EVENTS

4x800m Relay

110m Hurdles

100m Hurdles

100m Dash

4x200m Relay

1600m Run

4.100m Relay

400m Run

300m Hurdles

800m Run

200m Dash

3200m Run

4x400m Relay