



Region 46 Track and Field Championship

Rapid River Public Schools 10070 US-2 Rapid River MI 49878

WED. May 15, 2024

Timing will be administered by Tortoise and Hare Race Management through a FAT system.

All meet entries should be entered on athletic.net via the following link:

<https://www.athletic.net/TrackAndField/meet/533714/register>

If you have any questions with meet entry sign up please contact Kevin FitzPatrick from Tortoise and Hare at cell phone (715) 614-1910 or email fitz@tandhtiming.com

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

**ALL ENTRIES WILL BE DUE ON ATHLETIC.NET BY MONDAY, MAY
13TH @ 11:59 PM EST**

STARTING TIMES:

COACHES/SCRATCH MEETING 1:50 PM EST

FIELD EVENTS 2:15 PM EST

RUNNING EVENTS 2:45 PM EST

MEDALS WILL BE HANDED OUT AT THE END OF THE MEET TO THE COACHES

- *1st – 4th PLACE WILL BE AWARDED MEDALS AND SCORED FOR INDIVIDUAL AND RELAY EVENTS*
- *1ST – 4TH WILL ADVANCE TO U.P FINALS IN INDIVIDUAL EVENTS AND 1ST AND 2ND WILL ADVANCE TO U.P FINALS IN RELAY EVENTS*
- *TROPHIES WILL BE AWARDED FOR 1ST BOYS / GIRLS TEAM*

SCORING WILL BE 5-3-2-1 FOR INDIVIDUAL AND RELAY

2024 FIELD EVENTS

BOYS FIELD: Shot Put and High Jump - First

GIRLS FIELD: Discus, Long Jump, and Pole Vault - First

2024 ORDER OF RUNNING EVENTS

(BOYS RUN FIRST)

3200 M RELAY

110 M HIGH HURDLES (BOYS)

100 M HURDLES (GIRLS)

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

Extras:

- 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) Concession Stand will be provided by the Rapid River Booster club throughout the event.

REGION 46 TRACK AND FIELD CHAMPIONSHIP

TEAMS ATTENDING:

**Rapid River, Republic-Michigamme, Escanaba Holy Name, Big Bay de Noc,
Mid Pen, Superior Central, Engadine**

SCHEDULE:

1:50 PM EST COACHES / SCRATCH MEETING

2:15 PM EST FIELD EVENTS

FIELD EVENTS WILL SCRATCH RIGHT AT THEIR FIELD EVENT. PLEASE SEND YOUR ATHLETES OUT TO THE FIELD EVENT THAT THEY ARE SCRATCHING IMMEDIATELY FOLLOWING THE SCRATCH MEETING.

SHOT PUT AND DISC WEIGH IN WILL TAKE PLACE AT THE SHOT PUT AND DISCUS PITS.

FIELD EVENTS WILL BE RAN TO COMPLETION, STARTING WITH:

- GIRLS – LONG JUMP, DISCUS, AND POLE VAULT
- BOYS – SHOT PUT AND HIGH JUMP

2:45 PM EST RUNNING EVENTS

- BOYS RUN FIRST
- FASTEST HEATS WILL RUN LAST

MEDALS WILL BE HANDED OUT AT THE END OF THE MEET

- 1ST – 4th PLACE WILL BE AWARDED FOR RELAY TEAMS
- 1ST – 4th PLACE WILL BE AWARDED FOR INDIVIDUAL EVENTS
- 1ST – 4th WILL ADVANCE TO U.P FINALS FOR ALL INDIVIDUAL EVENTS
- 1ST – 2nd WILL ADVANCE TO U.P FINALS FOR ALL RELAY EVENTS

TROPHIES WILL BE AWARDED FOR 1ST PLACE FOR EACH GIRLS AND BOYS

SCORING WILL BE 5-3-2-1 FOR INDIVIDUAL AND RELAY EVENTS