

**DIVISION I**

**MHSAA REGION 5**

**TRACK & FIELD FINALS**

**Friday, May 17th, 2024**

**Lincoln High School**

**7267 Willis Rd., Ypsilanti 48197**

**Allen Park - Ann Arbor Huron - Ann Arbor Pioneer  
Ann Arbor Skyline - Belleville - Gibraltar Carlson - Lincoln  
Lincoln Park - Monroe - Saline - Southgate Anderson - Taylor  
Temperance Bedford - Woodhaven-Brownstown  
Wyandotte Roosevelt - Ypsilanti Community**

## **MEET OFFICIALS**

### **Meet Manager**

**Rolando Eccleston**

### **MHSAA Officials**

**Referee - Doug Kelly**

**Starters - Donald Goven, John Davidson**

**Clerks - Jon Flott, Dave Wint, Jon Strite**

### **Jury of Appeals**

**Doug Kelly, Jon Flott, Derek Stern**

**Candace Davis-Price, Jake Hammerle**

### **Announcer**

**Jeff Hollobaugh**

### **Timers**

**Ben Engelter & Jordan Ratliff**

### **Finish Line Coordinators**

**Jordyn Dresch, Allen Kennedy, Kerrie Thomason**

### **Field Event Head Officials**

**Pole Vault - Gary Morgan**

**High Jump - Chris Jonik**

**Shot Put - Danielle McGuinness**

**Discus - Mark Mazzon**

**Long Jump - Torin Moore**

### **Trainer**

**Ryan Lucas, Lincoln High School**

**2024 MHSAA REGION 5 TRACK & FIELD FINALS**

**FRIDAY, MAY 17th, 2024**

**LINCOLN HIGH SCHOOL**

Scratches for Boys' PV	Due by 11:30am
Coaches' Meeting	12:00pm - LAB Bleachers
Implement Weigh-In	11:30am - 12:15pm - LAB North End
Girls' Pole Vault	12:00pm ...will run to its conclusion
Scratches for other Field Events	Due by 12:30pm
Girls' Long Jump (open pit for 90 minutes)	1:00pm...Finals follow immediately
Girls' Discus	1:00pm...Finals follow immediately
Boys' Shot Put	1:00pm...Finals follow immediately
Boys' High Jump	1:00pm...will run to its conclusion

Boys' Long Jump (open pit for 90 minutes)	1 hour after Girls' LJ
Boys' Discus	Following the Girls' discus
Girls' Shot Put	Following the Boys' shot put
Girls' High Jump	1 hour after completion of Boys' HJ
Boys' Pole Vault	Following the Girls' PV

3200 Relay	2:00pm
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Scratches 100m/110HH/100H/200m	Due by 2:15pm
100 - 1st Round (boys/girls)	3:00pm
110HH/100m Hurdles - 1st Round	
200 - 1st Round	

Final Scratches	Due by 4:15
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<b><u>FINALS</u></b>	5:00pm - <i>Rolling Schedule</i>
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110m/100m Hurdles  
100m  
800m Relay  
1600m  
400m Relay  
400m  
300m Hurdles  
800m  
200m  
3200m  
1600m Relay

Presentation of Awards

The scoring today in all events (including relays) is 10-8-6-5-4-3-2-1, and the top 8 places receive medals.

Online results can be found at: [live.labtrackclub.com](http://live.labtrackclub.com). Final results to be posted to athletic.net and the MHSAA website.

In Regional competition, each school may enter 2 individuals in each event. If you see more than 2 individuals from the same school in an event, that means those athletes have all attained what is called the Regional Additional Qualifier Standard. For example, if 5 members of a given team have run the boys' Additional Qualifier Standard in the 100 (11.15), then all five of them are allowed to compete in the Regional. The Additional Qualifier Standards are determined each year by the MHSAA.

An athlete can qualify to the State Meet from the Regional in two ways: 1) by finishing in the top 2 in their event or 2) by achieving the Automatic Qualifying Standard in their event(s). The Automatic Qualifying Standards are determined each year by the MHSAA. They are based on the results of the previous year's State Meet. If an athlete today attains the standard in a given event, they qualify to the State Meet no matter what place they finish in the Regional. The Automatic Qualifying Standards to reach the State Meet are as follows:

	<u>BOYS</u>	<u>GIRLS</u>
Pole Vault	13' 3"	10' 6"
Shot Put	48' 4"	36' 8"
High Jump	6' 2"	5' 2"
Discus	145'0	114'0
Long Jump	21' 1"	16' 9"
3200 Relay	8:06.00	9:47.00
110/100 Hurdles	15.35	15.65
100m	11.10	12.65
800m Relay	1:30.70	1:46.60
1600m	4:24.00	5:10.00
400m Relay	43.50	50.30
400m	50.40	59.60
300m Hurdles	40.50	46.80
800m	1:57.80	2:20.00
200	22.50	25.90
3200	9:33.00	11:15.00
1600 Relay	3:27.00	4:07.50

## IMPORTANT RULES-POLICIES-PROCEDURES

- Dogs and other animals are PROHIBITED in the Lincoln Stadium and Fields/Throwing Areas unless they are certified service animals.
- Please enter through the south main gates facing the school and the concessions booth.
- Admission: All Spectators - \$7.00 on sale at the gate and, sold via [www.GoFan.com](http://www.GoFan.com). A mobile device may be used.
- MHSAA MERCHANDISE – officially licensed MHSAA merchandise will be sold at the front gate.
- Team tents can be set up outdoors along the perimeter fence along the east side of the facility as well as on the north side of the home bleachers.
- No Team Tents and/or camps will be allowed inside the LAB.
- Athletes will be allowed to use the LAB as a warm up area ONLY. Event check-in announcements will be made in the LAB BUT it is the responsibility of the athlete to make sure they are on-time for all Clerk calls.
- Radios or stereos are not allowed. No balls or Frisbees or non-track related equipment are allowed.
- Shot Put & Discus are both located at the northwest section of the facility behind the LAB.
- Pole Vault & Long Jump areas are both located at the North end of the facility.
- High Jump is located at the South end of the facility.
- In case of in-climate weather, space is provided for teams in the LAB.
- Bathroom locations are as follows: At the south end of the stadium near the HJ area, in the southwest corner near concessions and inside the LAB.
- Event check-in clerk will be at the tent in the north end zone in front of the scoreboard. Athletes must check-in for their respective events on time.
- Water is provided on the field. Please advise athletes water is only for filling bottles, do not drink from supplies.
- A trainer will be on duty in the south end of the stadium by the team rooms.

- Concessions will be open in the stadium on the south end near the main gates.
- Uniform Rules will be enforced under the new guidelines. This is your warning. Spikes are to be ¼” or less.
- The Games Committee includes Coaches who attend the Coaches meeting.
- An Appeals Committee shall be made up of the meet managers, one Head Girls coach, one Head Boys coach and an MHSAA official on duty. Appeals must be written on formal appeals form and made within 30 minutes after the alleged infraction. Coaches are required to cite the rules violation number for the NFHS handbook when appealing.
- SCORING for all events will be 10-8-6-5-4-3-2-1. Medals will be given in each event for places 1 through 8.
- Scratches need to be made with the timer for running events and at the site of the event for field events.
- **All Shots and Discs will need to be inspected and weighed in the LAB at the Southwest corner of the facility.**

**Sprint Qualifying heats – Advancing athletes.**

1. Heat winners from each heat and then the fastest times to fill all remaining available lanes.
2. Heats – 2 heat winners, 6 fastest times to fill available lanes
3. Heats – 3 heat winners, 5 fastest times to fill lanes
4. Heats – 4 heat winners, 4 fastest times to fill lanes

**Distance events heats:**

The 1600-meter run, 3200-meter relay and 3200-meter run at all Lower Peninsula Regional and Final meets will use waterfall (step-up) and a one-turn stagger. The upper waterfall cut-in will be at the start of the back straightaway. The lower waterfall cut-in immediately.

**FIELD EVENTS 2024:**

- Girls first - Discus, Pole Vault & Long Jump (Followed by Boys discus, pole vault and long jump)
- Boys first - Shot Put & High Jump (Followed by Girls shot put and high jump.)

### **Long Jump:**

There will be three preliminary jumps for all entrants and three more jumps for the finalists. The preliminary and final jumps will be done “open pit” to accommodate multi-event athletes. The top 9 from the Prelims will advance to finals. Jumping in the finals will be 1-1-1. We will be flexible about conducting finals in reverse order.

### **Shot Put & Discus Throw:**

All legal throws in the shot put and discus must be measured after each throw. The concept of two puts/throws and then one put/throw will be used for the 3 preliminary throws. The prelims will be conducted 1-1-1. The top 9 will advance to finals competing in “worst to best” order based on their prelim attempts. The finals will be conducted using 1-1-1 format.

### **High Jump:**

The 5 alive concept will be used until 9 or fewer competitors are at a given height. Girls start at 4' 8". Boys start at 5' 8". The bar is raised in 2-inch intervals for boys and girls. When seven or fewer competitors remain, then the bar is raised in 1-inch intervals.

### **Pole Vault:**

The 5 alive concept will be used until 9 or fewer competitors are at a given height. Girls start at 8' 3". Boys start at 11' 3". The bar is raised in 6-inch intervals. When seven or fewer competitors remain, then the bar is raised in 3-inch intervals.