

*Grosse Pointe South High School*  
**MHSAA REGIONAL TRACK & FIELD**

Your team has been assigned to the MHSAA track & field state regional meet hosted by Grosse Pointe South.

**WHEN:** Thursday, May 16, 2024

**WHERE:** Grosse Pointe South H.S.  
11 Grosse Pointe Blvd, Grosse Pointe Farms, 48236

**ENTRIES DUE:** **!!! Monday, May 15<sup>th</sup> !!!**

**ENTRY INFO:** 1) Entries thru [athletic.net](http://athletic.net)  
2) Eligibility List emailed to meet mgr: [zaranes@gpschools.org](mailto:zaranes@gpschools.org)

**ENTRIES MUST BE SUBMITTED ON-LINE THRU ATHLETIC.NET**

**IMPORTANT ENTRY REMINDER:**

**ONLY TWO ENTRIES PER INDIVIDUAL EVENT ALONG WITH ONE RELAY TEAM PER RELAY EVENT.** You do have the option to enter three in each individual event but you **must** scratch one of the three by the deadline on the day of the meet if you use this option. If **all** three (or more) have met the additional published qualifying standard, then all may compete. **Only use this option if you feel it necessary to do so.** **IF YOU ENTER THREE AND DO NOT SCRATCH ONE OF THE THREE ON MEET DAY, WE WILL RANDOMLY PICK ONE OF YOUR THREE ENTRIES AND DELETE THAT ENTRY.** Please be careful when using this option.

- It is recommended that you bring a confirmation printout of your Athletic.net entries.
- Make sure that you understand the MHSAA uniform rules. You already received your warning through the MHSAA on-line rules meeting.
- State finals information will be posted on the MHSAA website.
- State regional spirit wear will be on sale. Concession stand will be open throughout the meet.

*We look forward to providing your athletes will an excellent track & field experience. Feel free to contact the meet manager if you have any questions or concerns.  
Good luck with the remainder of your season!*

**Steve Zaraneck - Meet Manager**

Grosse Pointe South H.S.  
11 Grosse Pointe Blvd.  
Grosse Pointe Farms, MI 48236

e-mail: [zaranes@gpschools.org](mailto:zaranes@gpschools.org)

Michigan High School Athletic Association  
State Regional Track & Field

# SCHEDULE OF EVENTS

Grosse Pointe South High School  
Thursday, May 16, 2024

<b>FIRST SESSION</b>	
	Brief coaches meeting at 1:15 by finish line.
<b>2:00</b>	First session scratches due (second session scratches due at 4:00)
<b>2:00</b>	First session field events: <b>BOYS:</b> shot, pole vault, high jump <b>GIRLS:</b> discus, pole vault, long jump (two runways will be utilized in the pole vault)
<b>2:30</b>	3200 relay <i>FINALS</i>
<b>3:00</b>	100 dash prelims – heat winner + next fastest times to fill all 8 lanes advance to finals
<b>3:20</b>	110 / 100 hurdle prelims – heat winner + next fastest times to fill all 8 lanes advance to finals
<b>3:40</b>	200 dash prelims – heat winner + next fastest times to fill all 8 lanes advance to finals

<b>SECOND SESSION</b>	
<b>4:00</b>	Second session scratches due - turn in at finish line tent
<b>4:30</b>	Second session field events: <b>BOYS:</b> discus, long jump <b>GIRLS:</b> shot, high jump
<b>4:40</b>	National Anthem
<b>4:45</b>	110 / 100 hurdle finals
<b>4:55</b>	100 dash finals
<b>5:05</b>	800 relay finals
<b>5:25</b>	1600 run finals
<b>5:45</b>	400 relay finals
<b>6:05</b>	400 dash finals
<b>6:30</b>	300 hurdle finals
<b>6:55</b>	800 run finals
<b>7:15</b>	200 dash finals
<b>7:25</b>	3200 run finals
<b>7:55</b>	1600 relay finals
<b>8:20</b>	Medal pick-up / team trophy presentation

The first and second sessions will begin at indicated times and each session will run ahead of schedule if possible.

STARTING HEIGHTS: Boys HJ: 5'8"; Girls HJ: 4'8"; Boys PV: 11'3"; Girls PV: 8'3"

**2024 - BOYS RUN FIRST**

# STATE REGIONAL TRACK & FIELD FINAL INSTRUCTIONS

- Brief coaches meeting at 1:15p
- Review the entry limitation rule on page 1 of this document.
- Scratches are due for the first session by 2:00p (finish line computer operator).
- Scratches are due for the second session by 4:00p (finish line computer operator).
- Scratch field event participants directly at the field event.
- Pole vault entry cards are mandatory and they must be signed by the head coach. They will be in your arrival packet.
- 1/4 inch or 1/8 inch spikes only.
- Shot / discus weigh-in at the white storage building from 12:30 to 1:30 pm.
- Track entry / exit gates are located at the middle of each turn. Athletes & coaches are to only use these two gates.
- Athletes will be allowed on the football field to warm-up. **NO CAMPING ON THE FIELD. Coaches will only be allowed on the field in designated coaches areas (the backstretch; high jump; long jump and pole vault).** Coaches may NOT wander the football field.
- No open-air audio. No electronic devices inside the fenced track area or within the roped shot/discus field event areas.
- If you have a uniform question, ask an official.
- Live results will be available. The link will be posted around the stadium.

**CONCESSION STAND & REGIONAL MERCHANDISE  
LOCATED IN THE PLAZA AREA NEAR THE FLAGPOLES.**

WE SINCERELY WISH YOU AND YOUR TEAM THE VERY BEST AT THE STATE REGIONAL !!!

*Steve Zaranek  
Meet Manager*

## **PARKING:**

Team drop-off along Fisher Rd near the stadium entrance gate.  
Buses should then proceed to the large lot off Grosse Pointe Blvd.

Spectator parking: Narrow lot along Fisher Rd adjacent to the stadium (very limited)  
Large lot off Grosse Pointe Blvd (5 min walk to stadium)  
Residential streets  
No parking along residential side of Fisher Rd (will be ticketed)  
Lots will open up after school dismissal at 3:05.

