



## **Gull Lake Community Schools Athletic Department**

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**7753 North 34<sup>th</sup> Street  
Phone: (269) 548-3520**

**Richland, MI 49083  
Fax: (269) 548-3501**

**Karyn Furlong, Athletic Director  
kfurlong@gulllakecs.org**

**SATURDAY, MAY 18, 2024**

**Location:** Gull Lake High School Track, 9550 East M-89, Richland, MI 49083

**Schools:**

Allegan	Dowagiac Union	Paw Paw	Stevensville Lakeshore
Benton Harbor	Edwardsburg	Plainwell	Three Rivers
Berrien Springs	Niles	Gull Lake	Vicksburg
Coldwater	Otsego	South Haven	

**ME and Entries:** **Master Eligibility lists should be emailed to [kford@gulllakecs.org](mailto:kford@gulllakecs.org) by Tues, May 14. All entries need to be made on Athletic.net before 11:59 PM, Tuesday, May 14, 2024** Each team is allowed 3 entries and must scratch down to 2 contestants. A team may enter more than 3 athletes, provided all athletes have met the regional additional qualifying standards.

All performances shall have been achieved prior to 11:59 p.m. May 14, 2024.

Times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by rounding up to the highest tenth then adding +0.24. (i.e. 12.52 = 12.6 + 0.24 = 12.84). When using athletic.net, you may simply round a hand time of 12.52 to 12.6 and select hand timing as the method of timing. Athletic.net will convert for you.

Athletes or relay teams that do not have times submitted or with incorrect times submitted, will be placed in the last heat or first section without seeding consideration.

**Late Entries for CLERICAL ERRORS ONLY**

- \$50 must be paid before the contestant or team will be allowed to participate.
- There are to be no late entries after the Regional individual positions are set.
- The late fee may not be used to change any time, height or distance.
- The only changes which are permitted after 11:59 p.m. the day of the entry date will be scratches, or clerical errors.





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### **Scratches & Relay Substitutions:** – please read carefully

We will utilize the Scratch Window on athletic.net once the initial entry deadline has passed. We encourage you to use this method for making scratches, rather than paper scratches. We will have a master scratch sheet available, if you prefer to use that.

By the designated scratch deadline, you must have scratched down to two athletes per event UNLESS all have met the AQ standard. All athletes who have met the AQ standard may compete, you need not scratch them. But all athletes must have met the AQ standard if more than two are participating.

Once the scratch deadline has passed, all non-scratched events are counted in the athlete participation limit whether or not the athlete participates. In other words, the event counts for that athlete even if you later scratch that athlete from an event, post scratch deadline.

Relay substitutions can occur at any time BEFORE the event is run by using any athlete on your eligibility list with a remaining event. If an athlete is already in four events after the scratch deadline, they could not later scratch an individual event to be entered on a relay. But if they still have a remaining event, they may be substituted. Failure to actually notify the meet manager or timer of the substitution before the event is run is basis to disqualify the relay. So be sure to make the substitution.

**Officials:**  
Starter: Bob Kretschman  
Starter: Tim Baker  
Referee: Art Stephenson  
Field Referee:  
Meet Manager: Randy Hunt 260.908.2342

**Appeals Committee:** Meet officials, Meet Manager and 2 Girls' Coaches and 2 Boys' Coaches

**Call/Report System:** 1<sup>st</sup> Call, 2<sup>nd</sup> Call, and 3<sup>rd</sup>/Final Call  
Please check in at the chute in the southeast corner of the track.  
Athletes will be held at the chute until their race.  
Race numbers will be issued and worn on the upper left shoulder.

**Starting Blocks:** Traditional starting blocks will be provided.





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Non-traditional blocks must be approved by the referee/starter.

**Infield:**

Coaches may be on the infield. Athletes may warm up on the infield.  
Non-participating athletes are restricted from the infield and finish line areas.

**Scoring/Awards:**

Scoring is as follows: 10-8-6-5-4-3-2-1  
Team awards packets may be picked up in the press box following the conclusion of the meet.

**Results:**

Results will be posted live online at fatresults.com and on Athletic.net. Results will not be printed.  
MHSAA State Finals qualifier information will be posted on MHSAA.com.

**Marking Material:**

Chalk is the only acceptable marking material and will be available if needed.

**Concessions:**

Will be available

**MHSAA Merchandise:**

MHSAA merchandise will be available. Credit cards, cash, and checks are accepted. Checks made payable to Gull Lake Schools..

**Athletic Trainer:**

Will be available and located near the finish line

**Admission:**

Admission is \$7/person. Tickets MUST be purchased online at the following link or with a credit card/apple pay/google pay at the gate. NO CASH will be accepted.  
Go Fan Ticket Link: <https://gofan.co/app/school/MI10217>

**Bus/Spectator Parking:**

Main parking lot located directly behind Gull Lake Middle School. There is some handicap parking near the stadium.  
[Track, Entrance and Parking Map](#)

**Implement Weigh In:**

**8:00 - 9:30 Located at the pole barn at the entrance to the stadium.**

[MHSAA Additional Qualifiers with Starting Heights and Raises](#)





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### **Pole Vault:**

Five Alive method will be used for groupings. Girls 1st

**Girls starting height and raises: 7'3, 8'0, 8'6, 9'0, 9'3(Final AQ)** Then the bar will be raised 3" at a time if more than 1 competitor remains.

30 minute break between girls and boys Pole Vault

**Boys starting height and raises: 10'9, 11'3, 11'8, 12'2, 12'8(Final AQ).** Then the bar will be raised 3" at a time if more than 1 competitor remains.

### **High Jump:**

Five Alive method will be used for groupings. Boys 1st

**Boys: Starting Height: 5'7, 5'10, 6'0, 6'2** Then the bar will be raised 2" at a time if more than 1 competitor remains.

30 minute break between Boys and girls High Jump

**Girls: Starting Height: 4'6, 4'9, 4'11, 5'1** Then the bar will be raised 2" at a time if more than 1 competitor remains.

### **Long Jump:**

Girls 1st

Preliminaries will be open pit for 1 hour and 45 minutes. Each athlete will get 3 attempts during prelims. Finals will begin 15 minutes after open pit closes at which there will be 3 more jumps in reverse order.

30 minute break between girls and boys long jump

Boys will have a 2 hour open pit. Each athlete will get 3 attempts during prelims. The top 9 finishers, plus ties, will advance to the finals. Finals will begin 15 minutes after open pit closes at which there will be 3 more jumps in reverse order.

### **Shot/Disc:**

Flights with 10 minutes between flights for warm up.

Preliminaries will be 3 throws (1+1+1), and finals will be 3 throws (1+1+1). The top 9 throws, plus ties will advance to the finals and compete in reverse order.

Boys will throw shot first, then a 30 minute break, followed by girls.

Girls will throw discus first, then a 30 minute break, followed by boys.





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### **TIMELINE FOR EVENTS**

- 8:00 am: Implement weigh in in the Pole Barn at the stadium entrance.
- 9:00 am Coaches meeting - at the finish line  
Field event scratches due - use Athletic.net or a scratch sheet  
Preliminary running event scratches due - use Athletic.net or a scratch sheet
- 9:30 am National Anthem  
Girls Pole Vault
- 10:00 am Field events begin  
**Boys:** Shot Put and High Jump                      **Girls:** Discus and Long Jump
- 11:00 am 3200 Meter Relay (Boys followed by Girls)
- Running Prelims:**  
Boys 100 m dash & Girls 100 m dash  
Boys 110 m hurdles & Girls 100 m hurdles  
Boys 200 m dash & Girls 200 m dash  
**Advancing to Finals:** Heat winner from each heat and then the next fastest times to fill 8 lanes.
- 12:00 pm Girls Long Jump Finals begin  
Boys Long Jump Preliminaries will begin 30 minutes after the Girls Long Jump
- 2:00 pm Remaining Scratches Due - please use Athletic.net or a scratch sheet





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2:30 pm

**WE WILL START RUNNING FINALS AT THIS TIME UNLESS PRELIMS END AFTER 1:30**

National Anthem

Boys Run First

110/100 Hurdles

100 M Dash

800 M Relay (4 x 200)

1600 M Run - 2 heats if entries exceed 24, If 2 heats, then the 2nd heat will have the 16 fastest entries.

400 M Relay (4 x 100)

400 M Dash

300 M Hurdles

800 M Run - 2 heats if entries 20-24, then 2nd heat 12 fastest. If >24 entries, 2nd heat 16 fastest.

200 M Dash

3200 M Run

1600 M Relay (4 x 400)

### Exchange Zone Assignments

Flags will be there and please officiate both boys and girls races.

Each school please provide at least 1 coach.

400m Relay	Assignments		
Exchange 1	Allegan	Dowagiac	Paw Paw
Exchange 2	Benton Harbor	Edwardsburg	Plainwell
Exchange 3	Berrien Springs	Niles	Gull Lake
800m Relay	Assignments		
Exchange 1 & 3	Lakeshore	Three Rivers	Vicksburg
Exchange 2	Coldwater	Otsego	South Haven

