

2025 MHSAA Zone 6 Regional Track and Field Championship

May 10, 2025

Houseman Field

GENERAL INFORMATION:

Meet Manager – Dan Ebright and Jolinda Lucas

Timing – Michiana Timing

Date/Location: May 10/Houseman Field, 150 Houseman Ave, Grand Rapids, MI

Meet Entries: Please remember that entries are due on Thursday, May 8 at 9:00 PM. 2 entries are permitted per individual event and 1 relay team per relay event. Also, additional qualifiers are permitted in events, but only if all entrants have achieved the qualifying standard. DO NOT ENTER MORE THAN TWO ATHLETES PER EVENT IF ALL HAVE NOT ACHIEVED THE ADDITIONAL QUALIFYING STANDARD. Note that athletes can participate in a maximum of three events. Additional qualifying standards are included the 2025 JH.MS TF Regional packet at the bottom of this page. Enter your first 2 entries in the Middle School division for the event. If you have additional qualifiers in an event, enter them in the Additional Qualifier division for the event.

Meet Manager: If you have questions contact me (Dan Ebright) at 616-608-2209 (cell) or grtcdebright@yahoo.com

NOTE IF YOU NEED TO CONTACT ME AFTER 3:45 PM FRIDAY OR ON THE DAY OF THE MEET, PLEASE CALL OR TEXT ME.

WE WILL SPLIT THE REGION INTO SMALL SCHOOL AND LARGE SCHOOL DIVISIONS. IN ORDER TO HAVE ENOUGH SMALL SCHOOLS, SOME DIVISION 2 SCHOOLS WILL COMPETE IN THE SMALL SCHOOL DIVISION. I RECEIVED APPROVAL FROM CODY INGLIS AT THE MHSAA TO MAKE SURE WE HAD ENOUGH SMALL SCHOOLS. THE SPLIT WAS BASED ON THE TEAM STRENGTH OF D2 SCHOOLS, MOVING THE LESS COMPETITIVE D2 TEAMS INTO THE SMALL DIVISION.

Large School Division: Allendale, Byron Center, FHC, GRPS, Jenison, Northview, Pinewood, Hudsonville-Riley, Valleywood, East Grand Rapids, Otsego, Spring Lake

Small School Division: Allegan, Coopersville, Fennville, Fruitport, Godwin Heights, Holland Calvary Christian, Kenowa Hills, Kent City, Libertas Christian, North Pointe Christian, Plainwell, Saugatuck, Wayland

Time Schedule/Event Format (Tentative – I will adjust once I see how many schools are entered)

10:45 – Gates Open

11:00-11:50 – Implement weigh in and pole inspection/scratches

12:00 – Begin Field Events – Dual pits for High Jump, Long Jump, Shot Put. One competition pit for pole vault and one warm up pit.

Running Events (note that times are approximation only and athletes should listen for the call for each event). The estimate below is based on maximum entries in each event and could change if there are less heats of a particular event. Last year we finished early.

12:40 – 3200m relay

1:10 – 55mH

1:40 – 100m dash

2:10 – 800m relay

2:30 – 1600m run

3:00 – 400m relay

3:20 – 400m

3:50 – 70m

4:20 – 800m

4:35 – 200mH

5:05 – 200m dash

5:35 – 3200m run

6:05 – 1600m relay

Field Event Format

Long Jump – Two pits starting at 12:00, open pits until 2:00 to get in three jumps. Top 9 to finals for three jumps

High Jump – Two pits starting at 12:00. Starting height 4'0" for girls, 4'6" for boys

Pole Vault – Boys first starting at 12:00, then girls. Starting height 6'6" for boys with first raise to 7'6", then 6" raises after that. Girls will start at 5'6" with first raise to 6'6" then 6" raises after that.

Shot Put – Two pits starting at 12:00. 2-3 flights. 2 and 1 format for first three throws, Top 9 to finals for 3 additional throws.

Scoring/Awards – Top six places score 10-8-6-4-2-1 in all events per MHSAA instructions. Medals will be given to 6 places in individual events and top 3 places in relays in both large school and small school divisions. Trophies will be given to the Team Champion in both the large school and small school divisions.

Coaches and athletes in uniform will be allowed on the infield but they must stay behind the ropes or behind yellow line on the turf.

Team Entry: Gates will open at 10:45 AM. Teams can enter through the gate on Houseman Ave.

Bus Parking: Bus parking will be available on Houseman Ave on the west side of the stadium and Diamond Ave on the East side of the stadium. Buses on Diamond Avenue should park on the west side of the street and face south. Overflow bus parking available at Innovation Central High School located approximately ½ mile from Houseman Field at 421 Fountain St NE, Grand Rapids, MI 49503 on the north and south sides of the building.

Team Tents: Team tents can be set up along the bleachers on the home (south) side of the field. There is also some space for tents on the visitor's side of the field. Tents should be set up so they do not interfere with officials or events. No team tents may be set up on the infield. Make sure to bring bungies or weights to lag down your tents. Tents will be on pavement, so you will not be able to use stakes to hold down tents.

Athlete reminders: No food or drink, other than water is permitted on the infield. Houseman Field officials may also not allow bags on the field. Also, no frisbees, footballs or radios, etc. on the infield or competition areas.

Pets: No pets are allowed in the stadium or on stadium grounds.

Spikes/Blocks: Only 1/4 inch or 1/8 inch pyramid spikes are permitted. No Christmas tree or needle spikes permitted. Starting blocks will be provided.

Locker room/Bathroom - Locker room facilities are not available. Athletes should come dressed for competition. Bathroom facilities are available on the northwest and southeast corners of the stadium.

Inclement Weather – MHSAA rules will be followed in the event of a thunderstorm. Teams should take cover in busses if there is lightning. Competition will not resume until 30 minutes after the last lightning is seen or last thunder heard.

Concessions: Concession stands will be open.

Spectator Parking - Limited on-site parking is available for vehicles. Spectators can park in the neighborhoods surrounding Houseman Field. Spectator admission is \$6 per person. Tickets should be purchased on Go Fan at this link: <https://gofan.co/event/3555919?schoolId=MI89015>

GIRLS RUN FIRST IN ODD YEARS