



**2025 MHSAA Zone 7
Junior High Track & Field Regional
Tuesday, May 27th, 2025
Hosted by Cadillac High School
GENERAL INFORMATION**

1. The gates will open at 1:00 p.m.
2. Please inform your athletes that the High School building will be off limits to them. They will need to come dressed. There are bathrooms available at the stadium.

Entries:	Your entries will be submitted through <u>Athletic.net</u> under MHSAA MS/JH Regional - Zone 7 @ Cadillac. Entries close at 7:00 p.m. on Sunday, May 25th.
Regional Locations:	Regional sites are set per zone. If a school is closer to another site that is not in its zone, a request can be made to the MHSAA to participate in that closer zone regional.
Start Times:	Field Events will begin at 2:00 pm and Running Events will begin at -3:30 pm
Heats & Flights:	Heats & flights will be based on Athletic.net entries.
Site Selection:	Athletic.net will be used to “sign up” interested schools. The first 25 schools to sign up in each region will be allowed to compete. Additional meets may be created if there is interest beyond 25 schools. We may also adjust the amount of schools allowed based on the total number of entries for the meet.
Entries Per School:	Field size and heats will be determined and each school will be allowed to bring <u>Two Athletes</u> for each individual event and <u>One Relay Team</u> per gender. *If additional athletes meet the qualification standards beyond the two entries per school, they can also enter the field. No more than <u>Three Competitors</u> from any one school would be able to compete in an event regardless of best times, heights or distances and all three competitors must meet the qualifying standards.
Meet Philosophy:	A typical MS/JH meet has a philosophy of inclusion and participation. The MHSAA Regional competition is for your team’s most competitive athletes in those events.
Heat & Race Size:	Meet hosts may adjust heats and races to fit the entries best. This may include limited participation by schools, events or heat size to ensure a meet can be conducted within a weeknight format. Heats and Flights will be determined once the field is set.
Race Format:	There will be NO preliminaries for this event, only finals.
Scoring:	10-8-6-4-2-1 for Individual Events & Relays
Awards:	Champion trophies will be presented on the track immediately after the meet. Individual medals will be presented at the podium on the field shortly after the conclusion of each event.
Results:	Live results will be available at www.fatresults.com
Admission Fee:	\$6.00/spectator via GoFan digital ticketing
Entry Fee:	There is no cost or entry fee for participation in the MHSAA MS/JH Track & Field Regional
Starters:	Jill Baker-Cooley Mike Wolf
Timing Company:	Michiana Timing
Meet Managers:	Fred Bryant - CAPS Athletic Director Email: fred.bryant@cadillacschools.org Taylor Bryant - CAPS Assistant Athletic Coordinator Email: taylor.bryant@cadillacsdchools.org

MHSAA JH/MS Regional Track & Field

Order of Events All MHSAA Junior High/Middle School Regional Track & Field meets will follow the standardized JH/MS Order of Events for both boys and girls.

Track Events (in order):

Track Events Order – MHSAA JH/MS Regional Meets

1. 4x800 Meter Relay
2. 55 Meter Hurdles – 5 hurdles (33" for boys, 30" for girls)
3. 100 Meter Dash
4. 4x200 Meter Relay
5. 1600 Meter Run
6. 4x100 Meter Relay
7. 400 Meter Dash
8. 70 Meter Dash
9. 800 Meter Run
10. 200 Meter Hurdles – 5 hurdles (30"), spaced at 35meter intervals
11. 200 Meter Dash
12. 3200 Meter Run
13. 4x400 Meter Relay

Field Events:

- Pole Vault (Starting height determined by heights entered into Athletic.net and then adjusted accordingly)
- Shot Put – 4 kg for boys; 6 lb for girls
- High Jump (Starting height determined by heights entered into Athletic.net and then adjusted accordingly)
- Long Jump

