



**Michigan High School Athletic Association  
Boys and Girls Division 1  
State Track and Field Finals  
2025**

**Falcon Stadium at East Kentwood High School**

Welcome to East Kentwood and this year's MHSAA State Track and Field Finals. Congratulations on your season and advancing to the state finals. It is our intention to provide each team the opportunity to perform at their highest level and to enjoy their experience here at Falcon Stadium.

Please read the following important points of information. For specifics not covered, please refer to the MHSAA website.

**Spectator Information**

- Admission:** \$11.00. All tickets must be purchased through GoFan. The link to purchase tickets is available on the MHSAA website. No passes are accepted. Do not validate the ticket prior to the event. If a ticket is validated, it will not be accepted. We will have credit card readers on site.
- Parking:** \$5 per vehicle. **Cashless.**
- Programs:** \$5 per program. They will be available at the exit gate. **Cashless.**
- Concessions:** Available and **Cashless.**
- Amenities:** Restrooms and concession stands will be available.
- Pets:** **No pets will be allowed anywhere in the facility.**
- Environment:** Kentwood Public Schools is a tobacco and alcohol-free environment. Kentwood will also be implementing the use of **weapons detectors** for all spectators.

### **Pre-Meet Schedule – Friday, May 30, 2025**

**4:00pm–7:00pm** Facility will be open for teams to inspect. The track will be available for workouts. Field event areas will be closed for practice. Athletes may mark steps during this time.

Tents can be set up in designated areas, however, please use caution if there are high winds. Please do not attach anything to the fences.

Vaulting poles can be inspected, **4:00-6:00**, and stored overnight at the stadium.

Packet pickup is available for coaches during this time. Packet pickup will also be available Saturday morning at the team entrance from 8:00 am – 10:00 am.

Souvenir apparel will be available for purchase.

### **Meet Schedule – Saturday, May 31, 2025**

8:00 am	Gates Open
8:00 am–9:15 am	Weigh-in of shots and discs. Vaulting Pole inspection
9:00 am	Morning Event Scratch Deadline (form due at the check-in tent by high jump)
9:25 am	National Anthem
9:30 am	Boys and Girls Pole Vault Boys and Girls Long Jump Boys Discus and Girls Shot Put Boys and Girls High Jump
10:00 am	4 x 800 Relay Finals Semi-Finals 100m, High Hurdles, 200m
11:00am-12:00pm	Weigh-in of shots and discs.
12:00 pm	Afternoon Event Scratch Deadline (form due at the check-in tent by high jump)
12:15 pm	Girls Discus Throw – approximately one hour after girls' shot put is complete. Boys Shot Put – approximately one hour after boys' discus is complete.
12:55 pm	National Anthem
1:00 pm	Running Event Finals
4:45 pm	Team Awards Presentation (approximate time)

## **Coaches Information**

- Packet Pick up:** Packets may be picked up on Friday, 4:00 pm – 7:00 pm and Saturday, 8:00 am - 10:00 am.
- Team Parking:** Please refer to the enclosed map regarding team entrance, team tent area and team parking.
- Entries:** A list of entries will be available at [www.mhsaa.com](http://www.mhsaa.com) following the Regional meet. If you find any errors, please call the meet manager by Friday, May 23. Known scratches should be made via athletic.net ASAP after the regional meet so that heat sizes can be planned. Also, you are asked to declare all four relay athletes expected to run by Friday, May 23 via athletic.net. Substitution for other eligible athletes on the day of the meet is still permitted.
- Admittance:** Contestants must be in uniform for admittance. Coaches must wear their pass (wrist band) that is distributed in the meet packet. Per MHSAA policy, three coach passes will be provided per team.
- Restrooms:** There will be restrooms located on both sides of the stadium. There are **no** locker rooms available for contestants or coaches.
- Misc. Items:** Portable radios, speakers, footballs, frisbees, etc. will not be allowed into the stadium. Only personal music devices used with headphones/earbuds will be acceptable. Coolers will be allowed in the team tent area only. No sunflower seeds, gum, food or drinks (other than water) on the turf football field.
- Crowd Control:** Coaches will be allowed in the field event coaches box areas. Once running events begin, coaches are not allowed on the track or football field at any time except in the case of an injured athlete, to submit a scratch form, to file an appeal, or if requested by meet staff. **One coach per school may enter the designated coaches' box on the east side of the track during running events. Each team will be given one lanyard that will give them access to this coaches box. The wristbands in the packet are for coaches entrance to the meet, the lanyard is for one coach to use to access the field coaches box via the NE corner of the track.**
- Uniforms:** Please review uniform rules with your athletes. Relay team members must have uniforms clearly indicating through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team. Uniform tops should be worn as intended by the manufacturer, which may require them to be tucked in in order to start the race.
- Unif. Warning:** A general uniform warning is issued to all coaches and athletes prior to competition. Should any athletes participate while wearing an illegal uniform, and the discovery is made while in competition, that athlete/relay will be disqualified from further competition in that specific event. **This is considered to be your official team uniform warning.**

**Check-in & Calls:** A three-call system will be used (1<sup>st</sup> call; 2<sup>nd</sup> call; final call). Athletes are expected to check-in promptly when first call is given and before final call for that event. Athletes competing in a field event will check in at the site of the field event. The location of the check-in area for all running events is at the tent located at the north end of the stadium near the high jump area. The staging area will be located next to the check-in table for all running events except for the 100, 200, and hurdles. These events will check in at their starting line. Hip numbers will be used in the 800, 1600, and 3200 run, and 4 x 800, and 4 x 400 relays.

**Electronic Communication Devices:** Athletes may view video or images on any device, including cell phones, during competition in unrestricted areas only. Electronic devices will not be allowed in any of the designated restricted areas (starting lines, clerk tent, finish line, and field event competition areas).

**Relay Cards:** Relay athletes will be pre-declared via athletic.net. Relay cards will only be used for substitutions on the day of the meet. Only substituted athletes will be listed on the card.

**Scratches:** Scratches are due at the clerking tent by 9:00 am for the morning session; 12:00 pm (noon) for the afternoon session. All scratches must be written on the official scratch sheet for the session (found at the clerking tent). Remember – scratches only – no substitutions (except for relay teams) or additions. If you have any pre-meet scratches, please make them via athletic.net ASAP after the regional meet so that heat sizes can be planned.

An athlete must be scratched prior to the deadline from any individual event in that session (prelims plus 4x800 or running finals) or that event WILL count against his/her four-event limit. Individual events are scratch only, no additions or substitutions.

Relay legs may be substituted at any time prior to running of the relay for another athlete on your roster, but the change must be reported PRIOR to the event being run. Any athlete on your eligibility list may be substituted, provided that he/she has a remaining event.

**Athletic Trainer:** An athletic trainer will be available onsite throughout the course of the meet in a tent near the 300 meter hurdles start. Ice and water will be provided.

**Awards and Points:** Scoring for all events will be 10-8-6-5-4-3-2-1. Medals will be awarded in each event for places 1 through 8. Team awards will be given to each runner-up and first-place team. Please remind your athletes to listen to announcements for when medals will be distributed for each event. We will move forward with each award ceremony provided that the event winner is present.

Please note that all awards will be presented 15 minutes after the completion of the event on the stadium field. Refer to the map for exact location. We also ask that the State Champion's coach be present to assist with the medal presentation.

## **Equipment Information**

- Shot & Disc Inspection:** All shots and discs will need to be inspected, weighed, and marked before use in competition. This will be done in the garage attached to the restroom near the competition area 8:00 am – 9:15 am (boys discus & girls shot put) and from 11:00 am – 12:00 pm (girls discus & boys shot put) (refer to map).
- Vaulter Info:** All vaulting poles will be inspected at the vaulting site. On Friday, vaulting poles can be inspected from 4:00 pm – 6:00 pm and stored at the stadium. Coaches will need to list, on a form (no card), info for each vaulter. This should be done when the pole is inspected by the referee.
- Spikes, Blocks, & Batons:** Only ¼ inch or less of the spike may extend beyond the shoe sole. **Random checks of spikes will occur in the staging area.** Starting blocks for the competition will be Gill Fusion G10 starting blocks with adjustable pedals. Schools provide their own batons.

## **Event Information**

- Track Surface:** The track at Falcon Stadium is a full-pour polyurethane surface, metric and **nine (9)** lanes. All nine lanes will be used for each race.
- Take-off Marks:** Only chalk may be used on track surfaces to indicate a high jump or relay take-off mark. Please tell your athletes to make their chalk marks reasonable in size and quantity (Maximum 1/3 the width of the lane on the track). Only stick markers may be placed alongside the long jump and pole vault runways. We will provide chalk and sticks at appropriate locations. **No tape or scuff marks.**
- Time Limits:** The time limits for all field events will be strongly enforced.
- Discus & Shot Put:** All competitors will be allowed three preliminary throws/puts in the 1-1-1 format. Preliminaries will be conducted in flights in "worst to best" order. The top nine from all flights will advance to the finals for three additional attempts competing in "worst to best" order based on their best prelim attempt. The finals will be conducted using the 1-1-1 format. In both prelims and finals, each attempt will be measured before another is made. Three warm-up throws will be allowed between flights.
- High Jump:** Starting heights: Boys 5'11" and girls 4'11". The bar will be raised using the MHSAA Raises Chart (Boys: 6'1", 6'3" and 6'5" – Girls 5'2", 5'4", and 5'6"). When nine or fewer competitors is reached, the bar is to be raised one inch only for each successive jump.
- Pole Vault:** Starting heights: Boys 12'3" and girls 9'6". The bar will be raised using the MHSAA Raises Chart (Boys: 13'0", 13'6", and 14'0" – Girls 10'0", 10'6", 11'0"). When nine or fewer competitors is reached, the bar is to be raised in three-inch increments (until one with options to pass).
- Long Jump:** This event will be conducted in flights in "worst to best" order. All competitors will be allowed 3 preliminary jumps. The top nine from all flights will advance to the

finals for 3 additional jumps competing in "worst to best" order based on their best prelim attempt. Finals will begin approximately 10 minutes after the completion of the last flight.

**Running Event Preference:** Girls events will run first in 2025. Distance races will employ triple waterfall starts. All other races will have the lane preferences of lanes 5-6-4-7-3-8-2-9-1. In running event finals with more than one heat, the fastest heat is last; the slowest heat is first. For the 3200 m Relay - Three heats if there are greater than 28 teams. Last heat of 12 teams (fastest), middle heat of next 12 teams, first heat with all other teams, not less than 2 teams in any heat. All races run slowest seeded times to fastest seeded times

**Distance Races:** Please remind your runners about staying to the right of the white line on the inside of the track, and not cutting-off another runner when passing.

**Relay Teams:** Relay team members will be pre-declared via athletic.net. Relay cards will only be used for substitutions from eligible athletes (on your eligibility list) on the day of the meet. Relay cards, if needed, will be available at the check-in tent and upon completion are to be returned to the same location. Please make sure that your relay teams are legally attired.

**Exchange Zones:** The 4x800 Relay markings are blue triangles and blue line. The 4x400 Relay markings are solid blue triangles and a blue line for the other exchanges. The 4x100 Relay markings are all yellow triangles. The 4x200 Relay markings are black triangles for exchanges one and two, and yellow triangles for the third exchange. The 4x800 Relay will use a waterfall start and the 4x400 Relay will use a three-turn stagger.

**Appeals Com.:** Brandon Jiles, Brian Salyers, Stephanie Stephenson, Dan Wytko

**Finish Line:** Finish line administration will be provided by Michiana Timing. All results will be found at <http://fatresults.com>.

**Questions:** Blaine Brumels  
East Kentwood Athletic Director  
(616) 698-6700, ext. 74560  
[blaine.brumels@kentwoodps.org](mailto:blaine.brumels@kentwoodps.org)



## Seeding at MHSAA Finals – 9 Lane

1. East Kentwood and Kent City are nine-lane tracks. For all events 400 meters and less as well as the 4x100 relay, 4x200 relay and the 4x400 meter relay the preferred lane order will be: 5, 6, 4, 7, 3, 8, 2, 9, and 1.
2. First-round sprint events will run using as few heats as possible, so divide the field by nine and the fewest heats possible will be formed to get all athletes into a first-round event.
  - a. 3 heats: Heat winners plus the next 6 fastest times
  - b. 4 heats: Heat winners plus the next 5 fastest times
  - c. 5 heats: Heat winners plus the next 4 fastest times
3. **800 Meter Dash:**  
20 - one heat  
21 – 26 - two heats with the 12 fastest plus ties in the second heat  
27 or more - two heats with the 18 fastest plus ties in the second heat.
4. **1600 Meter Run:**  
26 or less - one heat.  
27 or more - two heats with the 18 fastest plus ties in the second heat.
5. **3200 Meter Run:**  
35 or less - one heat  
36 or more - two heats with the fastest 24 plus ties in the second heat
6. **3200 Meter Relay:**  
14 or less - one heat  
15 to 27 - two heats with the 12 fastest plus ties in the second heat  
28 or more - three heats with the 12 fastest plus ties in the third heat, the next 12 fastest plus ties in the second heat and the remaining teams in the first heat.
7. **Waterfall seeding:**  
Upper waterfall will have seeds 1 – 6 with 1 on the outside of lane 9 and 6 just inside lane Middle waterfall will have seeds 7 – 12 with 7 on the outside of lane 6 and 12 just inside lane 4. Lower Waterfall will have remaining runners 13 – 30 with a possible number of 18 on the line, with number 13 on the outside of lane 9 and 30 along the inside of lane 1. If there are more than 30 runners, we start the process over with a back row in the upper waterfall, 31 – 35, with 31 on the outside of lane 9 and 35 just inside lane 7. More than 35 runners call for two heats



East Kentwood  
Stadium Parking Map  
6230 Kalamazoo Ave  
Kentwood, MI 49508



**From the North:**

Take US 131 south to M-6. Take M-6 East to exit 11, Kalamazoo Ave.  
Take Kalamazoo Ave. north.

**From the South:**

Take US 131 north to M-6. Take M-6 East to exit 11, Kalamazoo Ave.  
Take Kalamazoo Ave. north.

**Parking:**

There will be a parking fee of \$5, **cashless**. Parking is available off  
Kalamazoo Ave. by M-6 and off 60<sup>th</sup> St. east of Kalamazoo Ave.

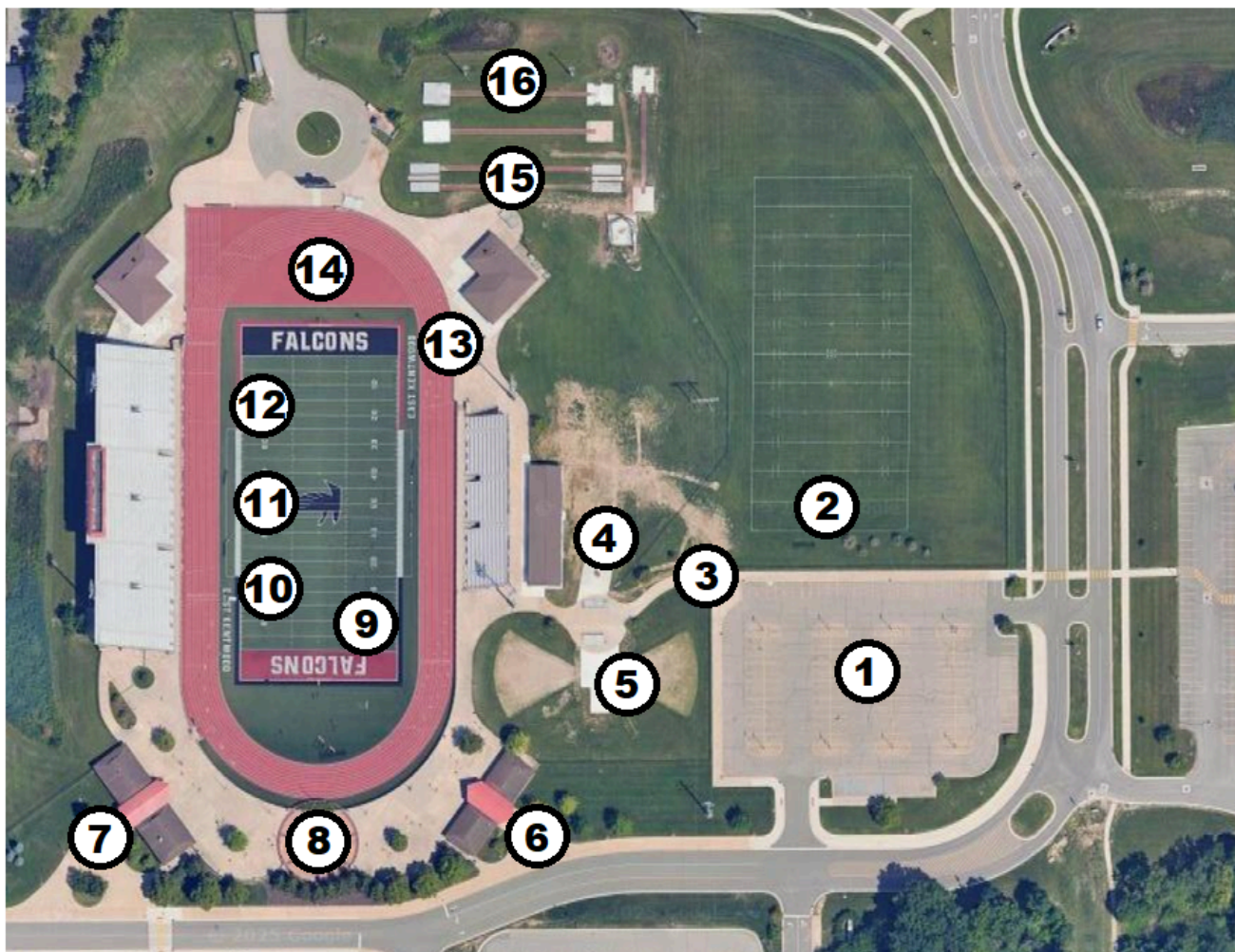
**Important Note:**

Traffic will be heavy off M-6. We encourage you to follow the yellow path  
north on Kalamazoo and then east on 60<sup>th</sup> Street





# FALCON STADIUM



1. TEAM PARKING
2. TEAM TENT AREA
3. PASS GATE (OPEN 8 AM- 10 AM)
4. DISCUS AREA
5. SHOT PUT AREA
6. VISITOR ENTRANCE
7. HOME ENTRANCE
8. T-SHIRT SALES
9. TRAINER TENT

10. START/FINISH LINE
11. AWARD AREA
12. CLERKING AREA
13. ENTRANCE ONTO TRACK FOR PARTICIPANTS
14. HIGH JUMP AREA
15. LONG JUMP AREA
16. POLE VAULT AREA