

2025 MHSAA JH/MS Track & Field Regionals

The 2025 MHSAA Junior High/Middle School Track & Field Regionals is a post-season MHSAA event. Participation is limited to MHSAA member schools at the JH/MS level. Schools will register through **Athletic.net**, and this event **does not count** toward the maximum of 10 regular-season meets.

General Meet Information

- **Event Window:** Regional meets may be hosted between **May 12 and May 30, 2025**, unless the MHSAA grants prior approval for an alternate date.
 - **Meet Structure:** Each Zone may host between one and three Regional meets, depending on interest and geography. Member schools may enter **only one** Regional meet—preferably the one closest to their location.
 - **Entry Process:**
 - Schools must sign up via **Athletic.net**.
 - The first **25 schools** to register in each Region will be accepted.
 - Additional meets may be added if interest exceeds capacity.
 - Regional events will be created in Athletic.net once dates are finalized.
 - **Entry Limits:**
 - Each school may enter **up to two athletes per event** and **one relay team per relay event**.
 - If additional athletes meet the **qualifying standards**, they may also be entered, with a maximum of **three athletes per school per event**.
 - **Meet Philosophy:** While the overall philosophy of JH/MS competition emphasizes participation, these Regionals are intended for each team's **most competitive athletes**.
 - **Heats & Flights:** These are determined based on Athletic.net entries. Hosts may modify heat sizes or event groupings to accommodate time and space limitations, especially for weekday events.
 - **Entry Deadline:** All entries must be submitted **no later than three school days before the event**. **Each host will determine specific deadlines and times.**
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Additional Meet Details

- **Fees & Admission:**
 - There is **no entry fee** for participating schools.
 - **Spectator admission** is \$6.00, paid via **GoFan digital ticketing**.
- **Awards:**
 - MHSAA trophies awarded to the **team champion** (per gender).
 - Medals awarded to the **top 6 finishers** in each individual event and **top 3 relay teams**.
- **Officials & Staffing:**
 - Host schools must hire at least **two MHSAA-registered officials**.
 - Additional meet workers will be arranged locally.
- **Event Timing Recommendations:**
 - For weekday meets, it is recommended that **field events begin no later than 2:45 p.m.**, with **running events starting at 3:30 p.m.**
- **Financial Reporting:**
 - Hosts must submit a financial report following the meet.
 - The **MHSAA will reimburse** all approved meet expenses including an FAT operator and officials.

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.

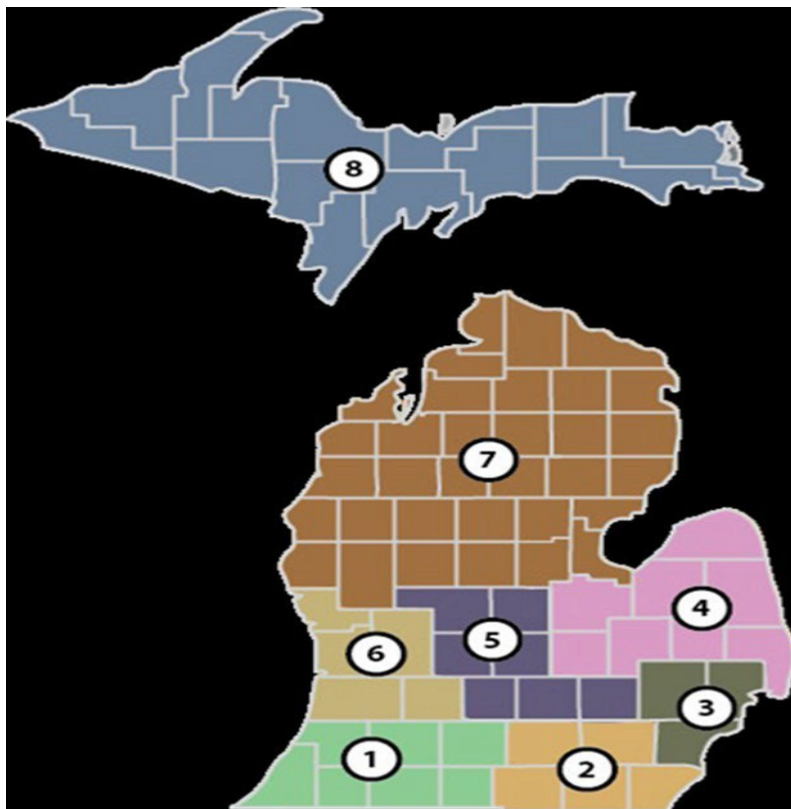
Track Events (in order):

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 35-meter intervals**
- 11. 200 Meter Dash**
- 12. 3200 Meter Run**
- 13. 4x400 Meter Relay**

Field Events:

- Pole Vault**
- Shot Put – 4 kg for boys; 6 lb for girls**
- High Jump**
- Long Jump**



2025 MHSAA JH/MS Track & Field Regional Sites

Zone 1

Bangor HS– (Small Schools – D3 and D4) – Thursday, May 22
Vicksburg HS – (Big Schools – D1 and D2) – Monday, May 19

Zone 2

Concord HS - Thursday, May 22
Ypsilanti Lincoln – Wednesday, May 21

Zone 3

Woodhaven HS - Thursday, May 22

Zone 4

White Pine MS - Saginaw Township Schools – Thursday, May 15

Zone 5

Central Montcalm HS – Monday, May 19

Zone 6

Grand Rapids Public Schools – Houseman Field – Saturday, May 10

Zone 7

Brethren HS – Monday, May 19
Cadillac HS – Tuesday, May 27

Zone 8

Houghton HS – Wednesday, May 28
St. Ignace HS – Wednesday, May 28
Gwinn HS – Wednesday, May 28



2025 Junior High / Middle School Track Regional Qualification Standards

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
3200m Relay	9:59.99	11:19.99
55m Hurdles	9.79	10.39
100m Dash	12.59	13.59
800m Relay	1:46.99	1:59.39
1600m Run	5:11.99	5:51.99
400m Relay	49.89	55.99
400m Dash	57.39	1:06.49
70m Dash	9.19	10.09
800m Run	2:22.49	2:38.99
200m Hurdles	28.89	33.79
200m Dash	25.89	29.29
3200m Run	11:24.99	12:54.99
1600m Relay	4:02.99	4:37.99
High Jump	5' 3"	4' 7"
Pole Vault	8'	7'
Long Jump	16' 11"	13' 11"
Shot Put	36' 6"	30' 6"

* Large Schools are JH / MS that feed into Division 1 & 2 High Schools

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
3200m Relay	10:14.99	11:39.99
55m Hurdles	10.09	10.59
100m Dash	12.89	13.89
800m Relay	1:49.79	2:01.49
1600m Run	5:19.99	5:59.99
400m Relay	50.99	56.99
400m Dash	59.19	1:07.49
70m Dash	9.29	10.19
800m Run	2:22.99	2:41.99
200m Hurdles	30.09	34.09
200m Dash	26.89	29.99
3200m Run	11:39.99	13:04.99
1600m Relay	4:05.99	4:43.99
High Jump	5' 3"	4' 6"
Pole Vault	8'	7'
Long Jump	16' 8"	13' 9"
Shot Put	36' 0"	30' 0"

* Small Schools are JH / MS that feed into Division 3 & 4 High Schools