

## Athletic Directors and Track Coaches -

Please read below for all the necessary meet information pertaining to the upcoming JH/MS Regional Meet:

1. Each regional is limited to the first 25 full teams (10 athletes or more per gender) that would like to attend. In order to confirm attendance, teams must register on athletic.net.
    1. Teams of 10 athletes or less per gender may petition Meet Management to be entered into the meet. The final decision will be based on the number of full teams and number of overall athletes registered in the meet prior to the registration deadline.
  2. Athletic.net will be used as the registration platform for the MHSAA JH/MS Track & Field Regional for schools, teams, and individuals.
  3. Schools MUST be a MHSAA member school.
  4. The MHSAA JH/MS Regional race will NOT be counted against the schools' MHSAA contest limit in JH/MS Track & Field.
  5. MHSAA trophies and medals will be awarded for each gender. Team Champion and medals to the top 6 in each event and top 3 in each relay.
  6. Each team is limited to 1 entry per event and 1 relay per event unless you have kids that meet the additional qualifying standard much like the HS regional.
  7. No Team Entry Fee
  8. MHSAA Admission will be charged for spectators - \$6.00 via GoFan digital ticketing
  9. Lincoln High School is hosting on Wednesday, May 21st, 2025
    1. Pole Vault begins @ 11:00am
    2. Field Events begin @ 12:00pm
    3. Running Events begin @ 2:00pm
- All Regional entries are due by 11:59 pm on Sunday, May 18th. All entries are to be done on athletic.net.
    1. The only changes that will be permitted after the registration deadline will be scratches or clerical errors.
    2. All entry times/marks must be verifiable performances achieved during the 2025 season ONLY.
    3. Entries for whom times are not submitted or for whom confirmed false times were submitted are to be placed in the last heat or first section without seeding consideration.

2. Each accepted team is limited to 1 entry per event and 1 relay per event.
  1. All additional entries must have achieved the additional qualifying standard.
- *\*Please note that if additional qualifiers are entered in an event, all entered athletes must have achieved the minimum standard.*
- *No more than three competitors from any one school would be able to compete in an event regardless of best times, heights, or distances.*
  1. FAT timing will be utilized for all running events.
  2. The Long Jump will be an "open pit" for 90 minutes per gender, athletes must complete their jumps during this period.
    1. Boys Long Jump will begin @ Noon.
    2. Girls Long Jump will begin @ 2:00pm.
    3. 4 Jumps, No Final
  3. Opening heights and raises for the Pole Vault & High Jump will be determined once the registration period is closed based on the entries.
  4. Shot Put athletes will be given 4 throws (2-1-1), no finals. Flights will be assigned and posted upon completion of the registration period.
  5. The 800m, 1600m, 3200m & 4x800m Relay will all use the waterfall (step up) start utilizing a one turn stagger.
  6. Regional Meet scoring is as follows: 10-8-6-5-4-3-2-1. Medals will be awarded to the top 6 places in each event. Team trophies will be awarded to the top 2 teams.
- *\*\*\*Please note that even though there are 2 different entry standards based on school size, the meet will be conducted as one meet with all teams scoring into one combined division.*
- There will be a coaches meeting at 11:00 am at the finish line tent. It is important that at least one coach from each team attends.

## EVENT SCHEDULE

11:00am Coaches Meeting

11:00am Pole Vault begins - *Boys First*

12:00pm Field Events begin:

Shot Put Girls First

Long Jump Boys First

High Jump Girls First

2:00pm Running Event Finals begin - *Girls run first, all races are Timed Finals.*

4x800m Relay

55m Hurdles

100m Dash

4x200m Relay

1600m Run

4x100m Relay

400m Dash

70m Dash

800m Run

200m Hurdles

3200m Run

4x400m Relay

**2025 Junior High / Middle School Track Regional Qualification Large School 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\*