

# MHSAA MS Regional - Zone 3

**Thursday, May 22, 2025**

**@ Woodhaven High School**

**24787 Van Horn Rd, Brownstown MI 48134**

## Contact Information

**Jared Nicholls** - WBSD MS Athletic Director

[nicholj@wbsdweb.com](mailto:nicholj@wbsdweb.com)

**Jake Hammerle** - Meet Manager & Head Coach - Woodhaven High School Track/XC

[hammerj@wbsdweb.com](mailto:hammerj@wbsdweb.com)

## Competing Schools

Limited to the first 25 MS teams who are part of the MHSAA who request entry into the meet from Zone 3: Macomb/Oakland/Wayne County. This meet WILL NOT count against the allowed meet limit. Additionally, there is NO COST to participate in this meet.

## Athlete Registration

**All entries will be due by 10 P.M. Tuesday, May 23rd.** All entries will be submitted via athletic.net only. **Each athlete is allowed to enter a maximum of three(3) events (field, relay, running).** Each school will automatically be given TWO(2) entries per individual event and one(1) entry per relay event, regardless of mark. ONE (1) more individual entry will be allowed if the additional qualifying mark is met by all athletes in an event. *Example: D1/D2 feeder MS AQ time for boys 1600m is 5:11.99. For you to add a 3rd athlete ALL athletes must have run 5:11.99 or better.*

## Timing

We will be using a fully automatic timing system (FAT).

## Seed Times/Heats

We understand some MS meets are not fully automatic timed (FAT), so hand times will be allowed but must be converted. Please round your times up to the nearest tenth and add 0.24 when seeding a hand time. It is important that hand times are “real”. Heats will be seeded and run from slow to fast. Woodhaven has an 8 lane track and all 8 lanes will be used to run laned races.

- 1600m: 24 or less runners = 1 heat. 25+ runners = 2 heats with 16 in fast heat
- 800m: 20 or less runners = 1 heat. 21+ = 2 heats with 16 in the fast heat
- 3200m: 1 heat/gender
- Preferred Lane Order: 4-5-3-6-2-7-1-8

## Awards

Team awards for the 1st place team for boys and girls. Medals will be given to 1st-6th place for individual events and 1st-3rd place for relays. Medals can be picked up in the press box **15 mins** following the completion of the 4x4. Team awards will be announced and presented shortly after the boys 4x400m.

## Admission

\$6 through GoFan.co. No Passes will be accepted. Senior Citizens and children 5 & under are free. <https://gofan.co/event/3592064?schoolId=MI10127> . Document uploaded to meet info with QR code.

## Team Camps

All team camps/tents must be set up in the football stadium turf. The visitor football stands can also be utilized. If on the field, teams can be anywhere on the turf **EXCEPT** the end zone/corner near concessions. There will be trash cans placed throughout the field, so please make sure your teams clean up when you leave. **THERE ARE NO FOOTBALLS, SOCCER BALLS OR ANY OTHER SPORT BALLS ALLOWED. THIS IS A TRACK AND FIELD MEET.**

## Bus Drop Off/Bus Parking - **IMPORTANT**

Buses are expected to enter from the west entrance and drop off in the back by the track. They will leave out the east entrance. Buses who are planning to stay the length of the meet will need to park off site. Woodhaven upper Elementary (formerly Patrick Henry Middle School) is located approx 1.5 miles east of WHS near the corner of Van Horn and Hall Rd.

## Spectator Parking- **IMPORTANT**

School is in session until 2:15 P.M. LIMITED parking is available prior to 2:35 P.M. We ask that only field event spectators arrive prior to 2:45 P.M. Our east lot is shut down for dismissal/buses from 2:00-2:35 P.M. The west lot will be a traffic jam from 1:45-2:30 P.M. due to student drivers exiting. **THERE IS NO DRIVING BEHIND THE SCHOOL NEAR THE TRACK EXCEPT BUSES.**

## Track Infield

Only competitors warming up, coaches, officials and meet personnel will be allowed on the infield during the meet. The only exception to this rule is during the long jump competition. Those spectators will need to stay in the Long Jump area. Coaches will be responsible for keeping their athletes off the infield as best they can. This is a big priority so that we can keep the meet running quick and efficient.

## Trainer

We will have a trainer on site throughout the day. There will be water coolers/cups available. Ice will be available for injuries only.

## Concessions/Food - Woodhaven Athletics Booster Club

Our concession stand will be open with your typical concession options.

## **Merchandise**

There will be MHSAA Regional Track and Field Merchandise for sale. Cash or credit cards will be accepted.

## **START TIMES**

The following schedule of events is given for your convenience. Please be aware that it is the athlete's and coaches responsibility that an athlete checks in to their event on time. Also, please be sure to follow the 3 event rule. 4th event will result in a DQ of all events that athlete competes in.

**PLEASE MAKE SURE YOUR ATHLETES ARE LISTENING FOR THEIR EVENTS TO BE CALLED.**

1:00 P.M.	Stadium open for teams
1:30 P.M.	Field Scratches Due
1:45 P.M.	Coaches Meeting (South end of the track near common start line)
2:00 P.M.	<b>High Jump - Girls First</b> Boys: 4'6", 4'9" - then 2" raises until 6 left then 1" raises Girls: 4', 4'3" - then 2" raises until 6 left then 1" raises <b>Pole Vault - Boys First</b> Boys: 6'6" then 6" raises until 6 are left then 3" raises Girls: 5'6" then 6" raises until 6 are left then 3" raises <b>SHOT PUT – Girls First</b> Each athlete will be allowed 4 throws. <b>LONG JUMP – Boys First. 4 Jumps. No Finals</b> 2 hour open pit. Girls will start 30 mins after boys conclude **We will close the pit early if possible**
2:00 P.M.	Running Scratches Due
3:15 P.M.	4x800m Relay 55m Hurdles 100m Dash 4x200m Relay 1600m Run 4x100m Relay 400m Dash 70m Dash 800m Run 200m Hurdles

200m Dash  
3200m Run  
1600m Relay

## **Results**

Results for each event will be available within the meet on athletic.net shortly after the conclusion of each event.

**We look forward to having you and your teams out to the facilities at Woodhaven High School. We hope to make it a memorable event for everyone. Hopefully we get some nice weather and great performances! This is new for everyone, so if you have any questions or concerns, please feel free to reach out directly!**