
ATHLETIC DEPARTMENT MEMORANDUM

MHSAA MS Track Regional

Monday, May 19, 2025

Hosted at Vicksburg HS, 501 East Hwy. Street, Vicksburg 49097

CONTACT INFORMATION:

Michael Roy – Vicksburg AD office (269) 321-1164 – mroy@vicksburgschools.org

COMPETING SCHOOLS: Each participant must be a MHSAA member school at the JH/MS level and be in Zone 1 to compete in this MHSAA event. This Regional meet does NOT count against your season maximum of 10 regular season meets as this is a post-season MHSAA event. The first 25 schools to sign up for will be allowed to compete. To sign your school up, please find the MHSAA MS Regional – Zone 1 @ Vicksburg on athletic.net and add it to your teams' schedule.

ENTRIES: Entries will be submitted online at www.athletic.net and due by **12pm on Friday, May 16th**. If you have any questions, please email mroy@vicksburgschools.org or office (269) 321-1164. Each school is allowed 2 entries per event and 1 relay team per relay event (These entries do not have to meet the Qualifying Standard). There is an additional qualifying standard that allows 1 more entry per event (no more than 3 total) if ALL of your entries meet the standard.

CHECK IN: Runners for all events except the 200 Hurdles and 200 Dash should check in with the clerk at the holding pen at the West end of the track behind the 100M starting line by second call. The holding pen for the 200 Hurdles and 200 Dash will be behind the 200M starting line. Runners will be given their lane assignments at this time.

TIMING SYSTEM: We will be using a FAT Timing System to time the meet.

SCORING: 10-8-6-5-4-3-2-1

Team Trophies for 1st place men & women

Medals to 1st – 6th Place Finishers in individual events

Medals to 1st – 3rd Place Finishers in relay events

ADMISSION: \$6 through GoFan – No passes will be accepted. Children 5 & under free.

CONCESSIONS: Vicksburg will provide a full concession stand throughout the day.



ENTRY FEE: There is no entry fee to participate in this event.

INFIELD: Only competitors warming up, coaches, officials and managers will be allowed on the infield during the track meet. Coaches need to keep their athletes off the infield and in the stands during the meet unless they are warming up. Thank you for making this a priority.

TEAM SET UP AREA: Teams will be able to set their team areas up outside of the track and on either side of the restrooms. Please stay away from setting up near the concessions.

REGIONAL MERCHANDISE: EA Graphics will provide us with clothing to sell during the event.

TRAINER: A Trainer will be on hand the entire afternoon.

START TIMES: The following schedule of events is given for your convenience, and we will try to follow it. Each coach is responsible for not using a competitor on his/her team illegally.

12:00 pm	Track is Open
12:45	Coaches Meeting (Scratches due at this time)
1:00	<u>POLE VAULT – Boys First</u> Boys: 8’, - 6” raises until 6 are left then 3” raises Girls: 7’, - 6” raises until 6 are left then 3” raises
2:00	<u>HIGH JUMP – Girls First</u> Boys: 5’3” – then 2” raises until 6 are left then 1” raises Girls: 4’7” – then 2” raises until 6 are left then 1” raises <u>SHOT PUT – Girls First</u> <u>LONG JUMP – Boys First</u>
2:00	<u>Scratch/Changes</u> Due to the Finish Line Trailer
3:30	4 x 800 M Relay (Girls will run first in all races) 55 M Hurdles 100 M Dash 4 x 200 M Relay 1600 M Run 4 x 100 M Relay 400 M Dash 70 M Dash 800 M Run 200 M Hurdles 200 M Dash 3200 M Run 4 x 400 M Relay

RESULTS: Will be posted on Athletic.net through RunMeet and will be available as events are finalized

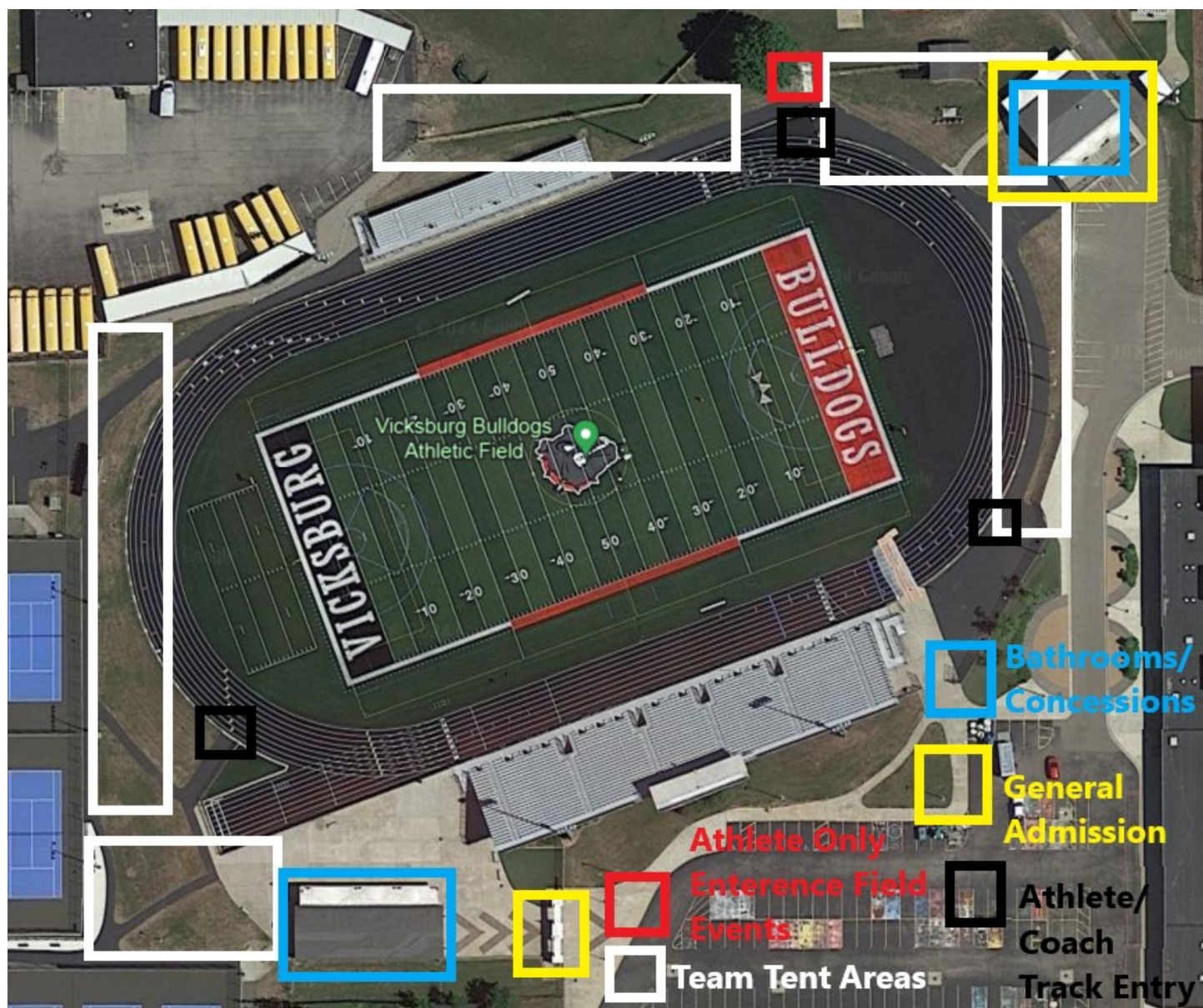
We are looking forward to this event and hope to make it an enjoyable experience! Let's hope for some nice weather and great performances! If you have any questions or concerns, please feel free to contact us.

BUS PARKING: Buses that are staying for the event will be asked to park in the Vicksburg Middle School Parking lot.

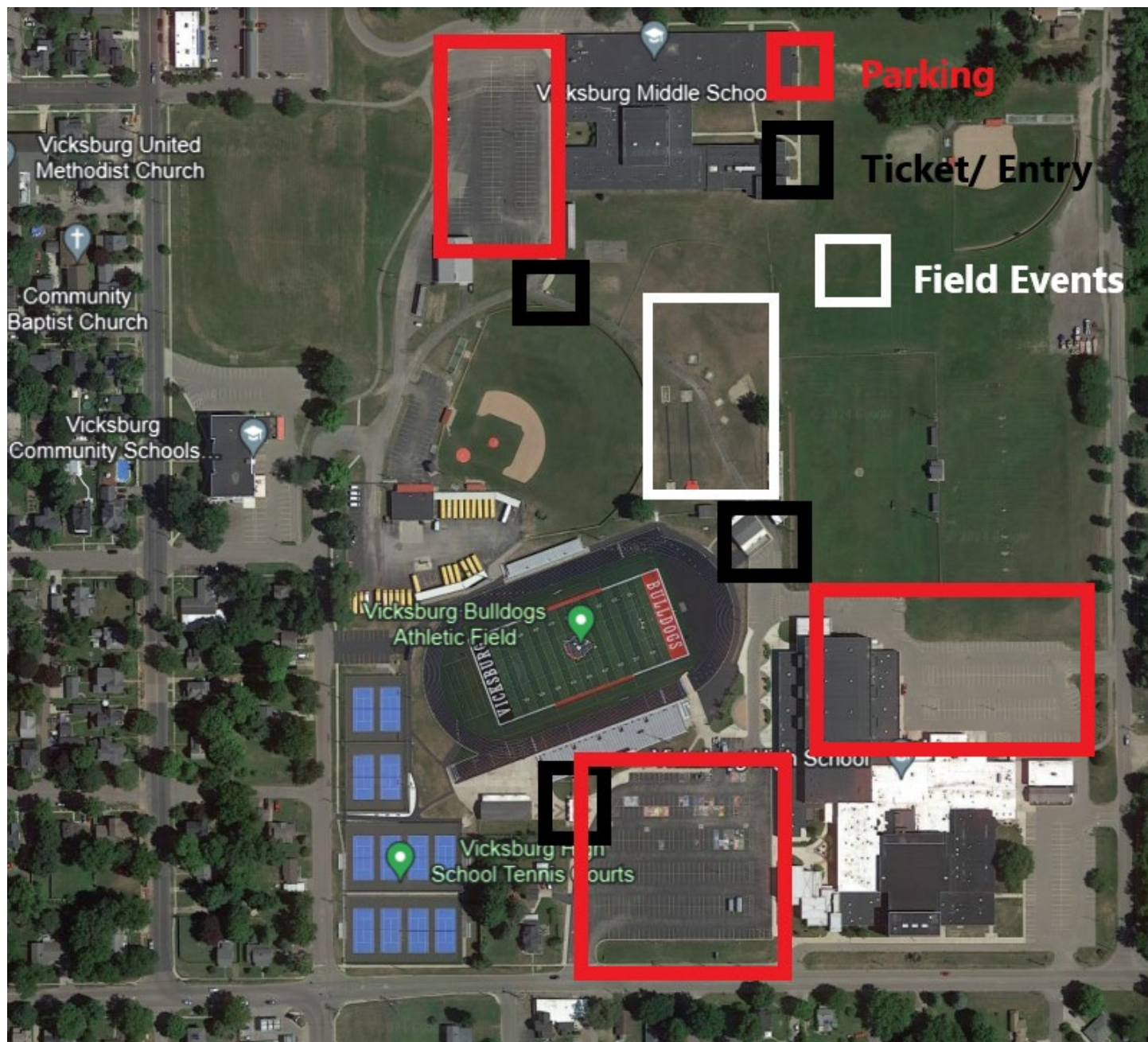
2025 JH/MS Track Regional Qualification Standards

<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"

VHS Stadium Information



Event Entry Points/Parking



Team Tent Locations

