

## 2025 MHSAA MS/JR. High Track Regional--Zone 2

Thursday, May 22, 2025 @Concord Community School

### CONTACT INFORMATION

Matt Lehman, Athletic Director

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Mike Jurasek – Meet Manager

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### COMPETING SCHOOLS:

Each participant must be a MHSAA member school at the JH/MS level and be located in Zone 2 to participate in this event. This Regional does not count against your season maximum of 10 regular-season meets. The 1st 25 schools to sign up will be allowed to compete. Please sign up on athletic.net

### ENTRIES:

Entries will be submitted online at [www.athletic.net](http://www.athletic.net) and are due by 9:00 PM on Sunday, May 18, 2025. Each school is allowed 2 entries per individual event and one relay team. A 3rd individual will be allowed if all 3 participants meet the additional qualifying standard. **The additional qualifying standards are on the last page of this document.**

***Per MHSAA, THE MHSAA REGIONAL COMPETITION IS FOR YOUR TEAM's MOST COMPETITIVE ATHLETES IN EACH EVENT.***

Our goal is to run an efficient meet, and we may have to limit entries. With the potential of 25 schools attending the MHSAA Regional, our goal is to limit entries to the top 40 athletes in the events 400 M & below and 30 entries in the events 800 M & above.

**Please only enter your most competitive runners.**

### CHECK-IN:

All athletes must check in to the clerking area found at the West end of the track by 2nd Call. The clerks will take them to the Starting line. There is a gate to enter this area by the scoreboard

### TIMING SYSTEM:

FAT Timing will be used provided by Ben Miller Timing

**SCORING:**

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

**AWARDS:**

Team Trophies to 1st place Boys & Girls Teams

Medals: 1st – 6th Place Individual Events, 1st – 3rd place Relays

**ADMISSION:**

\$6.00 through GoFan – Passes will not be accepted as this is an MHSAA Event

**CONCESSIONS:**

The Concord Athletic Department will provide a fully stocked concession stand

**TENT/TEAM SET-UP:**

Please set up outside around the track on the grassy area

**INFIELD:**

The infield is to be clear of all athletes and coaches. There are plenty of warm-up areas outside of the stadium on our practice fields.

**CHAMPIONSHIP APPAREL:**

E.A. Graphics will provide MHSAA Championship Apparel for purchase. Their tent will be set up near the concession stand.

**ATHLETIC TRAINER:**

An athletic trainer will be on-site all day.

**MARKING SUBSTANCES**

Chalk will be provided.

**SPIKE SIZE**

1/8" pyramid spikes only are allowed. Runners will be checked and will not be allowed to run with different lengths or with pin/needle spikes.

**STARTING BLOCKS**

Traditional blocks will be provided. If you use non-traditional blocks, you will have to bring them.

**MEET OFFICIALS**

Starter: Ray Drysdale

Starter: Sam Hunt

Clerk: Mike Jurasek

Timer: Ben Miller

**JURY OF APPEALS COMMITTEE:**

Matt Lehman, CHS Athletic Director (Meet Monitor)

Scott Stoner

Sam Hunt

David Jordon

Mike Jurasek

**MHSAA APPAREL**

We will have track regional apparel for sale at a table near the concession stand.

**BUS PARKING**

Buses can drop off near the entrance to the track stadium and then park in the middle school parking lot west of the track. The high school lot will be for spectators only.

**TENT CITY**

The tents can be set up in the grass off the sidewalk.

**RESTROOMS**

Restrooms are located at the concession stand, and we will also have Porta-Johns at other centrally located positions.

**SPECTATOR PARKING:**

All spectators should park in the Concord High School Parking lot.

# TIME SCHEDULE

**1:00 PM**

Track is Open

**1:45 PM**

Coaches Meeting (Scratches due at this time)

**2:00 PM**

Boys' Pole Vault (Starting heights 6'0" ; Boy's 7'0")

**3:00 PM**

Boys' Long Jump

- Open Pit – 4 Jumps –no finals

Girls' High Jump

- (Starting heights 4'8" for boys; 4'0" for girls)

Girls' Shot Put -

- 4 puts (2-2) no finals

4 X 800 Meter Relay (Girls are running 1st in all events this year)

**4:00 PM**

All 2nd session scratches are due at the finish line tent.

**4:30 PM**

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

**\*\*All timed finals (no prelims)**

## **Additional Qualifying Standards (Small School)**

EVENT	BOYS	GIRLS
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**