



**Middle School  
Regional Track & Field Meet  
May 28, 2025**

***Gwinn High School  
Gwinn, Michigan***

1:45 p.m. Coaches Meeting  
2:00 p.m. (approx) Field Events  
2:30 p.m. Running Events  
(all times are in Eastern Time)

**Participating Schools:**

Aspen Ridge, Bark River-Harris, Bothwell, Carney-Nadeau,  
Escanaba, Forest Park, Gladstone, Gwinn, Holy Name, Iron  
Mountain, Ishpeming, Kingsford, Menominee, Mid Peninsula,  
Munising, Negaunee, North Central, North Dickinson, Norway,  
Rapid River, Republic-Michigamme, Stephenson, Superior  
Central

MHSAA Event: No Team Entry Fee  
Meet Director: Luke Ghiardi, AD, Gwinn  
Admission: All Tickets \$6.00

## **MIDDLE SCHOOL ORDER OF EVENTS AND APPROXIMATE TIME SCHEDULE**

### **TRACK EVENTS**

(Girls races will be run first)

3200 M Relay 2:30 p.m.

55 M Hurdles 2:55 p.m.

100 M Dash 3:15 p.m.

800 M Relay 3:30 p.m.

1600 M Run 3:45 p.m.

400 M Relay 4:05 p.m.

400 M Dash 4:15 p.m.

70 M Dash 4:30 p.m.

800 M Run 4:45 p.m.

200 M Hurdles 4:55 p.m.

200 M Dash 5:05 p.m.

3200 M Run 5:20 p.m.

1600 M Relay 5:50 p.m.

### **FIELD EVENTS**

- **SHOT PUT** Girls at 2:00 p.m./Boys to follow
- **HIGH JUMP** Girls at 2:00 pm./Boys to follow
- **LONG JUMP** Boys at 2:00 p.m./Girls to follow
- **POLE VAULT** Boys at 2:00 p.m./Girls to follow

Starting Heights:

To be determined at the coaches meeting.

Shot put: Competitors will receive 3 throws each. The top seven athletes advance to the finals to receive 3 additional throws. The places are determined by the farthest distance of all throws.

Long Jump: Competitors will receive 3 attempts each. The top seven athletes advance to the finals to receive 3 additional jumps. The places are determined by the farthest distance of all jumps.

**GWINN HIGH SCHOOL  
GENERAL TRACK MEET INFORMATION**

1. The National Federation "Track & Field Rules" will be followed.
2. The track is rubber, has six lanes and is 400 meters long.
3. Heat assignments will be made by the games committee.
4. Starting times will be adjusted according to the progress of the meet.
5. Field event information will be discussed and determined at the heat meeting. 6. Pyramid spikes up to ¼" in length are allowed.
7. Only timers and judges will be allowed near the finish line.
8. There will be no preliminary heats.
9. Shot puts are NOT to be thrown on the field (only in the designated area on practice field)
10. The 400 meter dash will be run in lanes for the entire race.
11. The 800 meter run, 1600 meter run, 3200 meter run will be run with a single waterfall stagger.
12. The 400 meter relay and 800 meter relay will be run in lanes for the entire race.
13. A three-turn stagger will be used in the 1600 meter relay..
14. A single-waterfall stagger will be used in the 3200 meter relay.
15. Visiting teams must provide their own starting blocks.
16. Please encourage your athletes to pick up garbage around their team area.
17. A concession stand will be available.
18. Live results will be available on athletic.net during the meet and final results will be posted after the meet.
19. Individual scoring: 8-6-4-2-1
20. Relay scoring: 8-6-4-2
21. Awards: MHSAA championship trophies for the winning teams. Medals will be awarded for the top 5 places in individual events. Medals will be awarded for the top 4 places in relay events.
22. Scratch meeting: 2:00 p.m. (Eastern)
23. All discus and shot puts must be weighed by an official at the scratch meeting to be used in competition.
24. Entries due on athletic.net by Friday, May 24th at 9:00 p.m.
25. Athletes may participate in a maximum of 3 events.
26. **Each school may enter a maximum of 3 athletes per event. The top 18 athletes for each event will qualify for this regional meet. Each school may enter 1 relay team for each event.**
27. Jury of appeals: Meet manager, Gwinn boys' coach, Aspen Ridge girls' coach, and two meet officials.