



Allendale Athletic Department
Allendale High School
10760 68th Ave. | Allendale, MI 49401 | 616-892-3160

MHSAA Region 12 Track and Field Regionals
Saturday May 17th, 2025

PARTICIPATING SCHOOLS

[Allendale](#), [Coopersville](#), [Fremont](#), [Fruitport](#), [Grant](#), [Hamilton](#), [Holland](#), [Holland Christian](#), [Hopkins](#), [Hudsonville Unity Christian](#), [Muskegon Oakridge](#), [Muskegon Orchard View](#), [Spring Lake](#), [Wayland](#), [Whitehall](#)

LOCATION

Allendale HS - 10760 68th Ave, Allendale, MI 49401

APPEALS COMMITTEE

Tim McKeeby - Fruitport Track and Field Coach
Jeremy Annen - Coopersville Track and Field Coach
Jason Dykstra- Tournament Manager
2 officials

ENTRY DEADLINE

Entries must be received online on or before **11:59 p.m. on Tuesday May 13th 2025**. All times, distances and heights shall have been achieved prior to 11:59 p.m. on the Opt-Out-Date. **All times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by +.24.**

LATE ENTRY

Late entries for the Regional Meet will be accepted for clerical errors only and subject to a late fee.

ENTRY LIMITATIONS

One (1) relay team per school team. A maximum of three (3) individuals may be listed by a team in each individual event, no alternates, and no substitutions. **Only two (2) may compete**; however, if three (3) or more entries by a school team in an event have equaled or bettered the times or distances listed for Division 2 Additional Qualifying Times/Distances during the current outdoor season, then all of those entries may enter and compete in that event.

ADDITIONAL QUALIFIERS

If three (3) or more entries by a school team in an event have equaled or bettered the times or distances listed for Division 3 Additional Qualifying Times/Distances during the current outdoor season, then all these entries may enter and compete in that event.

ELIGIBILITY LIST

A copy of your master eligibility list must be e-mailed to Allendale by the published Opt-Out Date from the MHSAA. Emails may be sent to Athletic Director, Jason Dykstra at jason.dykstra@apsfalcons.net



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CALL SYSTEM

To keep the meet running smoothly and efficiently the announcer will use the following system: First call, second call, and third/final call. Athletes that have not reported to the clerk of the course or field event supervisor by the third and final call will be scratched from that event and it will count toward their four events.

RUNNING TRACK

The track is an eight- (8) lane, 400 meter, polyurethane surface. Only chalk may be used on the surface of the track for marking starts/handoffs. **All spikes must be 1/4" or less.**

UNIFORM RULE (4.3.1c)

A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches (only one visible manufacturer's logo/trademark/reference may be on any visible undergarment. Additionally, the only head attire that may be worn during competition is a knit stocking cap, sweatband, ski band, the hood of a one piece suit or undergarment. All must be unadorned single color cloth except for a manufacturer's/school logo no more than 2 ¼ square inches. No color restrictions.

DRUG, TOBACCO AND ALCOHOL POLICY

The use of, or being under the influence of, alcohol or tobacco products or any kind of "look alike products" (e cigarettes, etc.) is strictly prohibited at Allendale Public Schools and by the MHSAA. This also includes narcotics and/or their similar substances.

UNMANNED AERIAL VEHICLE (DRONE) POLICY

The use of unmanned aerial vehicles ("UAV"), also known as drones, is prohibited for any purpose by any persons at MHSAA tournament venues. Tournament management shall refuse admission or entry to anyone attempting to use a UAV; and if necessary, tournament management shall remove anyone attempting to use a UAV and/or confiscate the UAV until the event has been completed.

CONCESSIONS

Will be available. Cash and Cards are accepted.

MHSAA REGIONAL SALES ITEMS

MHSAA regional track and field sales items will be sold by EA Graphics by the concession stand.

ADMISSION

\$7 Pre-sale tickets ONLY and must be purchased through the GoFan app and at the price decided by the MHSAA. Validated tickets will NOT be allowed admission nor will passes will not be honored.

SCORING

10-8-6-5-4-3-2-1 in all events.



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STARTING BLOCKS

Traditional starting blocks will be provided. If you bring your own blocks, they must be approved by the meet manager or meet referee. You are responsible for your blocks.

RUNNING EVENT WARM-UP

The track will be available for warm up until 1:15 pm. and again during the break between semis and finals. An area outside the fence, south of the track is provided for warm up at any time.

AWARDS/RESULTS

Results will also be announced as soon as possible. Live results will be posted to FATResults.com pending technical ability. Team awards packets can be picked up following the conclusion of the meet at the awards tent.

PARKING

See the attached diagrams below for spectator and bus parking.

FIELD EVENT WARM-UP

The field event areas will be available for warm-up between 12:00-12:30 pm. for the first session. Announcements will be made as each field event is completed so contestants will know the event is open for warm up. One (1) warm up trial will be available between flights.

FIELD EVENTS

High jump, long jump, and pole vault are located inside the stadium. Shot put and discus pads are just outside the entrance and the pads are concrete - spikes are prohibited. Only chalk may be used to mark starts/takeoffs for the high jump, long jump and pole vault areas.

HIGH JUMP

The five alive method will be used. Girls will jump first(odd year) followed by boys. The pit is located on the south end of the football field.

LONG JUMP

Open pit format will be used for both semifinals and finals. Boys will jump first followed by girls. The long jump pit is found on the south side of the football field area.

SHOT PUT

Throws will be conducted going one-one-one. All implements will be checked and weighed in on the North side of the concession stand. Girls shot will be run first, followed by the boys.

DISC

Throws will be conducted going one-one-one. All implements will be checked and weighed in on the North side of the concession stand. Boys disc will be run first, followed by the girls.



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POLE VAULT

Boys will vault first followed by girls. All poles must be verified and inspected at the event venue. This will be done by athlete, coach, and field event referee. All coaches must sign the weight verification cards for their vaulter.

Region 12 Order of Events

8:00am Gates Open

Team packet pickup will be by the Concession Stand.

8:30am Weigh in of shots and discs

1st session scratches due at the timers tent

9:00am B/G Pole Vault

G/B High Jump

B/G Long Jump (open pit to 1:45pm, Finals at 2:00pm)

Girls Shot Put

Boys Discus

10:00am Girls 3200m Relay

Boys 3200m Relay

Girls 100m Dash

Boys 100m Dash

Girls 110m Hurdles

Boys 100m Hurdles

Girls 200m Dash

Boys 200m Dash

11:30am Girls Discus/Boys Shot Put

12:55pm National Anthem

1:00pm Girls/Boys 100/110 Hurdles Finals

Girls/Boys 100m Dash Finals

Girls/Boys 4 x 200m Relay

Girls/Boys 1600m Run

Girls/Boys 4 x 100m Relay

Girls/Boys 400m Dash

Girls/Boys 300m Hurdles

Girls/Boys 800m Run

Girls/Boys 200m Dash Finals

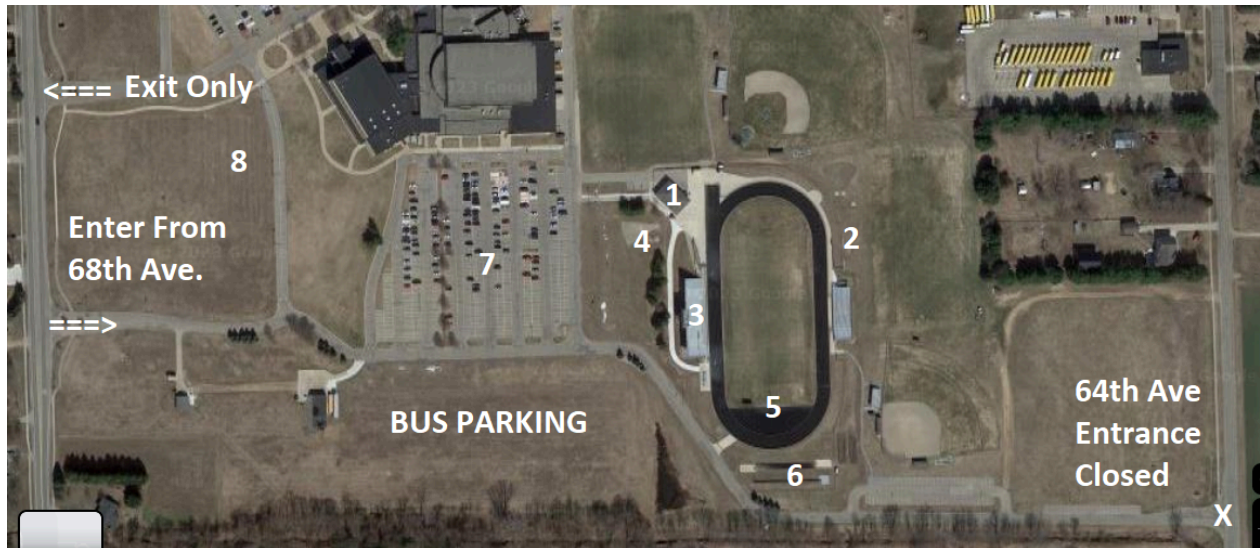
Girls/Boys 3200m Run

Girls/Boys 4 x 400m Relay

4:00pm Trophy Presentation (Approximate Time)



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Map Key

1. Team Packet Pick-up and Concession Stand
2. Team Tent Area
3. Authorized Personnel Hospitality Tent
4. Discus/Shot Put
5. High Jump
6. Long Jump/Pole Vault
7. Parking
8. Overflow Parking

Entry will be from 68th Ave. Only! Please plan accordingly.

We look forward to a great Regional Meet!

Falcon Pride