



MHSAA DIVISION 2 TRACK AND FIELD REGIONAL 15

Friday, May 16th, 2025



Battle Creek Harper Creek – Battle Creek Pennfield – Charlotte – Eaton Rapids – Haslett – Hastings – Ionia – Jackson Northwest – Lakewood – Lansing Eastern – Lansing Sexton – Lansing Waverly – Marshall – Parma Western – Portland - Williamston

Entries: All entries need to be made on Athletic.net before 11:59 PM Tuesday, May 13th, 2025.

- Each team can enter 3 entries per event but must scratch down to 2 contestants unless all athletes have met the Additional regional qualifier in that event. A team may enter more than 3 athletes, provided all athletes have met the regional additional qualifying standards. [Link to AQ standards.](#)
- All performances shall have been achieved prior to 11:59 pm on Tuesday, May 16, 2023.
- Times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by rounding up to the highest tenth then adding +0.24 (i.e. 12.52 = 12.6 + 0.24 = 12.84).
- Athletes or relay teams that do not have times submitted or with incorrect times submitted will be placed in the last heat or first section without seeding consideration.
- Late entries are for clerical errors only.
 - \$50 must be paid before the contestant or team is allowed to participate.
 - There are to be no late entries after the Regional individual positions are set.
 - The late fee may not be used to change any time, height, or distance.
 - The only changes which are permitted after the 11:59 PM May 13th deadline will be scratches or clerical errors.
- The times, heights, and distances listed on the entry information are for the current outdoor season only. If questioned, each coach must indicate the date, location, and opponent (school) when the time was established. Failure to comply shall eliminate the individual as an additional qualifier or from seeding consideration.

Location:

- **Larkin-Nortman Field, Paul Nilsson Track, 299 W South St, Williamston, MI.**
- **PLEASE NOTE:** The track & field site is NOT at Williamston High School, please use the address above!

Facility:

- 8 lane metric track with up-to-date markings. 10 Lanes on homestretch
- Track, runways, and approaches were resurfaced in 2019.
- Discus and shot put circles are concrete slabs.
- Only ¼ inch spikes are allowed on the track.

Gates Open:

- 11:00 AM

Parking:

- Buses should pull up to the stadium entrance to drop off athletes and equipment. Buses will then be directed to nearby on-street parking.
- Spectator parking is available in the lot north of the stadium off of Mechanic Street or along nearby streets.
- **Parking is not available** in the parking lot east of the stadium; this parking lot is for customers of the private business adjacent to the track facility.

Admission:

- All tickets are digital in 2025 and are \$7 sold digitally via www.GoFan.co.

Tents:

- Tents are allowed on the south side of the facility along the fence line.

Infield/Warm-Up Area/Restricted Areas:

- Athletes may use the designated warmup area in the infield that will be marked off, no track use!
- Coaches are also encouraged to use the infield to coach, please keep parents and non-coaching staff off!

- Field event coaches will be allowed to coach from designated boxes in each event area.
- Athletes not warming up and Non-participating athletes are restricted from the infield, please police this!

Trainer:

- A trainer will be available on the infield near the finish line.
- If an athlete needs to be taped, please bring their taping materials for the trainer to use.

Concessions:

- Water, restrooms, and concessions will be available.
- MHSAA merchandise will be available.

Athlete Check-In:

- Athletes will check-in with the clerk, located near the flagpole at the east end of the stadium, near the start of the 100-meter dash/Flag Pole
- All track competitors will be issued hip numbers when checking in for their event. Athletes will likely have a different hip number for each event.
- Call system: 1st, 2nd, and 3rd (last) call will be used.

Starting Blocks:

- Traditional starting blocks will be provided by Williamston High School.
- Non-traditional blocks or blocks brought by schools must be approved by the referee/starter, prior to racing

Marking Material:

- Chalk will be the only allowable marking material to be used on the track, long jump runway, pole vault runway, high jump approach, and on the track for marking relay steps.

Scoring:

- Top 8 places score and receive medals. 10-8-6-5-4-3-2-1.

Awards/Results:

- Results for all events will be posted on athletic.net. Results will not be printed.
- Regional championship trophies will be awarded on the infield at the end of the meet.
- Coaches can pick up medals from the press box at the conclusion of the meet.
- MHSAA State Finals qualifier information will be posted on the mhsaa.com website.

Advancing Athletes in the Sprint Prelims:

- Heat winners from each preliminary heat and then next fastest times are used to fill 8 lanes in the finals.
- 2 Heats – 2 heat winners, 6 fastest times to fill available lanes
- 3 Heats – 3 heat winners, 5 fastest times to fill lanes
- 4 Heats – 4 heat winners, 4 fastest times to fill lanes

Cone Markers:

- Will be used to indicate the inside boundary of the 1st lane when there is a running surface to the left of the 1st lane.

Appeals: The jury of appeals shall consist of at least one meet official not involved in the appeal, the Meet Manager or their designee, one coach representing boy's teams and one coach representing girls teams. The Jury of Appeals shall serve as the final authority. Any member of the Jury of Appeals who is a party to an appeal is not eligible to serve on the Jury for that appeal. The alternate selection shall replace them on the jury for that appeal. Judgment decisions may not be appealed. The attached appeal form should be used. The meet manager should select jury members.

Pole Vault:

- Boys vault first at **1:00 PM** Girl's pole vault begins 1 hour after the conclusion of the boys pole vault.
- This event will be run in rotations of "Five Alive" when possible.
- Standard raises for pole vault:

Raises	Start	1 st Raise	2 nd Raise	3 rd Raise	4 th Raise (SQ)	Finals Start
Girls	7'3	8'0	8'6	9'0	9'3	8'9
Boys	10'9	11'3	11'8	12'2	12'8	11'8

High Jump:

- Girls jump first at **1:00 PM**. Boys high jump begins 1 hour after the conclusion of the girl's high jump.
- This event will be run in rotations of "Five Alive" when possible.
- Standard raises for pole vault:

Raises	Start	1 st Raise	2 nd Raise	3 rd Raise (SQ)	Finals Start
Boys	5'7	5'10	6'0	6'2	5'11
Girls	4'6	4'9	4'11	5'1	4'10

Long Jump

- Boys jump first at **1:00 PM**.
- Athletes may warm up 1 hour prior to the start of the prelims for their event.
- Preliminaries are open pit for 1 hour and 15 minutes, each athlete getting 3 attempts.
- The top 9 advance to finals, where finalists will be provided 3 additional attempts.
- Finals will be open pit for 30 minutes.
- Schedule:

Gender	Run Throughs	Prelims	Finals
Boys	12:30-1:30 PM	1:30-2:45 PM	3:00-3:30 PM
Girls	3:30-4:30 PM	4:30-5:45 PM	6:00-6:30 PM

Shot Put and Discus:

- Girls shot put and Boy's discus start at **1:00 PM**.
- Implement weigh-in will take place in the large green pole barn next to the throwing areas on the west side of the track facility immediately upon your arrival and earliest at 11:30am.
- All throwing events will be run in flights (best throwers last), throwing 1-1-1.
- The top 9 advance to finals, in reverse order of best throw from prelims.
- Adaptive Shot Put will be contested if schools have athletes in that event

Waterfall Start Procedure & Placement:

The following races will use waterfall starts with a one-turn stagger at all Regional and Final Meets:

800m, 1600m, 3200m, and 3200m Relay

- **Cut-in point:** At the beginning of the back straightaway.
- Upper waterfall (lanes 5–8): Runners must stay in lanes through the 1st turn and cut in at the designated line.
- Back waterfall: Runners may cut in immediately if it does not cause interference.
- Meet managers should place visible markers at the cut-in location.
- Final Meet Placement Based on Regional Performances
- Athletes & relay teams with the fastest regional times will be assigned to the last (fastest) heat at the Finals.
- Assignments continue in order of qualifying time, with earlier heats including those with slower qualifying marks.
- All races must be filled whenever possible, except for the first (slowest) heat, which may have fewer teams
- All entrants must be timed, the eight fastest times overall—regardless of heat—will be recognized for scoring and medal awards.

- 11:00 AM** **Gates open:** Packet pick-up at the ticket booth at the stadium entrance
- 11:00 AM** **Implement weigh-in:** At the large green pole barn next to the shot put/discus
- 12:30 PM** **Coaches meeting:** Inside Pole Barn where implement weigh-in is taking place
 ➤ **Scratches due** for 4x800 and sprint prelims—bring to coaches meeting
 ➤ Scratches for field events can be done on site
- 1:00 PM** **Field Events start**
 ➤ 1st round: Boys discus, Boy's pole vault, Boy's long jump & Girl's shot put, Girl's high jump
 ➤ 2nd round: Girl's discus, Girls pole vault, Girl's long jump & Boy's shot put, Boy's high jump
- 2:30 PM** **Girls 4 x 800m relay finals** (14 or fewer teams=1 heat, 15-27= 2 heats with 12 fastest teams plus ties in the 2nd heat, more than 26 teams= fastest 18 teams plus ties in fastest heat)
- 2:45 PM** **Boys 4 x 800m relay finals** (14 or fewer teams=1 heat, 15-27= 2 heats with 12 fastest teams plus ties in the 2nd heat, more than 26 teams= fastest 18 teams plus ties in fastest heat)
- 3:00 PM** **Sprint Prelims**
 ➤ Girls 100m dash Boys 100m dash (up to 4 heats each)
 ➤ Girls 100m hurdles Boys 110m hurdles (up to 4 heats each)
 ➤ Girls 200m dash Boys 200m dash (up to 4 heats each)
- 1 Hour Break after the last heat of the Boys 200m Dash Prelim**
- 4:00 PM** **Scratches due for running finals:** Bring to clerk, at the flagpole at the east end of the facility
- 4:30ish PM (1 Hour AFTER Final Prelim Race) Running finals:**
- Girls 100m hurdles Boys 110m hurdles (1 heat each)
 ➤ Girls 100m dash Boys 100m dash (1 heat each)
 ➤ Girls 4x200m relay Boys 4x200m relay (2 heats each)
 ➤ Girls 1600m run Boys 1600m run (1 heat if fewer than 26 athletes, 2 heats if more than 27, fastest 18 athletes plus ties are in fast heat)
 ➤ Girls 4x100m relay Boys 4x100m relay (2 heats each)
 ➤ Girls 400m dash Boys 400m dash (up to 4 heats each)
 ➤ Girls 300m hurdles Boys 300m hurdles (up to 4 heats each)
 ➤ Girls 800m run Boys 800m run (1 heat if fewer than 20 athletes, 2 heats if more than 20, If there are 21 to 26 competitors, fastest 12 plus ties are in fast heat. If more than 26, the fastest 18 plus ties run in fast heat)
 ➤ Girls 200m dash Boys 200m dash (1 heat each)
 ➤ Girls 3200m run Boys 3200m run (1 heat if fewer than 35 athletes, 2 heats if more than 35, fastest 24 athletes plus ties are in fast heat)
 ➤ Girls 4x400m relay Boys 4x400m relay (2 heats each)
 ➤ ***In running finals with multiple heats, slower heats will be run first.***

8:30-9:00 PM (Possibly Earlier) Trophy presentation

If there are athletes competing in wheelchair events, the wheelchair heats of the 100m, 200m, or 400m would occur between the girls and boys running heats of the same event.

