

**NORTH BRANCH HIGH SCHOOL**

6598 Brush St, North Branch, MI 48461



**Location:** North Branch High School, 6598 Brush St, North Branch, MI 48461

**Schools:** Armada, Bloomfield Hills Cranbrook Kingswood, Croswell-Lexington, Goodrich, Imlay City, Macomb Lutheran North, Marysville, North Branch, Orchard Lake St. Mary's, Ortonville Brandon, Pontiac, Pontiac Notre Dame Prep, Richmond, St. Clair, Yale

**Entries:** All entries need to be made on [athletic.net](https://athletic.net) before 11:59 PM, Tuesday, May 13, 2025

- Each team is allowed 3 entries and must scratch down to 2 contestants. A team may enter more than 3 athletes, provided all athletes have met the regional additional qualifying standards.
- All performances shall have been achieved prior to 11:59 p.m. May 14 • 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 for CLERICAL ERRORS ONLY
  - \$50.00 must be paid before the contestant or team will be 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 11:59 p.m. the day of the entry date will be scratches, or clerical errors.

**Officials:**

- Rich Lee
- Chris Lee
- Linda Bishop
- Curtis Storm
- Gary Oyster

**Appeal Committee**

- TBD – Boys Coach
- TBD – Girls Coach
- TBD – If an appeal involves a committee member, the alternate will be used

**Athlete Check-In/ Hip Numbers:**

- Athletes will check-in with the clerk located near the start of the 100m (hip/chest numbers will be distributed for those races that need them).
- Call system: 1st, 2nd, 3rd (last) call will be used. All athletes must check in by 2nd call.
- Athletes that do not check in by 2nd call for an event, will be scratched from the event.

**Starting Blocks:**

- Traditional starting blocks will be provided.
- Non-traditional blocks must be approved by the referee/starter, prior to the event.

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- Warm-up Area:**
- Athletes that are preparing for the next event may warm-up on the infield.
  - All other warm-ups must be done outside of the track infield.
- Scoring:**
- 10-8-6-5-4-3-2-1
- Awards/Results:**
- Team award packets may be picked up by the finish line at the conclusion of the meet.
  - Team championship trophies will be presented in the middle of the football field immediately following the conclusion of the meet.
  - Results will be posted live. Results will not be printed.
  - MHSAA State Finals qualifier information will be posted on MHSAA.com Restricted Areas:
- Restricted Areas:**
- Field event coaches will be allowed to coach from designated boxes in each event area.
  - Coaches ONLY (no spectators) are allowed on the infield area.
  - ONLY athletes that are warming-up for the next event are allowed on the infield area. If it gets too congested, we will request that athletes leave the area.
  - No team camps in the bleachers.
  - Athletes competing in upcoming races will check in and get hip/chest numbers at the east end of the track (near the 100m start line) and be held there until the start of their event.
- Marking Material:**
- Chalk is the only acceptable marking material and will be provided.
  - Long jump and pole vault – chalk marks are to be on the outside of the runway lines.
- Spike Size:**
- ¼” pyramid spikes only.
- Trainer:**
- Will be available on site.
- Concessions:**
- Will be available behind the press box.
- Restrooms:**
- Rest rooms will be available by the concession stand.
- MHSAA Merchandise:**
- MHSAA merchandise will be available.
- Admission:**
- Admission is \$6.00, for all spectators, **cash only**. There will be no Go Fan Digital tickets for this event.
- Bus Parking:**
- Buses may drop off athletes in the parking lot at east end of the track (see map). North Branch High School, 6655 Jefferson St, North Branch, MI 48461

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- Pole Vault:**
- Men will pole vault first, followed by the Women
  - **Men** – The opening height will be 10' 9" and follow the MHSAA Regional Standard Raises for Pole Vault.
  - **Women** – The opening height will be 7' 3" and follow the MHSAA Regional Standard Raises for Pole Vault
- High Jump:**
- Five Alive method will be used for groupings.
  - Women will jump first, followed by men.
  - **Men** – The opening height will be 5' 7" and follow the MHSAA Regional Standard Raises for High Jump.
  - **Women** – The opening height will be 4' 6" and follow the MHSAA Regional Standard Raises for High Jump.
- Long Jump:**
- Men long jump first, followed by women.
  - Preliminaries will be an open pit for 1 hour and 30 minutes (11:00 AM to 12:30 PM)
  - Each athlete will get 3 attempts during the prelims.
  - The top 9, plus ties, will advance to the finals, which will be 3 more jumps in reverse order (planned start time is 1:00 PM)
- Shot Put & Discus:**
- Flights with 10 minutes between flights for warm-up.
  - Preliminaries will be 3 throws (1+1+1), and finals will be 3 throws (1+1+1). •
  - The top 9, plus ties, will advance to the finals, and compete in reverse order.
  - Men will throw discus first, followed by women.
  - Women will throw shot put first, followed by Men.
- Implement Weigh-in:**
- Throwing implements will be weighed at the shed next to the shot put and discus area (the grey visitor press box).
- Pole Vault Verification:**
- Pole vault cards must be verified by the coach and turned into the pole vault field event official prior to the start of the event.



## Schedule

<b>8:30 AM</b>	<b>Gates Open</b> <ul style="list-style-type: none"> <li>• Packet pick-up will be behind the press box.</li> </ul>
<b>9:30 AM</b>	<b>Implement Weigh-in for Shot Put and Discus</b> <ul style="list-style-type: none"> <li>• Located in the shed by the shot put and discus area (The Gray Press Box)</li> </ul>
<b>9:30 AM</b>	<b>Coaches Meeting</b> (at the finish line on the track)
<b>10:00 AM</b>	<b>Field Events</b> – scratches due at 9:30 AM at the event site (you must officially scratch an athlete) <ul style="list-style-type: none"> <li>• Men's Pole Vault (women to follow)</li> </ul>
<b>11:00 AM</b>	<b>Other Field Events</b> <ul style="list-style-type: none"> <li>• Women's High Jump (men's to follow)</li> <li>• Men's Long Jump (women's to follow)</li> <li>• Men's Discus (women's to follow)</li> <li>• Women's Shot Put (men's to follow)</li> </ul>
<b>10:30 AM</b>	<b>Scratches due</b> at the finish line for the 4x800m Relay, qualifying heats of 100m Dash, 110/100m Hurdles, and 200m Dash
<b>11:30 AM</b>	<ul style="list-style-type: none"> <li>• <b>4x800m Relay Finals</b> – Women followed by men (Waterfall start for all events 800 meters and up)</li> <li>• <b>Qualifying Heats for Sprints</b> <ul style="list-style-type: none"> <li>o Women's 100m Dash followed by men's 100m Dash</li> <li>o Women's 110m Hurdles followed by men's 100m Hurdles</li> <li>o Women's 200m Dash followed by men's 200m Dash</li> </ul> </li> </ul> <p><u>Advancing athletes to the Finals (8 lanes)</u></p> <ul style="list-style-type: none"> <li>o 1 Heat – heat winner + 7 fastest times to fill lanes</li> <li>o 2 Heats – heat winner + 6 fastest times to fill lanes</li> <li>o 3 Heats – heat winner + 5 fastest times to fill lanes</li> <li>o 4 Heats – heat winner + 4 fastest times to fill lanes</li> </ul>
<b>1:00 PM</b>	<b>Long Jump Finals</b> – Men and women (start as close to 3:00 PM as possible, after qualifying sprint heats end)



## Schedule part 2

<b>1:00 PM</b>	<b>Scratches Due</b> for all running finals. Please turn these into the finish line.
<b>1:50 PM</b>	<b>National Anthem</b>
<b>2:00 PM</b>	<b>Running Event Finals</b> (or one hour after the final event of the qualifying heats end) Women run first <ul style="list-style-type: none"><li>• Women's 110m Hurdles/men's 100m Hurdles</li><li>• 100m Dash • 4x200m Relay • 1600m Run – 2 heats if entries exceed 24. If 2 heats, then the 2nd heat will have the 16 fastest entries</li><li>• 4x100m Relay • 400m Dash • 300m Hurdles</li><li>• 800m Run – 2 heats if entries exceed 20. If 2 heats, then the 2nd heat will have the 16 fastest entries</li><li>• 200m Dash</li><li>• 3200m Run – 1 heat per gender, regardless of number of entries</li><li>• 4x400m Relay</li></ul>
<b>6:00 PM</b>	<b>* Trophy Presentation</b> <span style="float: right;"><b>*approximate times</b></span>

## Map of North Branch Campus

