



Traverse City Central High School
Home of the Trojans



Admissions	\$7.00 through GoFan . A mobile device is required to purchase tickets ahead of time. Card, ApplePay, and Google Pay can be used at the gate. Cash will not be accepted.
Bus Parking	You may drop athletes and coaches off in the bus loop. Buses can par at Northwestern Michigan College (see map on page 2).
Electronic Entries	<p>Due at 11:59pm on May 13, 2025</p> <p>A maximum of three (3) individuals may be listed in each individual event. Only two (2) may compete unless all three or more have met AQ standards</p> <p>All times, distances, and heights shall have been achieved prior to 11:59 p.m. on May 13. Times must be entered as FAT times to the hundredth (.00) and must represent true times. (No relay splits or estimates!).</p> <ul style="list-style-type: none">• Late entries for CLERICAL ERRORS ONLY • \$50 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
Schedule	<p>9:00 am – packet pickup 10-11:30 am – shot & discus weigh-in 11:30 am – scratches due 11:30 am – coaches meeting 11:30 am – pole vault begins (boys first) 12:00 pm – remaining field events begin 1:25 pm – National Anthem 1:30 pm – running events begin</p> <p>Afternoon scratches are due 15 minutes after completion of 200 prelims 1 hour break between prelims & finals</p>
Scoring	10-8-6-5-4-3-2-1
Scratches	Scratches will be accepted before each session is scheduled to begin. Scratches made during these periods will not count in the individual's participation limitations. However, if the competitor is not scratched during these scheduled periods and does not show up to the clerking area before that runner's position is set, the competitor will be disqualified from that event, and that event will count toward the competitor's personal limit.



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Officials	Starter: Brett Spalding Assistant Starter: Dave Spalding Referee: Clerk: Lisa Taylor Field Event Referee:
Contacts	Paul Anderson, Girls Coach – 505-690-0216 Bryant Wilson, Boys Coach – 989-387-4344 Amy Ream, Athletic Trainer – 231-499-7576 Pat Bowen, Athletics Administrative Assistant – 231-357-2739 Justin Thorington, Athletic Director – 231-735-1588



2025 MHSAA REGIONAL 1-1 TRACK & FIELD MEET

Friday, May 16, 2025
Traverse City Central High School
1150 Milliken Drive
Traverse City, MI 49684

9:00am Gates will open. Buses can park at Northwestern Michigan College.
Packet pick-up will be at the track shed.

10:00am-11:30am Weigh-In for shot and discus will be at the discus area

11:30am Morning scratches are due to the timer at the booth
Coaches meeting at the start/finish line

11:30am Pole Vault begins - Boys first, girls to follow - **two pits**
12:00pm Girls' High Jump, Boys to follow
Girls' Shot Put, Boys to follow - Four warm up throws
Boys' Discus, Girls to follow - Four warm up throws
Boys' Long Jump, Girls to follow - **two runways**

1:25pm National Anthem

1:30pm Running Events Begin
4 X 800m Relay Final
100m Meter Dash Prelims
100m/110m Hurdles Prelims
200m Dash Prelims

Afternoon scratches are due 15 minutes after completion of the last 200 prelims

1 Hour Break between prelims and finals

Running Finals Begin - approximately 3:30pm (Girls run first)

100m/1100mHurdles
100m Dash
4 X 200m Relay
1600m Run
4 X 100m Relay
400m Dash
300m Hurdles
800m Run
200m Dash
3200m Run
4 X 400m Relay

Awards packets and team trophies will be given out at the conclusion of the meet.