

MHSAA REGION 24-3 Track & Field Regional Championship

Thursday, May 15, 2025

LOCATION: Viking Stadium, Bangor Public Schools, 801 W. Arlington St., Bangor MI 49013

SCHOOLS: Bangor, Bloomingdale, Buchanan, Cassopolis, Coloma, Comstock, Delton-Kellogg, Galesburg-Augusta, Hartford, Kalamazoo Christian, Lawton, Niles Brandywine, Parchment, Schoolcraft, Watervliet

ENTRIES: All entries are due on athletic.net by 11:59 PM on Tuesday, May 13, 2025

- Each team is allowed 3 entries and must scratch down to 2 contestants. **A team may enter more than 2 athletes, provided all athletes have met the D3 regional additional qualifying standards.**
- All performances must be achieved prior to 11:59 PM Tuesday, May 13
- Times must be entered as FAT times to the hundredth (.00)
- Late entries for clerical errors only (\$50.00 paid before competing)

JURY OF APPEALS:

- Fred Smith, Meet Manager
- Chris Rice, Clerk
- Greg Buschlen, High Jump Umpire
- Chris Duggan, Bloomingdale Boys' Coach
- Ben Munoz, Bangor Girls' Coach

ATHLETE CHECK-IN

- Athlete will check-in at the tent located behind the timing trailer at the East end of the field to receive lane and heat assignments.
- The clerk will take them from the check-in area to the starting line.
- Call system = 1st call, 2nd call, final call will be used. All athletes must check in by 2nd call.

SCORING: 10-8-6-4-3-2-1

SPIKES: Please use ¼" pyramid spikes

STARTING BLOCKS: We will provide traditional MACH II starting blocks. Non-traditional blocks must be approved by the referee.

WARM-UP AREA/INFIELD

- Only competitors warming up, coaches, managers and officials will be allowed on the infield during the track meet. Everyone must stay behind the flag area when on the infield
- The practice field behind the stadium will serve as an additional warm-up area

SCRATCHES AND RELAY SUBSTITUTIONS:

- All scratches must be submitted by times listed for each session. Scratches made prior to scratch deadline will not count in the individual's participation limitations.
- Relay substitutions can be done at any time during the meet by substituting eligible athlete. However, unless subbed prior to scratch deadline, the event will count as an event for the athlete removed.

MARKING MATERIAL:

- Chalk is the only acceptable material and will be provided in all four sections of the track.

CONCESSIONS, ADMISSION, APPAREL:

- The Viking Athletic Boosters will provide a fully stocked concession stand
- EA Graphics will have Championship Apparel on site to purchase.
- Please remind fans this is a MHSAA GoFan event. Tickets are \$7.00. We will accept debit/credit cards. NO PASSES ACCEPTED

AWARDS/RESULTS:

- Team award packets may be picked up in the press box at the conclusion of the meet.
- Trophies will be awarded on the field to the 1st place men and women teams.
- Results will be posted online

BUS PARKING;

- Once athletes are dropped off at the stadium, buses will be directed to their parking location.

TEAM TENTS:

- Please set team tents outside the fence surrounding the track.

Please contact athletic director Fred Smith with any questions. His cell number is 269-271-5736. If he doesn't answer, send him a text.

Time Frame

1:00 PM	Gates Open
1:30 PM	Coaches Meeting (at the Finish Line) Preliminary scratches due
1:45 PM	Implement Weigh in at the Garage South of the Concession Stand
2:00 PM	Boys' Pole Vault (Poles verified by official at site), followed by girls
2:45 PM	Implement weigh in closes
3:00 PM	Girls' High Jump followed by Boys Girls' Shot Put, followed by Boys Boys' Long Jump, followed by Girls Boys' Discus, followed by Girls
4:00 PM	4 X 800 M Relay (Girls 1st in all running events this year Girls'/Boys' 100 M Dash Prelims 100 M/110 M High Hurdle Prelims Girls'/Boys' 200 M Dash Prelims

We will take a 60 Minute Break at the conclusion of the preliminaries

5:55 PM	National Anthem
6:00 PM	Running Event Finals Girls' 100 M High Hurdles Boys' 110 M High Hurdles Girls'/Boys' 100 M Dash Girls'/Boys' 4 X 200 M Relay Girls'/Boys' 1600 M Run Girls'/Boys' 4 X 100 M Relay Girls'/Boys' 400 M Dash Girls' Boys' 300 M Hurdles Girls'/Boys' 800 M Run Girls'/Boys' 200 M Dash Girls'/Boys' 3200 M Run Girls'/Boys' 4 X 400 M Relay
9:00 PM	Trophy Presentations