



REGIONAL TRACK MEET

Friday, May 16, 2025

Welcome to East Jackson High School for the 2025 Region 25-3 Track meet

Joe Niehaus	Athletic Director
Laura Punches	Meet Manager
Kary Swiontek	FAT
Nick Marshall	Starter
Brad Buter	Head Referee/Head Field
Sam Hunt	Clerk
Aaron Wesche	Clerk
Steve Loomis	Announcer
Kathie Tomaw	Asst. Meet Manager

Entries:

- **All entries must be submitted online at www.athletic.net**
- **3 entries per individual event may be entered, but only 2 may compete UNLESS additional athletes have met the “Additional Qualifier” mark (see attached page).**
- **1 entry per relay event.**
- **All entries are due Tuesday, May 13, 2025, at 11:59p.m.**
 - **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 or handheld equivalent, adjusted by +.24.**
 - **If you have hand time DO NOT adjust them! Enter them rounded up to the next highest tenth, so 11.27 hand would be entered as 11.3. Athletic.net will automatically add the .24 onto that for integration.**
 - **Also be CERTAIN TO ENTER ALL RELAY ATHLETES and be CERTAIN TO ENTER YOUR RELAY SEED TIME ON THE A1 LEG OF THE RELAY.**
 - **Seed lists will be available on athletic.net on Wednesday, May 14**
- **Late entries:**
 - **\$50 must be paid before the contestant or team will be allowed to participate**
 - **There are to be no late entries after the above deadline dates**
 - **The late fee may not be used to change any time, height or distance**

**The East Jackson Athletic Boosters will run concessions.
An athletic trainer will be on-site.**

REGIONAL TRACK & FIELD MEET

East Jackson High School – Friday, May 16, 2025

Schedule of Events

12:30 P.M

Coaches Meeting - North Shed

1:00 P.M

Weigh-in at the North Shed.
Boys Pole Vault- Girls to follow

1:30 P.M.

1st session scratches are due

2:00 P.M.

Girls high jump on east pit; Boys high jump on west pit
Boys Discus - Girls to follow
Girls Shot - Boys to follow
Girls' Long Jump - South runway at the south end of the football field
Boys' Long Jump - North runway at the south end of the football field

3:30 P.M.

3200 relay

4:00 P.M. Preliminaries (Girls First)

100 Meters
110/100 High Hurdles
200 Meters

5:00 P.M.

Finals scratches are due

Finals (minimum one hour after prelims finish)

National Anthem

100/110 Hurdles
100 Meters
800 M Relay
1600 M Run
400 M Relay
400 Meters
300 M Hurdles
800 Meters
200 Meters
3200 M Run
1600 M Relay

General Information:

Admission - All Tickets must be purchased on GoFan. No cash will be accepted.

Team Locations - All teams are welcome to set up tents anywhere outside the track except for the finish line, check-in chute, shot put, and discuss areas.

Markers -

- Only chalk may be used as a marker and applied to the track or to the edges of the runways/approaches.
- Chalk marks are not to exceed a 4" x 4"; we are going by MHSAA rules. East Jackson will supply chalk.

Warm – ups -

- Athletes warming up may use the track.
- When prelims start, athletes must use the east side of the track.
- When finals begin, warm-up areas will be anywhere outside the track.
- Please make sure athletes who are not participating in an event stay off the infield
- Field event participants may only warm up when a meet official or a coach is supervising the event.

Pets - **NO PETS WILL BE ALLOWED AT THE TRACK MEET**

GRILLS WILL NOT BE ALLOWED ANYWHERE ON SCHOOL GROUNDS

Uniforms - The M.H.S.A.A. Uniform Rule will be enforced without exception
No profane language will be tolerated

Staging Area - The staging area will be at the north end of the track by the start of the 100-meter start athletes must check in by the 1st call.

Scoring - The scoring in all events will be 10-8-6-5-4-3-2-1

Buses/Parking All buses should drop off athletes at the main athletic gate; then park at the auditorium parking lot in front of the school.

Food Pizza will be available for coaches and workers at 5 pm in the north shed.

Pole Vault - Starting Height: Boys 10'6", Girls 7'0"
The "5 – Alive" method will be used with 6" raises

High Jump-

Girls starting height: 4'4" East Pit

Boys starting height: 5'4" West Pit

The girls' and boys' high jump will run simultaneously.

The "5 – Alive" method will be used. The first two raises are 3" and then 2".

Long Jump -

Both boys and girls will compete at the same time; the boys will have the north runway and the girls the south runway- 3 jumps each.

- The top 9 jumpers will advance to the finals and have 3 additional jumps.

Throwing Events -

Each thrower will be in a flight and will take two throws and then one throw.

- Only one warm-up throw between flights
- The top 9 throwers will advance to the finals and have 3 additional throws.

Awards -

- Trophies will be presented to the girls and boys teams after the meet.
- Medals are awarded for places 1-8 in all events
- Individual medals and results will be available outside the press box at the top of the bleachers after the meet.
- Please, no coaches in the press box.
- The scoring in all events will be 10-8-6-5-4-3-2-1
- Preferred lanes will be 4-5-3-6-2-7-1-8

Jury of Appeals- Marc Daly

Meet Manager, Tom Gunnells- Napoleon, Mike Woolsey- Lumen Christi, 2 other coaches- TBD

Only enter 2 athletes per event UNLESS additional athletes meet these AQ marks

Boys	Event	Girls
11.80	100 meters	13.80
17.80	110m/100m Hurdles	18.60
24.10	200 meters	28.80
44.90	300m Hurdles	54.60
54.40	400 meters	1:06.60
2:10.0	800 meters	2:41.0
4:59.0	1600 meters	6:00.0
11:02.0	3200 meters	13:10.0
	4x100 Relay	
	4x200 Relay	
	4x400 Relay	
	4x800 Relay	
117'0	Discus	87'0
5'6	High Jump	4'6
18'11	Long Jump	14'6
11'0	Pole Vault	7'6
41'4	Shot Put	29'8

AQ times must be FAT converted

Qualifying standards to make it to State Finals can be found here: [Qualifying marks](#)