

# MHSAA Regional Track and Field Meet

At Stockbridge High School, Saturday, May 17th, 2025

## Meet Schedule

- 8:15 am**      **Gates Open**
- 9:00 am**      **Coaches Meeting (Prelim scratches due)**
- 9:30 am**      **Pole Vault** - Boys first and will be in one flight, Girls to follow
- 10:00 am**      **Long Jump** - Boys first, LJ Open Pit 10 to 11:15 am, then top 9 to finals, Girls follow one hour after the boys' last jump.  
**Discus** - Boys will be in flights, top 9 to finals; Girls to follow  
**Shot Put** - Girls will be in flights, top 9 to finals; Boys to follow  
**High Jump** - Girls will jump first; Boys to follow
- 10:30 am**      **4x800m Relay Finals**
- 11:00 am**      **Prelims** - *Girls run first in all running events. Wheelchair heats of 100m & 200m will be conducted in the regular meet order of events.*  
100m Dash Prelims  
100m Hurdles Prelims (Girls)  
110m Hurdles Prelims (Boys)  
200m Dash Prelims
- 12:00 pm**      **Final Scratches Due**
- 1:00 pm**      **Finals** - *Finals will start one hour after the last semi-final race, no earlier than 1:00 pm. Girls run first in all running events. Wheelchair heats of 100m, 200m, and 400m will be conducted in the regular meet order of events. Multiple heats of an event will be run from slow to fast.*  
100m Hurdles (Girls)  
110m Hurdles (Boys)  
100m Dash  
4x200m Relay  
1600m Run  
4x100m Relay  
400m Dash  
300m Hurdles  
800m Run  
200m Dash  
3200m Run  
4x400m Relay
- 4:30 pm**      **Presentation of Awards**

*Results will be posted on the athletic.net app (no hard copies);*

*QR Code will be available on site; Full Menu on sale at concessions; Regional merchandise on sale near concessions*

## Participating Schools

- Host:** **Stockbridge Jr./Sr. High School**  
416 N Clinton St. Stockbridge MI 49285  
Phone: (517)851-7770 ext 3207  
Email: kruseb@panthernet.net
- Meet Managers:** Mr. Brian Boos. Email: [bboos@chelseaschools.org](mailto:bboos@chelseaschools.org) (timer)
- Date:** Saturday, May 17th 2024
- Gates Open** 8:15 am
- Eligibility:** MHSAA Final Roster of Eligibility is due to Stockbridge by the end of the school day.
- Admission:** All tickets will be digital, sold on GoFan and will cost \$7.00. A mobile device is required. GoFan will be on Stockbridge's GoFan account found at [www.GoFan.co](http://www.GoFan.co) **There will be NO cash sales.**
- Athletic Trainer:** Available on site. Please bring your own water and taping supplies.
- Facility:** 8 Lane, Metric Track with polyurethane rubber surface  
Only ¼-inch spikes will be allowed on the track  
Shot & Discus circles are concrete slabs  
Long Jump, High Jump, and Pole Vault runways are polyurethane rubber surface
- Contact:** Mr. Brian Boos. Email: [bboos@chelseaschools.org](mailto:bboos@chelseaschools.org) (timer)
- Merchandise:** Regional merchandise will be on sale near the concessions.
- Parking:** Team bus parking can drop off at the stadium and park across the street at the lot in the front of the building. Spectator parking will be in the area in front of the Track/Football Stadium.
- Pictures:** Photos may only be shared with athletes in non-restricted areas.
- Coaches Meeting:** 9:00 am near the finish line.

**Reporting In:** For the 1st call of an event, athletes need to begin to make their way to the infield. Athletes will be clerked near/underneath and/or the large tent in the infield north-end on 2nd and final calls.

**Entries:** Two entries per event for each team. Teams may enter additional qualifying athletes based on 2025 MHSAA Additional Qualifying Standards. See attached document for reference.

***Times must be entered as FAT time.*** *National Federation of High Schools (NFHS) Conversion: To apply this conversion factor, a hand time is rounded up to the nearest tenth (e.g., 10.83 seconds becomes 10.9 seconds, and 11.77 seconds becomes 11.8 seconds). After the time is rounded up, the conversion factor is added. For NFHS, all races, regardless of length, have a conversion factor of 0.24 of a second added to the rounded hand time.*

**Entries Due:** Entries are due Thursday, May 15th 2025 no later than 11:59 pm and use [www.athletic.net](http://www.athletic.net) for your entries.

*Late fee: \$50 late fee will be charged. The late fee may not be used to change any time, height, or distance.*

**False Times:** Confirmed false times will be placed in the last position or first section without seeding. The coach challenging must submit verification. ***Coaches - please do not place your athletes in this position.***

**Competition Areas:** Tents are allowed in the area outside the track fence, but not in certain areas that are flagged.

No open-air speaker systems are allowed. No baseball, football, frisbee or any such playing will be allowed at the complex during this championship meet. No headphones or earbuds in the infield area or at field events.

**Coaching Area:** Coaching boxes will be designated areas for field events as well as an area on the infield during running events..

**Warm-up Area:** Most athlete warm ups must be done outside the track area. There will be a limited warm up area at the north end of the infield.

**Scoring & Medals:** Top 8 places (10-8-6-5-4-3-2-1). Medals to top 8 places.

**Throws Weigh-In:** Shot put and discus weigh-in will be set up at the event site. Implements will be weighed and marked for certification. Implements not meeting standards will be held in the room until the completion of all throwing events. Weigh Ins will start at 8:45 am to 9:55 am.

**Pole Vault:** Boys begin at 9:30 am. Starting Height and Raises are as follows: 10'6", 11'0", 11'6", 12'0", 12'6".

Girls will start 1 hour after the conclusion of the boys pole vault  
Girls Starting Height and Raises are as follows:  
7'0", 7'6", 8'0", 8'6", 9'0".

*\*This event will be run in rotations of "five-alive" when possible.*

**High Jump:** Girls begin at 10:00 am. Boys will start 45 minutes after the conclusion of the girls high jump.

For girls, starting height and raises are as follows:  
4'4", 4'7", 4'10", 5'0".

Boys starting height and raises are as follows:  
5'4", 5'7", 5'10", 6'0".

*\*This event will be run in rotations of "five-alive" when possible.*

**Long Jump:** Boys begin at 10:00 am. Open order for 1 hour and 15 minutes. Three jumps per athlete in the preliminaries. Top 9 to finals after conclusion of the preliminaries. Three jumps per athlete in the finals. The order of competition in the finals shall be the reverse of the best performance in the preliminaries.

Girls will start **1 hour** after the conclusion of the boys' last jump. Open order for 1 hour and 15 minutes. Three jumps per athlete in the preliminaries. Top 9 to finals after conclusion of the preliminaries. Three jumps per athlete in the finals. The order of competition in the finals shall be the reverse of the best performance in the preliminaries.

**Shot Put:** Girls begin at 10:00 am. Top 9 to finals. 10 minutes after conclusion of prelims. Boys will start 30 minutes after the conclusion of the boys last throw. Event will be run in flights, throwing 1-1-1. Top 9 in the finals. Finals will be the reverse order of best throw from prelims. Finals will be throwing 1-1-1.

- Discus Throw:** Boys begin at 10:00 am. Top 9 to finals. 10 minutes after conclusion of prelims. Girls will start 30 minutes after the conclusion of the Girls last throw. Event will be run in flights, throwing 1-1-1 Top 9 in the finals. Finals will be the reverse order of best throw from prelims. Finals will be throwing 1-1-1.
- Results:** Results for all events will be posted on Athletic.net after they have been verified. Team scoring can also be followed on Athletic.net.
- Hip Numbers:** All track competitors will be issued hip numbers (anchor only for relays). 800, 1600, 3200 competitors will also be issued chest numbers. Athletes are to pick up their hip number when checking in for their event. Athletes will likely have a different hip number for each event.
- Marking Material:** Chalk will be the only allowable marking material to be used on the track and high jump surface areas. No marks will be allowed on the long jump or pole vault runway surfaces, marks are allowable on the side or grass area only.
- Relay Cards:** Relay teams will NOT be required to present a card with their team members upon check in with the Clerk. Relay members should also be entered online with two alternates. Please indicate changes to the timing tent.
- Concessions:** Restrooms will be available. Full concessions will be available. Water fountains will NOT be available. T-shirt sales will be in the Spirit Booth next to the concession stand.
- Scoring & Medals:** Scoring: 10 ~ 8 ~ 6 ~ 5 ~ 4 ~ 3 ~ 2 ~ 1 & Medals to the top 8 places.

## **Officials & Regional Staffing Roles**

Meet Managers: Brian Boos and Loren Thorburn

Referee:

Head Field Event Judge:

Starters:

Clerks of the Course:

Jury of Appeals:

Meet Monitor & Head Scorer: Bob Myer, Brian Boos, and Jeremy Killinger

Awards: Lissa Avis

Announcer: Jeremy Killinger

Athletic Director: Ben Kruse

MHSAA Guidelines and Additional Information:

<https://www.mhsaa.com/sites/default/files/Track%20Field-Boys/psti.pdf?time=1746635751195>