



MHSAA Region 2 Track and Field Championship Thursday, May 15th

PARTICIPATING SCHOOLS

Cedar Springs, Grand Haven, Grand Rapids Kenowa Hills, Grand Rapids Northview, Grand Rapids Union, Grandville, Holland West Ottawa, Hudsonville, Jenison, Muskegon, Muskegon Mona Shores, Muskegon Reeths Puffer, Rockford, Zeeland East and Zeeland West

LOCATION

Zeeland Stadium: 9900 Riley Street, Zeeland 49464

Region 2: Order of Events

- 11:3am Gates Open**
Team packet pickup will be at the southwest corner of the stadium
- 12:30pm Coaches Meeting**
Weigh in of shots and discs
1st session scratches due at the timers tent
- 1:00pm All Field Events Begin - scratches due at the event site**
(Field Event Information attached below)
- 2:00pm Womens 3200m Relay - 1 heat regardless of numbers**
Mens 3200m Relay- 1 heat regardless of numbers
Womens 100m Dash - immediately following the conclusion of the 3200 relay
Mens 100m Dash
Womens 100m Hurdles
Mens 110m Hurdles
Womens 200m Dash
Mens 200m Dash
- 3:30pm Long Jump Finals - Open pit**
- 4:00pm Scratch Deadlines for Final Running Events**
- 4:25pm National Anthem**
- 4:30pm Running Event Finals Begin** (or one hour after the final event of qualifying)
Womens/Mens 100/110 Hurdles Finals
Womens/Mens 100m Dash Finals
Womens/Mens 4 x 200m Relay
Womens/Mens 1600m Run-two heats only if entries exceed 24, 2nd heat with 16 fastest
Womens/Mens 4 X 100 Relay
Womens/Mens 400m Dash
Womens/Mens 300m Hurdles
Womens/Mens 800m Run -two heats only if entries exceed 24, 2nd heat with 16 fastest entries
Womens/Mens 200m Dash Finals
Womens/Mens 3200m Run - one heat per gender, regardless of numbers
Womens/Mens 4 X 400m Relay
- 7:30pm Trophy Presentation (Approximate Time)**



**** Wheelchair categories in the 100m, 200m and 400m can be set up within the meet with prior notification from schools****

APPEALS COMMITTEE

An appeals committee will be formed of the meet manager, one head girls coach, one head boys coach and an MHSAA official on duty. Appeals must be written on the formal appeal form and made within 30 minutes after the alleged infraction. Coaches are required to cite the rules violation number from the NFHS handbook when appealing.

ENTRIES

Entries must be received on line on or before **11:59 p.m. on Monday, May 12, 2025**. All times, distances and heights shall have been achieved prior to 4:00 p.m. on the Opt-Out-Date. **All times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by +.24.**

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.

Each team may enter three and scratch two unless there are additional qualifiers.

The only changes permitted after the 11:59 on May 12, 2025 are scratches, clerical errors or relay substitutions.

Scratches and Relay Substitutions:

Once the scratch deadline has passed, all noon-scratched events are counted in the athlete participation whether the athlete participates or not.

Relay substitutions can occur any time BEFORE the event is run using any athlete on your eligibility list with a remaining event. Failure to notify the meet manager or time of the substitution before the event is run will result in relay disqualification.

ELIGIBILITY LIST

A copy of your master eligibility list must be faxed, e-mailed or mailed to Zeeland East by the published Opt-Out Date from the MHSAA. Emails may be sent to Athletic Secretary Gina Broekhuis at gbroekhu@zps.org

CALL SYSTEM

To keep the meet running smoothly and efficiently the announcer will use the following system:

First call, second call, and third/final call. Athletes that have not reported to the clerk of the course or field event supervisor by the third and final call will be scratched from that event and it will count toward their four events.

Event check-in clerk will be at a table on the south end of football field close to the finish line.

Uniform and Spikes:

Uniform rules will be enforced under the new guidelines.

Spikes are to be ¼" or less.

Infield Area:

Coaches will be given wrist bands to enter on the infield. Only coaches coaching the current event will be allowed in the infield. When the event is over, coaches must leave the infield. Student-athletes will only be allowed on the field if they are warming up. The infield is not to be a congregating area.



CONCESSIONS

Will be available on the south and northwest corner of the stadium. .

MHSAA REGIONAL SALES ITEMS

MHSAA regional track and field sales items will be sold by EA Graphics in the northwest corner of the stadium. .

ADMISSION

All ticket sales will be through GoFan. Tickets can be pre purchased and purchased at the gate using phone, credit card, apply pay or google pay.

SCORING

10-8-6-5-4-3-2-1 in all events.

Medals will be given in each event for places 1 through 8.

STARTING BLOCKS

Traditional starting blocks will be provided. If you bring your own blocks, they must be approved by the meet manager or meet referee. You are responsible for your blocks.

RUNNING EVENT WARM-UP

The track will be available for warm up until 1:15 pm. and again during the break between semis and finals. An area outside the fence, south of the track is provided for warm up at any time.

AWARDS/RESULTS

Results will also be announced as soon as possible. Live results will be posted to FATResults.com. Team awards packets can be picked up following the conclusion of the meet at the awards tent.

PARKING

See the attached diagrams below for spectator and bus parking. Student-athletes are to be dropped off at the southwest corner of the stadium.

FIELD EVENT WARM-UP

The field event areas will be available for warm-up between 12:00-12:30 pm. for the first session.

Announcements will be made as each field event is completed so contestants will know the event is open for warm up.

FIELD EVENTS

High jump pits are located at the ends of the infield. All other field events are located outside the track perimeter on the south and west side. Shot put and discus pads are concrete - spikes are prohibited. Only chalk may be used to mark starts/takeoffs for the high jump, long jump and pole vault areas.



Additional Qualifying and Vault/Jump Raise Chart

HIGH JUMP

The five alive method will be used. Men and women will jump at the same time utilizing separate pits. The men's pit will be on the north end of the field and the women's pit will be on the south end of the field.

Men's - will start at 5'8" and follow the raises listed in the MHSAA Division 1 Regional Chart

Women's - will start at 4'8" and follow the raises listed in the MHSAA Division 1 Regional Chart

LONG JUMP

Open pit format will be used for both semifinals and finals for 1.5hrs. Men and women will jump at the same time utilizing separate runways. Men's will use the west runway and women's will use the east.

Each athlete will receive 3 jumps during prelims.

Top 9, plus ties from prelims, advance to finals.

Athletes in the finals will receive 3 additional jumps in reverse order.

SHOT/DISC

All implements need to be checked and weighed in on the south side of the concession stand.

Flights will be run with 10 minutes in between for warm up.

Prelims will be three throws (1+1+1) with finals be an additional three throws (1+1+1)

Top 9, plus ties, advance to finals and will compete in reverse order.

Men's shot will be run first, followed by women's.

Women's disc will be run first, followed by men's

POLE VAULT

Dual pits will be used for boys and girls. Men's will use the west runway and women's will use the east. All poles must be verified and inspected at the event venue. This will be done by athlete, coach and field referee.

Men - The opening height will be 11-3 and follow the MHSAA Division 1 Regional Chart.

Women - The opening height will be 8-3 and follow the MHSAA Division 1 Regional Chart.

Regional Contacts:

Josh Glerum - Athletic Director (jglerum@zps.org)

Gina Broekhuis - Admin. Assistant (gbroekhu@zps.org)

Josh Vork - Girls Head Coach (jvork@zps.org)

Ralph Neal - Boys Head Coach (rneal@zps.org)



2025 Region 2 TRACK AND FIELD MAP



FIELD EVENT KEY

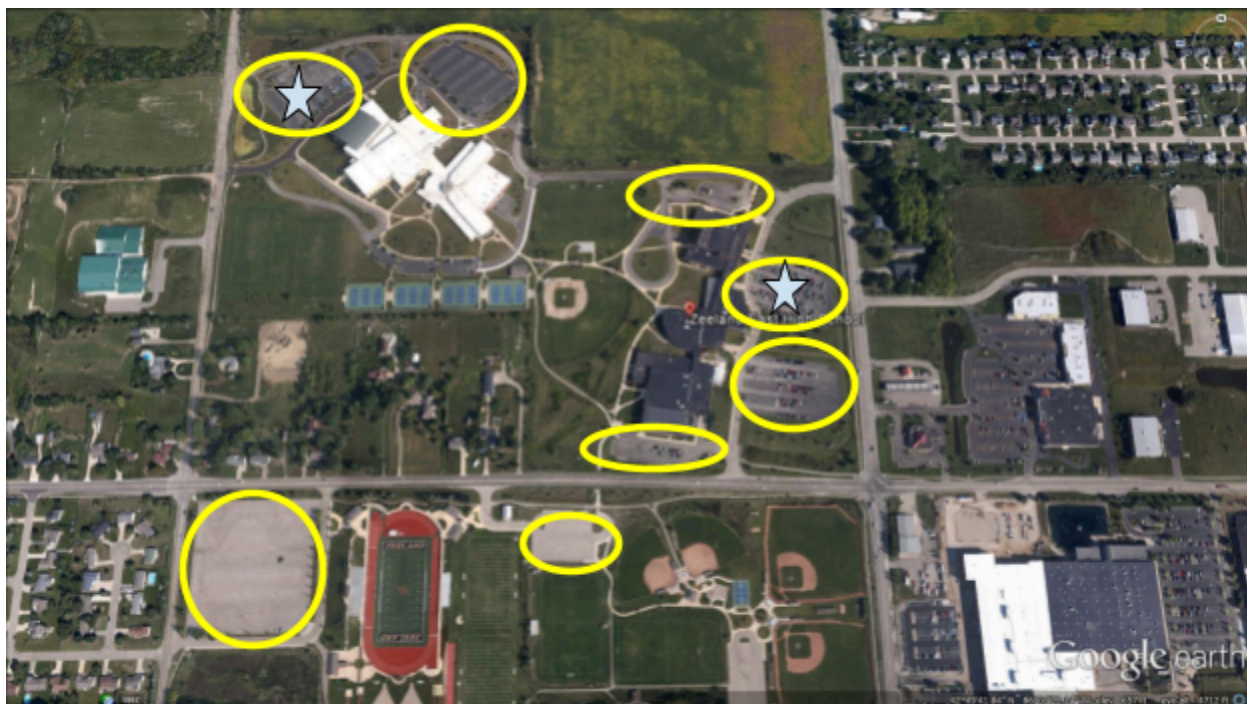
Yellow lines = team tent areas

1. Entrances
2. Shot Put
3. Pole vault
4. Long Jump
5. Disc
6. High Jump



Zeeland East High School | 3333 96th Avenue | Zeeland, MI 49464 | 616.748.3100

Region 2 Track and Field Parking



STADIUM ADDRESS

Zeeland Stadium - 9900 Riley Street, Zeeland, MI 49464

PARKING REMINDERS

Overflow parking at Zeeland East and Zeeland West High Schools will NOT open till 3:30

Areas in yellow are spectator parking

Bus parking is at Zeeland West High School. See the starred area on the map.