

# **MHSAA REGION #32-4 TRACK AND FIELD COACHES PACKET**



## **Attending Schools**

Au Gres-Sims  
Bellaire  
Buckley  
Central Lake  
Charlton Heston Academy  
East Jordan  
Forest Area

Frankfort  
Glen Lake  
Grand Traverse Academy  
Lake Leelanau St. Mary  
Leland  
Marion  
McBain Northern Michigan Christian  
Whittemore-Prescott

**Saturday, May 17, 2025**

9:00 am Field Events  
11:00 a.m. 3200M Relay  
11:45 a.m. Prelims  
1:00 p.m. Running Event Finals

**Boswell Stadium at East Jordan High  
School**

# MHSAA DIVISION 4 REGIONAL TRACK AND FIELD MEET

## SATURDAY, MAY 17, 2025

### EAST JORDAN HIGH SCHOOL

#### **ENTRY DEADLINE**

Entries must be received on line on or before 11:59 pm on **Tuesday, May 14, 2024**. All times, distances and heights shall have been achieved prior to 11:59 pm. on the Opt-Out-Date. **All times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by +.24.**

#### **ELIGIBILITY LIST**

A copy of your 2024-25 Master Eligibility list must be emailed, faxed or mailed to East Jordan High School by **Tuesday, May 13, 2025, by 11:59 pm**. The mailing address is P.O. Box 399, East Jordan, Michigan 49727. The fax number is (231) 536-3536, the email is [polaszewski@ejps.org](mailto:polaszewski@ejps.org).

#### **ENTRY LIMITATIONS**

One (1) relay team per school team. A maximum of three (3) individuals may be listed by a team in each individual event, no alternates, and no substitutions. **Only two (2) may compete**; however, if three (3) or more entries by a school team in an event have equaled or bettered the times or distances listed for Division 4 Additional Qualifying Times/Distances during the current outdoor season, then all of those entries may enter and compete in that event.

#### **ADDITIONAL QUALIFIERS**

If three (3) or more entries by a school team in an event have equaled or bettered the times or distances listed for Division 4 Additional Qualifying Times/Distances during the current outdoor season, then all these entries may enter and compete in that event.

#### **ENTRY INFORMATION**

Your completed online entry and your Master Eligibility list are to be received by Phyllis Olszewski, Meet Manager, not later than **11:59 pm on Tuesday, May 13, 2025**. Online entries are to be made at ***athletic.net***.

#### **CONCUSSION PROTOCOLS**

Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional. All National Federation and MHSAA protocol will be strictly adhered to.

#### **DRUG, TOBACCO, VAPE AND ALCOHOL POLICY**

The use of, or being under the influence of, alcohol, vape or tobacco products or any kind of "look alike products" (e cigarettes, etc.) is strictly prohibited at East Jordan Public Schools and by the MHSAA. This also includes narcotics and/or their similar substances.

#### **YOUTH PROTECTION POLICY**

Per MHSAA policy, all tournament managers, volunteers, staff assisting in the event and officials or any other personnel must follow school district policy and state statute regarding the mandatory reporting of child abuse, bullying, hazing and sexual harassment. A report of such activity shall be made to legal authorities and to the MHSAA Executive Director or his designee.

#### **UNMANNED AERIAL VEHICLE (DRONE) POLICY**

The use of unmanned aerial vehicles ("UAV"), also known as drones, is prohibited for any purpose by any persons at MHSAA tournament venues. Tournament management shall refuse admission or entry to anyone attempting to use a UAV; and if necessary, tournament management shall remove anyone attempting to use a UAV and/or confiscate the UAV until the event has been completed. For purposes of this policy, a UAV is any aircraft without a human pilot aboard the device. An exception to this policy may be made in specific cases for MHSAA broadcast partners, provided the management of the tournament facility permits the presence of UAVs for broadcast purposes under the control of the MHSAA.

# **MHSAA DIVISION 4 REGIONAL TRACK AND FIELD MEET**

## **SATURDAY, MAY 17, 2025**

### **EAST JORDAN HIGH SCHOOL**

#### **CALL SYSTEM**

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

First call, second call, and third and 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.

#### **RUNNING TRACK**

The track is an eight- (8) lane, 400 meter, polyurethane surface. Only chalk may be used on the surface of the track for marking starts/handoffs. **All spikes must be 1/8" or less.**

#### **FIELD EVENTS**

The high jump pit is located at the south end of the infield. All other field events are located outside the track perimeter on the 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 and pole vault areas.

#### **DRESSING FACILITIES**

Locker room facilities are available on site however dressing at home is encouraged. Restroom facilities are also available on site.

#### **TIME LIMIT OF ATHLETES' ABSENCE FROM COMPETITION**

The "excused" length of time for competitors leaving a field event to go to a running event will be divided into three categories:

- |                                    |            |
|------------------------------------|------------|
| 1. Going to races of 400m or less  | 10 minutes |
| 2. Going to races of 800m or 1600m | 15 minutes |
| 3. Going to races of 3200m         | 20 minutes |

In all cases, the times begin when the athlete asks to be dismissed until his/her return. These times will be recorded by the field event judge.

When it becomes evident to a competitor that he/she will not be able to comply with the time limitation during staging, a substitute from the team can sit in and provide information necessary to the actual competition.

#### **CONCESSIONS**

A full concession stand will be available all day.

#### **MHSAA REGIONAL SALES ITEMS**

A limited amount of MHSAA regional track and field sales items will be sold.

#### **ADMISSION**

Pre-sale tickets will not be available - admission is \$7.00 per person via GoFan.co. Cash cannot be accepted. Passes will not be honored.

#### **EVENT SCRATCHES**

Scratches will be accepted for the morning session until 8:30am. Afternoon scratches are due in the press box not later than 11:30 am. the day of the meet.

#### **COACH'S MEETING**

One coach per team must attend the coach's meeting held at 8:30am near the flagpole located at on the west side of the track (near the 200 start).

#### **STARTING TIMES**

First session field events:	9:00 am (Second session of field events will follow by announcement.)
3200 Meter Relay	10:00 am
Preliminaries	10:45 am (Approximately)
Finals:	12:15 pm (Approximately)

# **MHSAA DIVISION 4 REGIONAL TRACK AND FIELD MEET**

## **SATURDAY, MAY 17, 2025**

### **EAST JORDAN HIGH SCHOOL**

Final start time is approximate; it is required to have one hour between the preliminaries and the finals. ***We will run ahead of schedule whenever possible but will NOT start the finals before 12:00 pm.***

#### **SCORING**

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

#### **RUNNING EVENT WARM-UP**

The track will be available for warm up until 9:45am and again during the one-hour break between prelims and finals. An area outside the fence, west of the track is provided for warm up at any time.

#### **FIELD EVENT WARM-UP**

The field event areas will be available for warm-up between 8:00 and 8:45am for the morning session. Announcements will be made as each field event is completed so contestants will know the event is open for warm up. One (1) warm up trial will be available between flights.

#### **EVENT RESULTS**

Event results will be posted behind the press box as they become available. Results will also be announced as soon as possible.

#### **AWARDS**

1. A medal for each athlete that scores from first (1<sup>st</sup>) place through eighth (8<sup>th</sup>) place in each individual event.
2. A medal for each of the four (4) athletes that score from first (1<sup>st</sup>) place through eighth (8<sup>th</sup>) place in each of the four (4) running relays.
3. Championship trophy for Division 4 Women.
4. Championship trophy for Division 4 Men.

There will be no formal awards presentation. Medals and trophies will be given to coaches in the press box at the conclusion of the meet.

#### **RULES**

Track and Field National Federation Rules will govern the meet and MHSAA limitations of competition will be in effect.

#### **IMPLEMENT CHECK**

Your shot put and discus will be weighed, measured, and marked between 8:00 - 9:00 am in front of the storage building on the west side of the track. Implements that do not meet the standards will be confiscated and held in the press box until the conclusion of the meet.

#### **WOMEN'S SHOT PUT**

9:00am Contestants will be arranged in flights. Three (3) puts in the preliminaries plus three (3) additional puts for the top nine (9) contestants. Convenience puts will be provided for dual competitors. Finals will begin as soon as the top nine (9) contestants are determined. Final contest order will be based on the preliminary results. Final contestants will be flighted from least furthest put to best put; therefore, the best contestant will throw last.

#### **MEN'S SHOT PUT**

Will begin 30 minutes after the final women's shot put contestant has completed his throw. Announcements will be made. Other rules are the same as women's shot put described above.

#### **MEN'S DISCUS**

9:00am Contestants will be arranged in flights. Three (3) throws in the preliminaries plus three (3) additional throws for the top nine (9) contestants. Convenience throws will be provided for dual competitors. Finals will begin as soon as the top nine (9) contestants are determined. Final contestants will be flighted from least furthest throw to best throw; therefore, the best contestant will throw last.

**MHSAA DIVISION 4 REGIONAL TRACK AND FIELD MEET**  
**SATURDAY, MAY 17, 2025**  
**EAST JORDAN HIGH SCHOOL**

**WOMEN'S DISCUS**

Will begin 30 minutes after the final women's contestant. Announcements will be made. Other rules are the same as the men's discus description above.

**MEN'S LONG JUMP**

9:00am Open pit. The women's long jump pit will open at 9:00 am and close at 10:00 am. Finals will begin at 10:00 am and conclude at 10:30 am. Each contestant will be given three (3) jumps; the top nine (9) jumpers will be allowed three (3) more additional jumps if they choose. Final contestants will be flighted from least furthest jump to best jump; therefore, the best contestant will jump last.

**WOMEN'S LONG JUMP**

11:30am. Open pit. The women's long jump pit will open at 11:30 am and close at 1:00 pm. Finals will begin at 1:00 pm and conclude at 1:30 pm. Each contestant will be given three (3) jumps; the top nine (9) jumpers will be allowed three (3) more additional jumps if they choose. Final contestants will be flighted from least furthest jump to best jump; therefore, the best contestant will jump last.

**WOMEN'S HIGH JUMP**

9:00am. Contestants will be arranged in flights. The starting height is 4'2". The first and second raises will be three (3) inches. Raises will then follow in two (2) inch increments. Once there are less than or equal to eight (8) contestants remaining the raise will be 1".

**MEN'S HIGH JUMP**

Thirty (30) minutes following the completion of the final jump of the men's contestants. Contestants will be arranged in flights. The starting height is 5'3". The first and second raises will be three (3) inches. Following raises will be in two (2) inch increments. Once there are eight (8) contestants remaining the raise will be one (1") increments.

**MEN'S POLE VAULT**

9:00am. Starting height is 8'6". The first two raises will be nine (9) inches. Subsequent raises will be in six (6") inch increments until nine (9) competitors remain. Once there are nine (9) contestants remaining the raises will be three (3") inches.

**WOMEN'S POLE VAULT**

Will begin after a short break following the final women's competitor. Starting height is 8'6". The first and second raises will be 9", the third and fourth raises will be 6". Consecutive raises will then be 3". Once there are nine (9) contestants remaining the raises will be 3".

**TIME ALLOTMENT TO INITIATE TRIALS IN THE HIGH JUMP AND POLE VAULT**

Contestants will have one (1) minute to initiate his/her trial in the high jump and pole vault. Once there are three or few contestants remaining athletes will have three (3) minutes to initiate the trial. When there is a single competitor remaining that athlete will have five (5) minutes to initiate his/her trial.

**STARTING BLOCKS**

East Jordan will provide all standard starting blocks. If you use stand up blocks, you may use them upon approval of meet manager.

**PRELIMINARY HEATS**

10:45 am. Preliminary heats will be run in the following events if necessary following scratches:

- 100 Meter Dash
- 100 Meter High Hurdles (Women's)
- 110 Meter High Hurdles (Men's)
- 200 Meter Dash

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**4 X 800 METER RELAY**

10:00 am. The 4 X 800 Meter Relay finals will be the first running event of the day

**RUNNING EVENTS SCORING**

Final placement will be based on time when not in the same heat. Fastest eight (8) times score and all afternoon races are final.

**HEAT ASSIGNMENTS**

Heat assignments will be made following scratches.

**TIES**

In the event of a tie, team points will be divided and additional medals will be awarded.

**JURY OF APPEALS**

Any appeal requests must be made to the meet monitor located in the press box. **Judgment decisions may not be appealed.** Members of the Jury of Appeals are:

Phyllis Olszewski – Meet Manager  
Kathy Patton – Women's Coach – Central Lake/Ellsworth  
Rebecca Molski – Men's Coach – Bellaire  
One meet official not involved in the appeal

**AREAS WITH LIMITED ACCESS**

Spectators are not permitted in the following areas:

- Infield, including finish line
- Press Box
- The Bull Pen
- Inside the flagged areas at all field events.

Meet officials will enforce these restrictions.

**ELECTRONIC REVIEW AREAS**

Areas will be designed and marked for coaches to use electronic devices to review performances. Those areas will be visible and gone over with coaches at the coaches meeting. Those will be the only areas athletes are allowed to review performances electronically. Meet officials will monitor those areas.

**SAFETY THREAT POLICY**

In the event of a safety threat East Jordan Public Schools will utilize their safety protocol procedure. This policy will ensure the safety of all participants and spectators. Instructions will be given by announcements should any emergency situations arise.

**PERSONAL BELONGINGS**

Please do not allow your athletes belonging/bags/backpacks to be lying around "haphazardly". Please keep your athletes belongings in the same general area as your team. Unattended belongings will be subject to inspection and/or confiscation. Please return your equipment bags (shot, discus, etc.) to the bus when you have finished with it for the day. The Michigan High School Athletic Association and East Jordan Public Schools and its staff are not responsible for personal belongings and school equipment.

**MHSAA DIVISION 4 REGIONAL TRACK AND FIELD MEET**  
**SATURDAY, MAY 17, 2025**  
**EAST JORDAN HIGH SCHOOL**

**ADDITIONAL REGIONAL QUALIFYING STANDARDS**

In order to enter more than two (2) athletes in an individual event at the Division 4 Regional, all of the entries must have equaled or bettered the following standards during the current outdoor season prior to Monday, May 14, 2018, at 11:59pm.

**TO REGIONALS**

<b>EVENT:</b>	<b>WOMEN'S:</b>	<b>MEN'S:</b>
POLE VAULT	6'6"	9'3"
SHOT PUT	27'6"	37'8"
HIGH JUMP	4'5"	5'6"
LONG JUMP	13'11"	18'3"
DISCUS	81'8"	110'0"
110M HURDLES		:19.10
100M HURDLES	:19.50	
100M DASH	:14.00	:12.10
1600M RUN	6:18.0	5:07.0
400M DASH	1:09.00	:56.30
300M I.H.		:47.20
300M L.H.	:56.20	
800M RUN	2:45.00	2:15.50
200M DASH	:29.30	:24.90
3200M RUN	14:05.00	11:30.00

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**EAST JORDAN HIGH SCHOOL**

**ADDITIONAL REGIONAL QUALIFYING STANDARDS**

In order to qualify to the Division 4 State Final Track and Field Meet an athlete must finish first or second in their event or equal or better the following standards:

**REGIONALS TO FINALS**

<b>EVENT:</b>	<b>WOMEN'S:</b>	<b>MEN'S:</b>
POLE VAULT	8'0"	11'0"
SHOT PUT	32'1"	42'3"
HIGH JUMP	4'10"	5'11"
LONG JUMP	15'5"	19'11"
DISCUS	97'10	125'5"
3200M RELAY	10:50.00	8:47.30
110M HURDLES		:16.70
100M HURDLES	:17.60	
100M DASH	:13.40	:11.60
800M RELAY	1:55.20	1:36.70
1600M RUN	5:39.00	4:42.00
400M RELAY	:54.60	:46.40
400M DASH	1:03.60	:53.10
300M I.H.		:51.40
300M L.H.	:43.60	
800M RUN	2:31.50	2:06.00
200M DASH	:27.80	:23.70
3200M RUN	12:44.00	10:29.00
1600M RELAY	4:29.00	3:41.90



**MHSAA DIVISION 4 REGIONAL TRACK AND FIELD MEET  
SATURDAY, MAY 17, 2025  
EAST JORDAN HIGH SCHOOL**

**TENTATIVE TIME SCHEDULE  
(WE WILL RUN AHEAD OF SCHEDULE WHENEVER POSSIBLE.)**

8:00 am	Implements weighed, measured and marked.
8:00 - 8:45 am	Field Event Warm-Up
8:30 am	Scratch sheets for morning events are due in the press box. Coach's Meeting
8:58 am	National Anthem
9:00 am	<b><u>Field Events Begin:</u></b> (The opposite gender will follow in each event after the final contestant in each respective field event. Announcements will be made as each event is completed and as to when each respective area will be open for warm up and the start time for the next gender.) Women's High Jump Women's Shot Put Men's Pole Vault Men's Discus Men's Long Jump
10:00 am	<b>3200M Relay</b> (4 x 800)
10:45 am	<b><u>Preliminaries in the following Order:</u></b> (If needed after scratches.) 100M Dash 110M Hurdles 100M Hurdles 200M Dash
11:30 am	Afternoon scratch sheets are due in the press box
12:00 pm	National Anthem
12:15 pm	<b><u>FINAL EVENTS BEGIN</u></b> (Women run first) 100M Hurdles (Women) 110M Hurdles (Men) 100M Dash 800M Relay (4 x 200) 1600M Run 400M Relay (4 x 100) 400M Dash 300M Hurdles 800M Run 200M Dash 3200M Run 1600M Relay (4 x 400)

**MHSAA DIVISION 4 REGIONAL TRACK AND FIELD MEET  
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