

**2025 DIVISION 4 – REGIONAL 37 TRACK MEET
FOWLER HIGH SCHOOL**

Welcome:

Fowler High School is looking forward to the opportunity to host your schools for the Division 4, Region 37 track meet. The purpose of this sheet is to give all involved information needed to make planning for, and performing at, this meet as seamless as possible. If you have any questions that are not answered in this document, please don't hesitate to contact meet manager and Fowler Athletic Director, Kris Ernst at kernst@fowlerschools.net or on cell phone (989) 854-6609.

DATE: Saturday, May 17, 2025

ADMISSION: \$7.00 – NO PASSES

GATES WILL BE OPEN TO THE PUBLIC AT 9:00 A.M

**ALL REGIONAL QUALIFIERS MUST BE ENTERED INTO ATHLETIC.NET BY 11:59 P.M.
TUESDAY, MAY 13TH. GO TO MHSAA.COM FOR INSTRUCTIONS.**

SCHOOLS COMPETING:

Ashley	Breckenridge	Fulton	Michigan Lutheran Seminary
Beal City	Carson City	Merrill	Saginaw Nouvel
Big Rapids Crossroad	Coleman	M.P. Sacred Heart	St. Charles
Blanchard Montabella	Fowler	Saginaw Arts & Sciences	Vestaburg

STARTERS/REFEREE:

Starters – Gregg Glover and Keith Jones

Referees –Don Yuvan, Dan Peabody

Head Umpire/Marshall – Robert Lurie

TIMING COMPANY:

Aldrich Timing

MEET MANAGERS:

Kris Ernst – AD – kernst@fowlerschools.net or cell phone at 989-854-6609

Kim Spalsbury – 517-927-2373

RACE DAY SCHEDULE

9:00am – Gates open

- IMPLEMENT WEIGH-IN: Pole barn behind the press box

9:30am – Coaches Meeting in the same Pole barn behind the press box

- Coaches packet will be given out at this meeting

10:00am – Pole Vault starts (boys first)

- All poles for both genders must be checked in and approved by 11:15am.

10:00am – Scratches are due for the first session

10:30am – All other field events start (boys discus and long jump, girls shot put and high jump)

- There will be a 45 minute break between genders of the field events

11:30pm – 4x800 relay (girls then boys)

12:00pm Prelims begin (girls then boys)

- Prelim order
 - o 100m Dash
 - o 100m Hurdles (girls)
 - o 110m Hurdles (boys)
 - o 200m Dash

*Pending heat numbers, advancing from Prelims to Finals shall be this:

1. Heat winners from each heat and then the fastest times to fill all remaining available lanes.
2. Heats – 2 heat winners, 6 fastest times to fill available lanes.
3. Heats – 3 heat winners, 5 fastest times to fill lanes.
4. Heats - 4 heat winners, 4 fastest times to fill lanes.

Second session scratches are due to the press box fifteen minutes after the last heat of the boys 200 meter preliminary event.

*******ONE HOUR BREAK AFTER THE PRELIMINARY RACES.*******

**AFTER THE ONE HOUR BREAK WE WILL HAVE THE NATIONAL ANTHEM
FOLLOWED BY RUNNING FINALS WITH A ROLLING SCHEDULE.**

- 100 Meter hurdles finals (girls)
- 110 Meter hurdles finals (boys)
- 100 Meter dash finals (girls then boys)
- 800 Meter relay finals (girls then boys)
- 1600 Meter run finals (girls then boys)
- 400 Meter relay finals (girls then boys)
- 400 Meter dash finals (girls then boys)
- 300 Meter hurdles finals (girls then boys)
- 800 Meter dash finals (girls then boys)
- 200 Meter dash finals (girls then boys)
- 3200 Meter run finals (girls then boys)
- 1600 Meter relay finals (girls then boys)

AWARDS/TROPHIES PRESENTED AT THE CONCLUSION OF ALL EVENTS.

ENTRIES: Please make sure you enter only 3 athletes in each event unless each one has hit additional qualifying mark for regionals. Entries are due by 11:59PM Tuesday, May 13th. You must scratch down to 2 athletes on Saturday unless all have hit additional qualifying mark. **All times, distances and heights shall have been achieved prior to 8:00pm on May 13th.** Entries for whom times were not submitted or for whom confirmed false times were submitted, are to be placed in the last heat or first section without seeding consideration.

FAT Conversion: Times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by +.24.

LOCKER ROOMS: Will not be available to teams, nor will showers

WARM-UPS: The track will be available for warm-ups until 11:15 a.m. at which time the track must be cleared. The track will also be available for warm-up during the one hour break before finals; it must be cleared fifteen minutes prior to the start of the finals.

TRAINER: We do NOT have a trainer. A rescue unit will be available throughout the meet for emergencies and ice/water will be provided. Teams are welcome to bring their own trainer/ice/water.

PARKING: Your buses should drop off athletes at the entrance to the stadium. They will be directed where to park by an attendant at the drop off

TEAM TENTS/CAMPS: Team tents may NOT be set up on the inside of the fenced track area. Locations will be on a first come first serve basis but we have considerable amount of space for tents around the perimeter of the track and field areas. Please make every effort to keep your tent areas clean of debris.

SECURITY: Teams are reminded not to leave their valuable items unattended. Fowler Public Schools and the MHSAA will not be held responsible for lost or stolen items.

RESULTS: All meet results will be uploaded to Athletic.Net & MichiganTrackandField.com. The MHSAA will post results on their website at their earliest convenience.

DESIGNATED AREAS/RESTRICTIONS: Only athletes warming up or competing are allowed on the infield during competition. *No coaches/parents/spectators/non-competing athletes* are allowed. Designated coaching boxes will be assigned.

ELIGIBILITY REMINDER: DUE BY TUESDAY, MAY 13th by 8:00pm.