



PORTAGE CENTRAL ATHLETIC DEPARTMENT

Jim Schafer – Athletic Director – jschafer@portageps.org
Jodi Shearer – Athletics Secretary – jshearer@portageps.org
Dan Wytko – Head Coach / Meet Manager – dwytko@portageps.org

8135 S. Westnedge Ave.
Portage, MI 49002
269-323-5361

MHSAA REGION 3 TRACK & FIELD CHAMPIONSHIPS

Saturday, May 17, 2025

Location: McCamley-Knight Field, Portage Central High School, 8135 S. Westnedge Ave, Portage, MI 49002

Entries

- **All entries need to be made on Athletic.net before 11:59 PM, Tuesday, May 13, 2025**
- Each team is allowed 3 entries and must scratch down to 2 contestants. A team may enter more than 3 athletes, provided all athletes have met the regional additional qualifying standards.
- *All performances shall have been achieved prior to 11:59 p.m. May 13, 2025.*
- *Times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by rounding up to the highest tenth then adding +0.24. (i.e. 12.52 = 12.6 + 0.24 = **12.84**). When using athletic.net, you may simply round a hand time of 12.52 to 12.6 and select hand timing as the method of timing. Athletic.net will convert for you.*
- *Athletes or relay teams that do not have times submitted or with incorrect times submitted, will be placed in the last heat or first section without seeding consideration.*
- **Late Entries for CLERICAL ERRORS ONLY**
 - \$50 must be paid before the contestant or team will be allowed to participate.
 - There are to be no late entries after the Regional individual positions are set.
 - The late fee may not be used to change any time, height or distance.
 - The only changes which are permitted after 11:59 p.m. the day of the entry date will be scratches, or clerical errors.

Officials

- Scott Banghart
- Dan Higgason
- John Dunlop
- Gregg Buschlen
- Tim Baker

Appeal Committee

- Scott Banghart and Dan Higgason – Referees
- Dan Wytko – Meet Manager
- Ben Howell - Caledonia
- Tyler Germain - Kalamazoo Central
- Alternate Noah Krzan - Portage Central

Scoring, Awards, and Results

- Scoring is as follows: 10-8-6-5-4-3-2-1
- Team awards packets may be picked up at the scoring trailer following the conclusion of the meet.
- Results will be posted live online at fatresults.com and on Athletic.net. Results will not be printed.
- MHSAA State Finals qualifier information will be posted on MHSAA.com.

Qualifying for the MHSAA Finals



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- **State Qualifier (SQ)** - any athlete achieving this mark in any round of a field event or *final* round of a running event at a regional competition will advance to the LP Final in that event regardless of place.
- **Early Qualifier (EQ)** - any athlete achieving this mark in *any round* in a *valid pre-qualified EQ meet* is qualified to participate in the LP final in that event. Regional meets are valid pre-qualified events by definition and EQ's can be earned in those meets. Athletes that have achieved an EQ standard do not have to participate in regionals in the qualifying event in order to participate in the MHSAA Finals

Scratches & Relay Substitutions – please read carefully

- Scratch Window - We will utilize the Scratch Window on athletic.net once the initial entry deadline has passed. **We encourage you to use this method for making scratches**, rather than paper scratches. We will have a master scratch sheet available, if you prefer to use that.
- By the designated scratch deadline, you must have scratched down to two athletes per event **UNLESS** all have met the AQ standard. All athletes who have met the AQ standard may compete, you need not scratch them. But all athletes must have met the AQ standard if more than two are participating.
- Once the scratch deadline has passed, all non-scratched events are counted in the athlete participation limit whether or not the athlete participates. In other words, the event counts for that athlete even if you later scratch that athlete from an event, post scratch deadline.
- Relay substitutions can occur at any time **BEFORE** the event is run by using any athlete on your eligibility list with a remaining event. If an athlete is already in four events after the scratch deadline, they could not later scratch an individual event to be entered on a relay. But if they still have a remaining event, they may be substituted. Failure to actually notify the meet manager or timer of the substitution before the event is run is basis to disqualify the relay. So be sure to make the substitution.

Athlete Check-in

- Athletes will check-in with the clerks located in the chute at the northwest corner of the stadium.
- Call system: 1st, 2nd, and 3rd (last) call will be used. All athletes must check in by 2nd call.
- Athletes that do not check in by 2nd call for an event, will be scratched from the event.

Starting Blocks

- Gill Fusion F10 Blocks will be used. There are enough spikes in these blocks that they do not move. We will not allow athletes to stand on these blocks.
- Non-traditional blocks must be approved by the referee/starter, prior to the event.

Warm-up Area

- Athletes may use the roped off area of the soccer field as a warm-up area.
- Warm-ups are not permitted on the infield or track during the meet.
- Please do not bring footballs, frisbees, etc to throw in the warmup area.

Restricted Areas

- Field event coaches will be allowed to coach from designated boxes in each event area.



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- Coaches will be provided with a Field Pass wristband, so that they may enter the infield of the track. Coaches are to stay inside of the designated coaching areas. The purpose of coaches being allowed on the infield is to coach athletes in their current event.
- Coaches, please help us with this. Athletes are not allowed on the infield. Athletes competing in upcoming races will check in at the north end of the track, and be held in the chute until the start of the event.
- Athletes refusing to move from a restricted area is grounds for disqualification of the athlete and/or the current event.

Spike Size and Marking Material

- Please use ¼" pyramid spikes.
- Chalk is the only acceptable marking material and will be provided.
- Long jump and pole vault – chalk marks are to be on the outside of the runway lines. Runways are marked every 1 foot to assist with locating starting positions

Trainer Will be available at the south end of the infield near the finish line. If an athlete needs to be taped, please bring taping materials for the trainer to use.

Concessions Will be available.

MHSAA Merchandise

MHSAA merchandise will be available. Credit cards, cash, and checks are accepted. Checks made payable to Portage Public Schools, or PPS.

Admission Spectators must purchase tickets through [GoFan](#). Cost is \$7.00. GoFan is the only method for purchasing tickets for all MHSAA track and field regionals.

Bus Parking Buses may drop off athletes in the parking lot at the entrance of McCamley-Knight Field.

Athlete Parking All athletes that are driving, will be asked to park in the lots on the east side of S. Westnedge Ave.



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MHSAA Additional Qualifying Standards, Opening Heights and Raise Chart Link

Pole Vault

- **Men** - The opening height will be 11-3 and follow the MHSAA Regional Standard Raises for Pole Vault.
- **Women** - The opening height will be 8-3 and follow the MHSAA Regional Standard Raises for Pole Vault.

High Jump

- Five Alive will be used for groupings.
- Men and women will jump at the same time, on separate pits. Men will jump on the west pit, and women will jump on the east pit.
- **Men** - The opening height will be 5-8 and follow the MHSAA Regional Standard Raises for High Jump.
- **Women** - The opening height will be 4-8 and follow the MHSAA Regional Standard Raises for High Jump.

Long Jump

- Men and Women will jump at the same time on separate runways.
- Preliminaries will be an open pit for 1 hour and 30 minutes.
- Each athlete will get 3 attempts during prelims.
- The top 9, plus ties, will advance to the finals, which will be 3 more jumps in reverse order.

Shot Put & Discus

- Flights with 10 minutes between flights for warm-up.
- Preliminaries will be 3 throws (1+1+1), and finals will be 3 throws (1+1+1)
- The top 9, plus ties, will advance to the finals, and compete in reverse order.
- Men will throw shot put first, followed by women.
- Women will throw discus first, followed by men.

Implement Weigh-In Throwing implements will be weighed at the start/finish line (timing trailer).

Pole Vault Verification Poles must be verified by the field event referee.

Exchange Zone Judges We are asking the following schools to provide a coach to assist with judging exchange zones.

4x1 Exchange Zone 1 – East Kentwood, Byron Center, FH Central, FH Northern, Portage Central

4x1 Exchange Zone 2 – Kalamazoo Central, Loy Norrix, Mattawan, Gull Lake, Portage Central

4x1 Exchange Zone 3 – Caledonia, GR Ottawa Hills, Greenville, Portage Northern, Portage Central

4x2 Exchange Zone 1 (200 meter mark)

Lowell, East Kentwood, Wyoming, FH Northern, Kalamazoo Central, Loy Norrix, Portage Central

4x2 Exchange Zone 2 (start/finish line)

Gull Lake, GR Ottawa Hills, Caledonia, Forest Hills Central, Mattawan, Portage Northern, Greenville



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Time Schedule

- 8:00 AM **Gates Open**
- Packet pick-up at finish line / timing trailer.
 - Implement Weigh-in from 8:00 to 8:45, at the finish line / timing trailer.
- 8:30 AM **Coaches Meeting** at the finish line / timing trailer. Please have a representative at this meeting.
- 9:30 AM **Field Events** – scratches due at 9:00 at the event site (you must officially scratch an athlete)
- Men's and Women's High Jump
 - Men's and Women's Long Jump (open pit, pits close at 11:00 AM)
 - Men's and Women's Pole Vault
 - Men's Discus (followed by women)
 - Women's Shot Put (followed by men)
- 9:30 AM **Scratches due** for the 4x800 m Relay, qualifying heats of 100 m Dash, 110/100 m Hurdles, and 200 m Dash. You may use the Scratch Window (preferred method) on athletic.net or on paper at the finish line prior to this deadline.
- 10:30 AM **4x800 m Relay Finals** - Men followed by women. (Waterfall start for all events 800 meters and up)
- 11:00 - 11:45 AM **Qualifying Heats for Sprints** (9 lane track)
- Women's 100 m Dash followed by the Men's 100 m Dash
 - Women's 100 m Hurdles followed by the Men's 110 m Hurdles
 - Women's 200 m Dash followed by the Men's 200 m Dash
- Advancing athletes to the Finals (9 lanes)
- 1 Heat – heat winner + 8 fastest times to fill lanes
 - 2 Heats – 2 heat winners + 7 fastest times to fill lanes
 - 3 Heats – 3 heat winners + 6 fastest times to fill lanes
 - 4 Heats – 4 heat winners + 5 fastest times to fill lanes
- 12:00 PM* **Long Jump Finals** - Women & Men (*start as close to 12:00 as possible, after qualifying heats end.*)
- 12:00 PM **Scratches due** for all running finals. Please turn these into the finish line.
- 12:55 PM* **National Anthem**
- 1:00 PM* **Running Event Finals** (*or one hour after the final event of the qualifying heats end.*)
- Women run first, followed by men for each event.*
- Women's 100 m Hurdles / Men's 110 m Hurdles
- 100 M Dash
- 4 x 200 m Relay
- 1600 m Run - *2 heats if entries exceed 24, If 2 heats, then the 2nd heat will have the 16 fastest entries.*
- 4 x 100 m Relay
- 400 m Dash
- 300 m Hurdles
- 800 m Run - *2 heats if entries exceed 20, If 2 heats, then the 2nd heat will have the 16 fastest entries.*
- 200 m Dash
- 3200 m Run - *1 heat per gender, regardless of number of entries.*
- 4 x 400 m Relay



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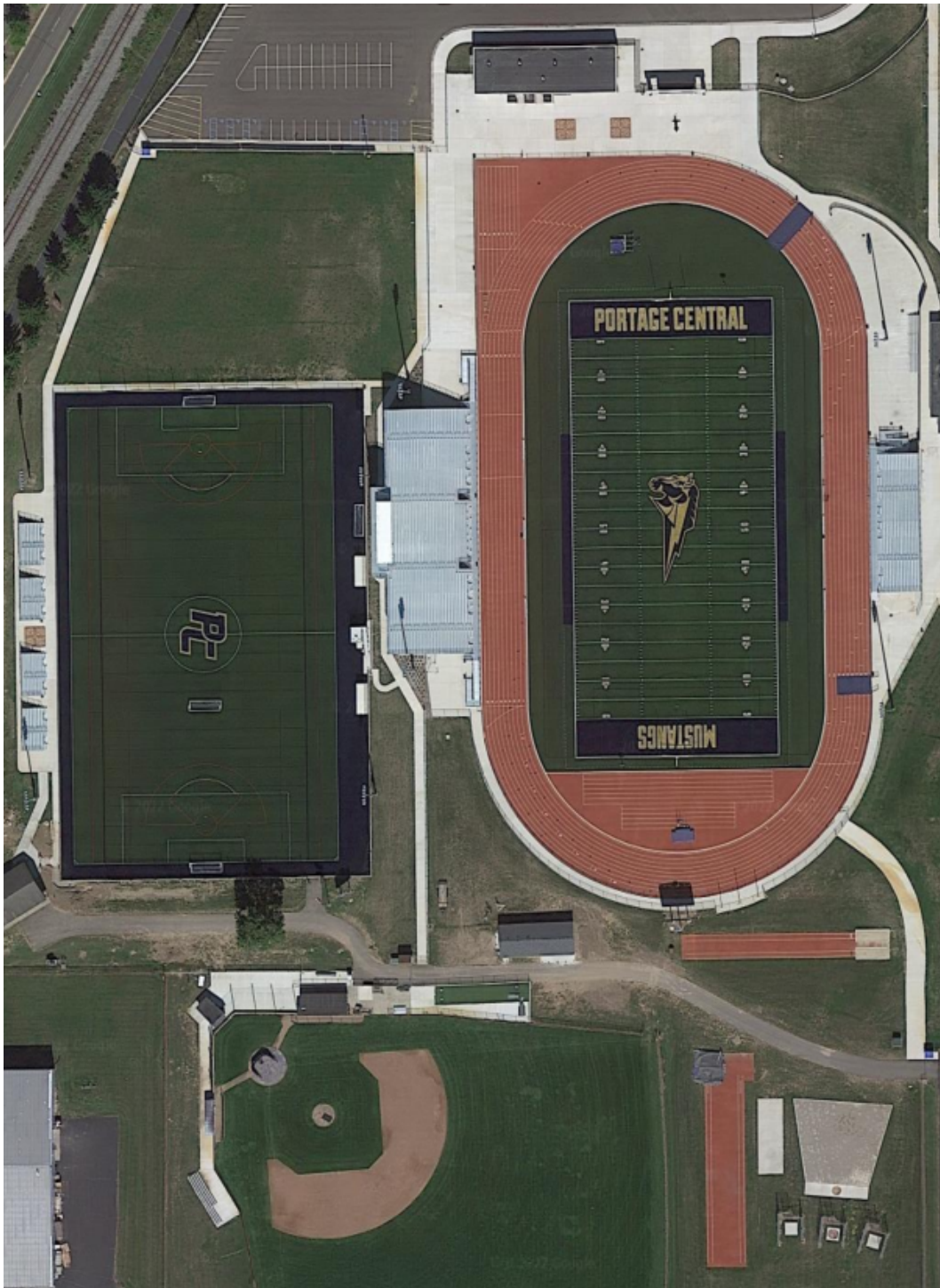
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4:15 PM*

Trophy Presentation

**approximate times*

McCamley Knight Field @ Portage Central



TEAM TENT

