

MHSAA DIVISION 1 REGIONAL 41 TRACK & FIELD MEET

FRIDAY, MAY 16, 2025

Participating Schools: *Escanaba, Gladstone, Manistique, Marquette, Menominee, Sault*

Date: Friday May 16, 2025

Coaches Meeting: 3:30PM by the finish line

Field Events: 4:00pm

Running Events: 4:15pm

Place: Escanaba High School

Entries: Must be submitted online at *www.Athletic.Net*.

All entries are due by **WEDNESDAY MAY 14 by 11:59 pm**. Late entries will receive no seeding.

NO EXCEPTIONS AND NO ADD-ONS!

***4 athletes per event for each school allowed.**

1 relay team per school. Up to 4 Alternates.

Scoring: 10-8-6-4-2-1

For all Events scoring 6 places

Bus Parking: Buses should park in the field next to the track off of 28th St.

Admission: \$7.00

Concessions: Eskymo Fan Club

Questions: Email – Nate Zarembo – Athletic Director

nzaremba@eskymos.com

RUNNING EVENTS: GIRLS WILL BE FIRST IN 2025

4x800m Relay

110m Hurdles

100m Hurdles

100m Dash

4x200m Relay

1600m Run

4x100m Relay

400m Run

300m Hurdles

800m Run

200m Dash

3200m Run

4x400m Relay

FIELD EVENTS:

Shot Put (*girls first*) & Discus (*boys first*): after 3 preliminary throws, the top 7 athletes will be called back for “Finals” to take 3 additional throws. Best Distance from all throws will be scored.

Boys Pole-Vault (will go first) will begin at 9’0”

Boys High-Jump will begin at 4’10” and will rise 3” until 8 athletes are left, then it will rise 2” increments.

Boys Long-Jump will be an open pit for 3 preliminary jumps. Top 7 athletes will be called back for “Finals” to take 3 additional jumps. Best distance from all jumps will be scored.

Girls Pole-Vault will begin at 6’0”

Girls High-Jump (*will go first*) will begin at 4’0” and rises 3” until 8 athletes are left, then up 2” increments.

Girls Long-Jump will be an open pit for 3 preliminary jumps. Top 7 athletes will be called back for “Finals” to take 3 additional jumps. Best distance from all jumps will be scored.