

2025

**MHSAA DIVISION 1 REGIONAL
TRACK AND FIELD MEET**



HOUGHTON HIGH SCHOOL

Thursday, May 15th, 2025

Starting Time: 4:00PM Running / 4:00PM Field

Participating Schools: Houghton, Calumet, Kingsford, Negaunee, Westwood

Meet Director: Rob Fay Starter: Sean Jacques



NOTES FOR COACHES

1. Scoring will be 5-3-2-1 for individual and relay events. Four individuals and two relays will qualify for the UP Finals.
2. Uniform rules will be enforced for all events (weather permitting). Please inform your field event participants.
3. The games committee—for appeals purposes—will consist of: Meet Director, Starter, Negaunee Boys' Coach, and Calumet Girls' Coach.
4. See below for field event schedule.

General Information

1. MHSAA and NFHS Track and Field Rule will apply.
2. **Entries must be sent online through the Athletic.net Track and Field Online Entry System by Wednesday, May 14th at 11:59pm.**
3. Each school can enter a maximum of 4 contestants per event (1 relay team).
4. Timing and Scoring will be provided by Superior Timing.
5. Athletic Training Service – UP Health System Portage
6. Results will be available on Athletic.net
7. A scratch meeting will be held at 3:15 P.M.
8. Starting blocks should be the responsibility of each team.
9. **¼” PYRAMID SPIKES ARE ALLOWED ON THE TRACK.**
10. The track is 400 meters, eight lanes, and rubberized asphalt surface.
11. Only timers and judges will be allowed near the finish line. No coaches or athletes please.
12. The time schedule will be followed as closely as possible. Events may be moved up.
13. The 400-meter dash will be run in lanes for the entire race.
14. The 800-meter, 1600 meter and 3200 meter runs will be a waterfall start.
15. There will be no preliminary heats. Participants will be seeded by times. Heats will be run slowest to fastest.
16. The 400-meter relay and the 800-meter relay will be run in lanes for the entire race.
17. In the 1600-meter relay, the first runner must remain in the same lane for the entire lap.
The second runner will cut in on the back straightaway (3 turn stagger).
18. Uniform rules will be enforced. Please inform your field event participants.
19. High Jump – Starting height will be 5’0” (boys) and 4’0” (girls). The bar will be raised 3” until 3 competitors left, then 2” thereafter.
20. Pole Vault – Starting height will be 9’0” (boys) and 6’0” (girls). The bar will be raised 6” until 3 competitors left, then 3” thereafter.
21. Long Jump – Each competitor will have 3 jumps in the preliminaries and the top 5 jumpers will advance to Finals (3 jumps each).

22. Shot Put and Discus - Each competitor will have 3 throws in the preliminaries and the top 5 throwers will advance to Finals (3 throws each). Rubber soled shoes are required. Shot Puts and Discus will be weighted and inspected near the concession stand prior to the meet. Do not throw the shot put on the football field.

23. PLEASE CLEAN UP YOUR AREA BEFORE LEAVING.

24. ABSOLUTELY NO FOOD OR BEVERAGES ON THE FOOTBALL FIELD!!

All tickets - \$7.00 on gofan.co. No passes accepted.

MHSAA Required Due Date – No Exceptions.

Regional entries are due no later than Wednesday, May 14th at 11:59 p.m. EST

A complete entry includes the electronic submission (athletic.net) as detailed on the MHSAA website and a complete Master Eligibility List. Send Eligibility List to:

Rob Fay, Athletic Director

Houghton High School

1603 Gundlach Rd.

Houghton, MI 49931

906-370-3017

E-Mail: rfay@hpts.us

***SUBMITTING TIMES FOR THE REGIONAL MEET**

1) All times submitted for the Regional meet must be entered as FAT times

2) If the times you are submitting are “handheld”, then they must be converted to FAT time before submitting your entries. In order to convert a handheld time to a FAT time, you must do the following: Round the time up to the nearest whole tenth and then add .24

3) Example...Handheld time is 12.73. First round “up” to the nearest whole tenth (12.8) and then add .24 so that the time entered for Regionals should be 13.04

4) This information is also listed online at the MHSAA “Participating Schools” information

ORDER OF EVENTS AND APPROXIMATE TIME SCHEDULE

TRACK EVENTS (Girls run first in 2025)

3200M	RELAY	4:00 P.M.
110M	HIGH HURDLES (Boys)	4:25 P.M.
100M	HIGH HURDLES (Girls)	4:35 P.M.
100M	DASH	4:45 P.M.
800M	RELAY	5:00 P.M.
1600M	RUN	5:10 P.M.
400M	RELAY	5:30 P.M.
400M	DASH	5:40 P.M.
300M	HURDLES	5:55 P.M.
800M	RUN	6:05 P.M.
200M	DASH	6:20 P.M.
3200M	RUN	6:35 P.M.
1600M	RELAY	7:15 P.M.
AWARDS		7:30 P.M.

FIELD EVENTS:

- Girls discus, pole vault and long jump first. (Followed by Boys discus, pole vault and long jump)
- Boys shot put and high jump. (Followed by Girls shot put and high jump)
- Field events will begin at 4:00pm.