

**REGION 48-Division 3
TRACK AND FIELD MEET
Thursday, MAY 15, 2025**

PARTICIPATING SCHOOLS:

[Baraga](#)
[Carney-Nadeau](#)
[Crystal Falls Forest Park](#)
[Felch North Dickinson](#)
[L'Anse](#)
[Powers North Central](#)
[Republic-Michigamme](#)
[Stephenson](#)

PLACE: Baraga High School
Osterman Athletic Field

STARTING TIMES:

Shot & Disc Weigh In 2:45 P.M. EST
Scratch Meeting 3:00 P.M. EST
Field Events 3:30 P.M. EST
Running Events 4:00 P.M. EST

MEET DIRECTOR: Tim Routheaux

Starters: Jon Sanregret & Kyle Detmers
ADMISSION: \$7.00 for Students and Adults
Tickets are available through Gofan.com

Entries Due on Wednesday May 14, by 12:00 pm EDT

GENERAL INFORMATION – MHSAA Division 3 Region 48 -May 15, 2025

1. Rules stated in the March 2025 M.H.S.A.A. Bulletin will be applied in the meet. In all other situations, the 2025 National Alliance Edition of "Track and Field Rules" will be followed.
2. Entries in all individual events are limited to four and relays are limited to one team.
3. **Completed entry forms must be submitted through the Athletic.net System by 12:00 pm EST on Wednesday, May 14, 2025.** There will be four entries per event. There will be medals given to 1st through 4th places and a trophy to the 1st place team.
4. Master Eligibility or opt out forms must be submitted by May 13.
5. Number of places to be scored: Individual Scoring 5-3-2-1 – 4 advance to U.P. Finals
Relay Scoring 5-3-2-1 -- 2 advance to U.P. Finals
6. **There will be finals in the shot put, discus, and long jump.** Participants will have 3 trials. Five participants will advance to the finals and have three more trials.
7. **Shots and Discus will be weighed & measured in the press box stand at 2:45 pm est.**
8. **A scratch meeting will be held at approximately 3:00 p.m, EST** upstairs of the Osterman fieldhouse above the bleachers. Field event information will be discussed and determined at the heat meeting.
9. FAT timing will be done by Superior Timing.
10. There will be no preliminary heats.
11. Teams may change in the locker room facilities at the far side of the field. Schools may wish to use their own facilities, however, as space is limited.
12. The track is asphalt, has six (6) lanes, and is 400 meters long.
13. Absolutely no shots or discuses are to be thrown on the football field.
14. Coaches will **NOT** be allowed in the press box after the start of the meet.
15. The time schedule will be followed as closely as possible. Events may be moved up.
16. A concession stand will be available.
17. Buses should park in the back lot by the softball field. It is also next to the outdoor locker rooms. **Do not park next to the school that is where our buses load up after school.**
18. **Contestants not in uniform must remain in the stands, not on the infield.**
19. **Admission: \$7.00 for both students and adults as set by the MHSAA.**
22. **PLEASE CLEAN UP YOUR INFIELD AREA BEFORE LEAVING!**