MHSAA TRACK AND FIELD REGIONAL 4-1

MASON HIGH SCHOOL
MAY 16, 2025

Participating Schools: Battle Creek Central, Battle Creek Lakeview, Brighton, DeWitt, Dexter, East Lansing, Fenton, Grand Ledge, Hartland, Holt, Howell, Jackson, Lansing Everett, Mason, Okemos

Entries Due: Tuesday, May 13, 2024 at 11:59 p.m. There is $50 late fee.
Entries are to be completed online using athletic.net. No late entries accepted unless clerical error ($50 fee). All efforts submitted shall be earned prior to Entry due date.

Officials: Starters - Mike Nestell, Tom Montpas; Referee – Ron Beegle

Admission: 2025 Tournament Admission will be through GoFan. Ticket link TBD

Trainer: We will have a Certified Trainer on site throughout the meet.

Infield: No one is allowed on the Infield – this is a restricted area during the finals. We ask for the assistance of all coaches. Athletes may use the infield to warm-up, prior to their event.

Qualifying Round: Advancing athletes - Heat winners from each heat then the fastest times to fill all remaining lanes.

Parking: Busses are to drop off participants at stadium entering North Gate and then park at the fairgrounds (Kipp and Temple St) until after 3:00 then can park in front of HS on west side.

Locker Rooms: Locker room space will not be available.

Tents: Tents are to be set up outside the track north of the 50-yard line.

Results: Official results will be posted on athletic.net after the meet. Awards pick-up in press box.

Warm-up Area: Located on the grass area/practice fields north of the Soccer field. Infield warm-up is available 3 events prior to scheduled race.

Packets: Will be available in the garage area, located behind the home stands.

Starting Blocks: Will be provided.

Spikes: Only track shoes with ¼" or less spikes or running flats will be permitted on the track.

MHSAA Website: Please refer to the www.mhsaa.com for specifics not covered in this communication

2025 DIVISION I TRACK AND FIELD REGIONAL
Time Schedule for Friday, May 16, 2025

1:30 PM	**Gates Open**	
1:45 PM	**Weight Station Opens in girls team room, Pole Inspection at site**	
2:00 PM	**Officials/Coaches Meeting (track building West end of stadium)**	
2:15 PM	**PM Event Scratch Sheets Due in Track building**	
2:30 PM	**Boys Pole Vault** **Girls Pole Vault will begin one hour after the conclusion of the Boys Pole Vault.**	
3:00 PM	**Field Events**	**Boys Long Jump** **Boys Discus** **Boys and Girls High Jump** **Girls Shot Put**
3:30 PM	**Finals**	**Girls 3200 M Relay** **Boys 3200 M Relay**
4:00 PM	**Qualifying Round**	**Girls 100 M Dash** **Boys 100 M Dash** **Girls 100 M Hurdles** **Boys 110 M Hurdles** **Girls 200 M Dash** **Boys 200 M Dash**
5:00 PM	**Final Scratch Sheets are due in the press box fifteen (15) minutes after the completion of the semi-finals.**	

FINAL SCHEDULE

5:45 PM	**National Anthem**	
6:00 PM	**Running Finals**	**Girls 100 M Hurdles** **Boys 110 M Hurdles**
		Girls 100 M Dash **Boys 100 M Dash**
		Girls 800 M Relay **Boys 800 M Relay**
		Girls 1600 M Run **Boys 1600 M Run**
		Girls 400 M Relay **Boys 400 M Relay**
		Girls 400 M Run **Boys 400 M Run**
		Girls 300 M Hurdles **Boys 300 M Hurdles**
		Girls 800 M Run **Boys 800 M Run**
		Girls 200 M Dash **Boys 200 M Dash**
		Girls 3200 M Run **Boys 3200 M Run**
		Girls 1600 M Relay **Boys 1600 M Relay**

MHSAA TRACK REGIONAL FIELD EVENT INFORMATION

LONG JUMP: Modified open pit for one hour fifteen minutes. Each athlete will be allowed three (3) jumps. Top nine jumpers advance to the finals and get three (3) additional jumps.

SCHEDULE: Boys open pit: 3:00 – 4:15 PM Finals at 4:30 PM
Girls open pit: 5:30 – 6:45 PM Finals at 7:00 PM

SHOT PUT: Each thrower will be allowed three (3) throws. (Two then one) Top nine throwers will advance to the finals and get three (3) additional throws.

SCHEDULE: Girls: 3:00 PM
Finals will begin fifteen minutes after each contestant has had their three throws.
Boys: Will begin thirty minutes after the girls' finals are complete. Finals will begin fifteen minutes after each contestant has had their three throws.

DISCUS: Each thrower will be allowed three (3) throws. (Two then one) Top nine throwers will advance to the finals and get three (3) additional throws.

SCHEDULE: Boys: 3:00 PM
Finals will begin fifteen minutes after each contestant has had their three throws.
Girls: Will begin thirty minutes after the boys' finals are completed.

POLE VAULT: Boys Opening Height: 11' 3" Raises: 6"
Girls Opening Height: 8' 3" Raises: 12", 6", 6", 3"

SCHEDULE: Boys: 2:30 PM
Girls: One hour after the boys' competition is completed.

HIGH JUMP: Girls Opening Height: 4'8" Raises 2"
Boys Opening Height: 5'8" Raises 2"

SCHEDULE: Girls and Boys: 3:00 p.m.

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION
BOYS & GIRLS TRACK & FIELD
REGIONAL AND LP FINAL QUALIFYING STANDARDS
2024-25

DIVISION 1

DIVISION 1 BOYS			
Event	Regional Qualifier	State Qualifier	Early Qualifier
4x800 Relay	-	8:04.00	7:53.00
110 m Hurdles	16.30	15.25	14.80
100 m	11.50	11.10	10.95
4x200 Relay	-	1:30.40	1:28.5
1600 m	4:36.00	4:22.50	4:14.0
4x100 Relay	-	43.30	42.5
400 m	52.20	50.20	49.0
300 m Hurdles	42.50	40.50	39.2
800 m	2:03.00	1:57.70	1:54.0
200 m	23.40	22.35	22.2
3200 m	9:56.00	9:33.00	9:14.0
4x400 Relay	-	3:26.80	3:22.5
Discus	130'0	147'0	156'0
High Jump	5'10	6'2	6'5
Long Jump	20'0	21'3	21'10
Pole Vault	12'3	13'3	14'6
Shot Put	44'0	49'0	53'2

DIVISION 1 GIRLS			
Event	Regional Qualifier	State Qualifier	Early Qualifier
4x800 Relay	-	9:43.00	9:22.00
100 m Hurdles	17.10	15.60	15.00
100 m	13.20	12.65	12.40
4x200 Relay	-	01:46.00	01:44.50
1600 m	05:32.00	05:09.00	04:52.00
4x100 Relay	-	50.20	49.00
400 m	01:02.60	59.50	57.00
300 m Hurdles	50.00	46.80	45.10
800 m	02:27.00	02:19.80	02:14.00
200 m	27.30	25.90	25.40
3200 m	12:04.00	11:15.00	10:40.00
4x400 Relay	-	04:06.80	03:59.50
Discus	99'0	115'0	123'6
High Jump	4'10	5'2	5'4
Long Jump	15'0	16'10	17'5
Pole Vault	9'3	10'6	11'6
Shot Put	32'5	36'8	39'6

REGIONALS – STANDARD RAISES

POLE VAULT	Regional Qualifier	Regional Start	1st Raise	2nd Raise	3rd Raise	4th Raise (SQ)	Final Start
Boys	12'3	11'3	11'9	12'3	12'9	13'3	12'3
Girls	9'3	8'3	9'3	9'9	10'3	10'6	9'6

HIGH JUMP	Regional Qualifier	Regional Start	1st Raise	2nd Raise	3rd Raise (SQ)	Final Start
Boys	5'10	5'8	5'10	6'0	6'2	5'11
Girls	4'10	4'8	4'10	5'0	5'2	4'11

FINALS – STANDARD RAISES

POLE VAULT	State Qualifier	Final Start	1st Raise	2nd Raise	3rd Raise
Boys	13'3	12'3	13'0	13'6	14'0
Girls	10'6	9'6	10'0	10'6	11'0

HIGH JUMP	State Qualifier	Final Start	1st Raise	2nd Raise	3rd Raise
Boys	6'2	5'11	6'1	6'3	6'5
Girls	5'2	4'11	5'2	5'4	5'6

NOTE: Finals use raise chart until 9 jumpers remain.