



2025 MHSAA Track and Field Regional #6

Friday May 16th 2025

- HOST:** Novi High School
24062 Taft Road Novi MI 48375
- TEAMS:** Canton, Dearborn, Dearborn Edsel Ford, Dearborn Heights Crestwood, Livonia Churchill, Livonia Franklin, Livonia Stevenson, Northville, Novi, Plymouth, Redford Thurston, Salem, South Lyon, South Lyon East, Wayne Memorial, Westland John Glenn
- PARKING/BUS:** Novi HS school is in session until 2:45pm. Spectators and teams will use our normal Athletic stadium entrance off of Taft Rd. Parking will be limited until 3:00pm, briefly following our dismissal. Buses will be directed to park in designated areas, based on availability. Building access will only be granted for extenuating circumstances. **See parking map on the last page of this document.**
- ADMISSION:** All tickets must be purchased online through GoFan, \$7.00, per the MHSAA (Purchase Link: <https://gofan.co/app/school/MI10044>)
*Tickets will not be available for cash purchase at the gate
*Doors open 90 minutes prior to meet start time
- T-SHIRTS:** MHSAA Regional meet t-shirts will be for sale near the concessions stand (NW corner of the stadium).
- REPORTING IN TEAMS:** Coaches should pick up your informational packet at the timing tent near the finish line. Only athletes in uniform will be admitted to the stadium. All others will be charged admission.
- TENTS:** Tents are allowed outside of the tall fence around the track area.
- LOCKER ROOMS:** Due to school in session, they will not be available. Bathrooms will be available near the concession area.
- ELIGIBILITY ROSTERS:** Must be emailed to Don Watchowski, donald.watchowski@novik12.org
No later than Tuesday, May 13th 11:59 p.m.





ENTRIES:

Entries will be submitted electronically using athletic.net. Entries are due No later than **Tuesday, May 13 at 11:59 p.m.** Remember that you must be able to print out a version for yourself as proof that the entries were correctly installed. A maximum of (3) individuals may be listed in each individual event, unless all have met the additional qualifier standard. However, only (2) may compete unless all have met the additional qualifier standard.

Late entries for CLERICAL ERRORS ONLY

- \$50, per team (not school) must be paid before the contestant or team will be allowed to participate
- There are to be no late entries after the Regional seeding is set
- The late fee may not be used to change any time, height or distance

Our meet, per the MHSAA, has been set up with three divisions for entries: the Varsity division, an Additional Qualifier division, and for the first time, a Wheelchair division. Wheelchair entries may be made for the 100 meter, 200 meter and 400 meter distances.

FALSE TIMES:

All times, distances and heights shall have been achieved during the current outdoor season and prior to **Tuesday, May 13 at 11:59 p.m.** Times must be entered as FAT times to the hundredth (.00) or hand-time equivalent, adjusted by rounding UP to the nearest tenth of a second and then adding .24 seconds. If questioned, each coach must indicate the date, location and opponent (school) when the mark was set. Entries for which times were not submitted or for which confirmed false times were submitted, will be placed in the last heat or first section without seeding consideration.

SCRATCHES:

Each Regional manager will accept scratches before each session is scheduled to begin. Scratches made during these periods will not count in the individual's participation limitations. However, if the competitor is not scratched during these scheduled periods and does not show to the clerking area before that runner's position is set, the competitor will be disqualified from that event and that event will count toward the competitor's personal limit. The Clerk of Course shall form heats following the last call for that event.





IMPLEMENT WEIGH-IN: Shot Put and Discus weigh-in will be set up at the south end of the track by the timing tent. Weigh-in must be completed by 12:30pm.

SCORING: 10-8-6-5-4-3-2-1

TIMING: FAT timing will be used, run by Steve Aspinall, FS Timing

PA ANNOUNCER George Tilt

SCOREBOARD OPERATOR Willy Mena

RESTRICTED AREA: Only athletes who are about to compete and coaches will be allowed in the infield area. Each school will be provided 3 infield passes per team/gender. There will be designated coaches' boxes on the infield along the backstretch and also in the field events areas. This will be enforced. No tents, footballs, frisbees, or food allowed in the infield area. All other athletes and coaches must stay outside the short fence surrounding the track.

WARM-UP AREA: All warm-ups must be done outside the track area. No athletes will be allowed on the field or on the track for warming up.

ATHLETE CHECK-IN: Athletes will check in with the clerks located by the chute at the NW corner of the stadium. Our call system will be 1st, 2nd, & 3rd (last call). All athletes are expected to check in by the 2nd call. Athletes that do not check in by the 2nd call may be scratched from the event.

PHONES & HEADPHONES: Phones and ear-covering headphones are not permitted in the competition area

PICTURES: Photos may only be shared with athletes in non-restricted areas.

STARTING BLOCKS: Traditional starting blocks will be provided. Non-traditional blocks must be approved by the referee/starter prior to the event.





MARKING MATERIAL: Chalk is the only acceptable marking material and will be provided. Chalk lines for long jump and pole vault are to be on the outside of the runway lines.

SPIKE SIZE: Use 1/4 pyramid spikes.

OFFICIALS: Bertha Smiley (Head Referee)
Deb Karabees-Betts (Girls Starter/Boys Recall)
Dennis Betts (Boys Starter/Girls Recall)
Steve Boyak (Line Clerk/Referee)
Mark Feather (Girls Clerk)
Jennifer Lemieux (Boys Clerk)
Ron Buchanan (Field Event Referee)
Jaime Allcorn (Clerk Asst)

JURY OF APPEALS: TBD

EVENT/TIME SCHEDULE: [Click here](#) to view the 2025 MHSAA "Officials PAL" Order of Events

*Girls running events will run first in 2025

Gates Open **11:30am**

- Packet pick-up at the timing tent
- Implement weigh in near the timing tent

Coaches Meeting **12:30pm**

- Location: The covered area beneath the weight room at the north end of the track

Pole Vault **1:00pm**

- Boys Pole Vault (RUN TO CONCLUSION)

Remaining Field Events: **2:00pm**

- Scratches due at 12:30pm at the event site (you must officially scratch an athlete)
- Girls High Jump (RUN TO CONCLUSION)
- Boys Long Jump (FINALS FOLLOW IMMEDIATELY)
 - Open order for 1 hour 30 minutes
- Girls Shot Put (FINALS FOLLOW IMMEDIATELY)





- Boys Discus (FINALS FOLLOW IMMEDIATELY)

One hour after the conclusion of the previous competition

- Boys High Jump (RUN TO CONCLUSION)
- Girls Long Jump (FINALS FOLLOW IMMEDIATELY)
 - Open order for 1 hour 30 minutes
- Girls Pole Vault (RUN TO CONCLUSION)
- Girls Discus (FINALS FOLLOW IMMEDIATELY)
- Boys Shot Put (FINALS FOLLOW IMMEDIATELY)

Scratches due at the finish line

2:30pm

- 4x800m Relay
- Qualifying heats of 100m Dash
- Qualifying heats of 110/100m hurdles
- Qualifying heats of 200 M Dash

4 x 800m Relay Finals:

3:30pm

Qualifying Heats for Sprints:

4:00pm

- Girls 100m Dash followed by the Boys 100m Dash
- Girls 100m Hurdles followed by the Boys 110m Hurdles
- Girls 200m Dash followed by the Boys 200m Dash

Advancing Athletes to the Finals (8 lanes)

- 2 Heats: 2 Heat winners + 6 fastest times to fill lanes
- 3 Heats: 3 Heat winners + 5 fastest times to fill lanes
- 4 Heats: 4 Heat winners + 4 fastest times to fill lanes
- 5 Heats: 5 Heat winners + 3 fastest times to fill lanes
- 6 or more Heats: 8 fastest times to fill lanes

Scratches due for all running Finals

5:00pm

- Must be turned in at the finish line

National Anthem:

5:55 pm





Running Event Finals:

6:00 pm

- Girls 100m Hurdles/Boys 110m Hurdles
- 100m Dash
- 4 x 200m Relay
- 1600m Run
 - 2 heats if entries exceed 24. If 2 heats, then the 2nd heat will have the 16 fastest entries.
- 4 x 100m Relay
- 400m Dash
- 300m Hurdles
- 800m Run
 - 2 heats if entries exceed 20. If 2 heats, then the 2nd heat will have the 16 fastest entries.
- 200m Dash
- 3200m Run
 - 1 heat per gender, regardless of the number of entries
- 4 x 400m Relay

Presentation of Awards:

10:00 mins after last race

FIELD EVENT INFORMATION:

POLE VAULT: Boys will vault first. The Girls competition will begin 60 minutes after the conclusion of the Boys.

Boys: The opening height will be 11-3 and will follow the MHSAA Regional Standard Raises for Pole Vault (11-9, 12-3, 12-9, 13-3). We will follow this progression until 9 or fewer competitors remain, then raise by 3 inches at a time.

Girls: The opening height will be 8-3 and will follow the MHSAA Regional Standard Raises for Pole Vault (9-3, 9-9, 10-3, 10-6). We will follow this progression until 9 or fewer competitors remain, then raised 3 inches).





HIGH JUMP:

Girls will jump first. The Boys competition will begin 60 minutes after the conclusion of the Girls. Five Alive Method will be used for groupings.

Boys: The opening height will be 5-8 and will follow the MHSAA Regional Standard Raises for High Jump (5-10, 6-0, 6-2). We will follow this progression until there is the number of contestants left equal to or less than the number of places to be awarded, then 1 inch for each successive jump).

Girls: The opening height will be 4-8 and will follow the MHSAA Regional Standard Raises for High Jump (4-10, 5-0, 5-2). Remaining instructions are the same as the Boys.

LONG JUMP:

Boys will jump first. The Girls competition will begin 60 minutes after the conclusion of the Boys.

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:

Flights with 10 minutes between flights for warm-up.

Preliminaries will be 3 throws (2+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.

Girls will throw shot put first, followed by the Boys.

DISCUS:

Flights with 10 minutes between flights for warm-up.

Preliminaries will be 3 throws (2+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.

Boys will throw discus first, followed by the Girls.

AQs:

[Additional Qualifying and Vault/Jump Raise Chart \(link\)](#)

AWARDS:

Top 8 places in each event will earn medals. Team awards packets may be picked up at the scoring area/pressbox following the conclusion of the meet. Team trophies will be awarded on the track.

RESULTS:

Live results will be posted on athletic.net after each event has finished. Results will not be printed.

STATE QUALIFIERS:

MHSAA State Finals qualifier information will be posted on mhsaa.com.





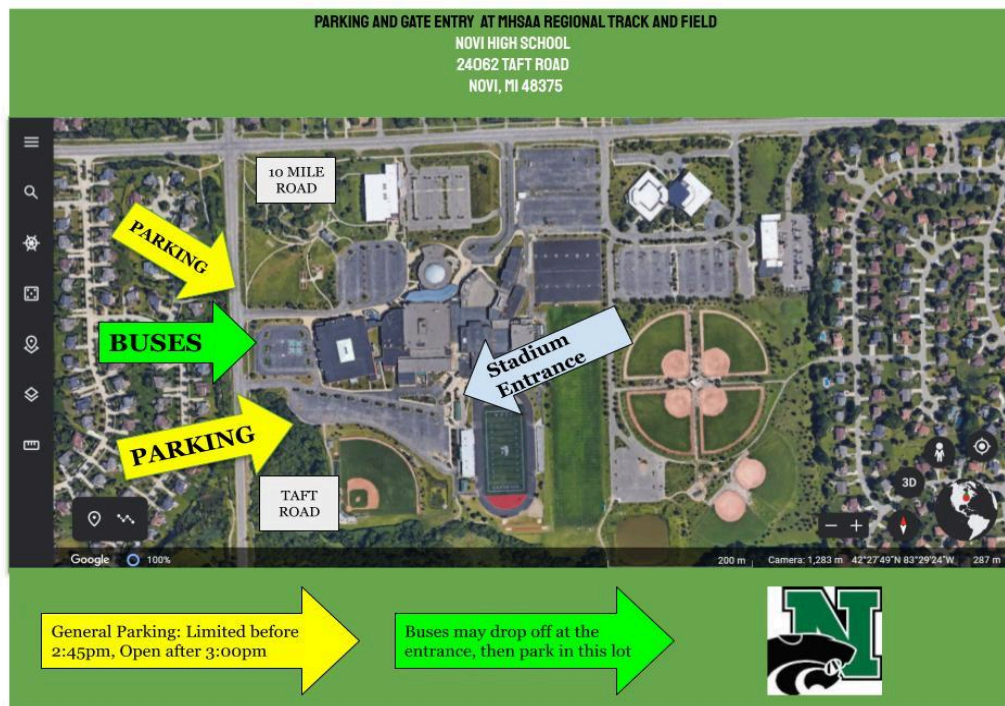
ATHLETIC TRAINER: Liz Holmes, Novi HS Athletic Trainer, will be on-site

NOVI CONTACTS: Athletic Director: Don Watchowski
Phone: 586-739-0999
Email: donald.watchowski@novik12.org

Head Girls Track Coach: Garret Zuk
Email: garret.zuk@novik12.org

Head Boys Track Coach: Danny Taylor
Email: danny.taylor@novik12.org

PARKING MAP: [Click here](#) for a larger version.





2025 MHSAA Regional Track and Field Meet Time Schedule Friday, May 16, 2025

11:30am	Gates Open	
12:30pm	Coaches Meeting	Covered area beneath the weight room
1:00pm	Pole Vault	Boys Pole Vault (RUN TO CONCLUSION)
2:00pm	Remaining Field Events	Girls High Jump (RUN TO CONCLUSION)
		Boys Long Jump (FINALS FOLLOW IMMEDIATELY)
		Open order for 1 hour 30 minutes
		Boys Discus (FINALS FOLLOW IMMEDIATELY)
		Girls Shot Put (FINALS FOLLOW IMMEDIATELY)
One hour after the conclusion of the previous competition		
		Boys High Jump (RUN TO CONCLUSION)
		Girls Long Jump (FINALS FOLLOW IMMEDIATELY)
		■ Open order for 1 hour 30 minutes
		Girls Pole Vault (RUN TO CONCLUSION)
		Girls Discus (FINALS FOLLOW IMMEDIATELY)
		Boys Shot Put (FINALS FOLLOW IMMEDIATELY)
2:30pm	Scratches due at the finish line	Girls 4x800m Relay followed by the Boys 4x800m Relay
		Qualifying heats of 100m Dash
		Qualifying heats of 110/100m hurdles
		Qualifying heats of 200 M Dash
3:30pm	4 x 800m Relay Finals	
4:00pm	Qualifying Heats for Sprints	Girls 100m Dash followed by the Boys 100m Dash
		Girls 100m Hurdles followed by the Boys 110m Hurdles
		Girls 200m Dash followed by the Boys 200m Dash
5:00pm	Scratches due for all running Finals	
5:55pm	National Anthem	
6:00pm	Running Event Finals:	Girls 100m Hurdles / Boys 110m Hurdles
		100m Dash
		4 x 200m Relay
		1600m Run
		4 x 100m Relay
		400m Dash
		300m Hurdles
		800m Run
		200m Dash





3200m Run
4 x 400m Relay

10:00 minutes after last race

Presentation of Awards

Summary of Rules Infractions

*Good meets require preventative officiating and good coaching.
Coaches – Please emphasize these points to keep your athletes in the meet.
Thanks in advance for helping!*

Infraction	<ul style="list-style-type: none"> - Stepped on or over the inside line for three consecutive steps. - Impeded another competitor by jostling. - Impeded another competitor by running across the opponent's path. - Ran on or inside of the corner curved line for three consecutive steps. - Illegally ran outside of the assigned lane or course
Hurdling	<ul style="list-style-type: none"> - Did not attempt to clear each hurdle. - Advanced or trailed a leg or foot alongside of a hurdle. - Ran over a hurdle not in the assigned lane.



NOVI ATHLETICS

	<ul style="list-style-type: none"> - Ran around a hurdle. - Impeded another hurdler
Relays	<ul style="list-style-type: none"> - Violation of substitution. - Failure to pass baton in the exchange zone. - Baton not handed between runners. - Incoming runner pushes outgoing runner. - Throwing the baton after the race has ended.
Uniform	<ul style="list-style-type: none"> - Failure to wear the school uniform. - Failure to wear assigned contestant number. - Failure of relay team to wear matching school uniforms.
Conduct	<ul style="list-style-type: none"> - Disrespectfully addressing an official. - Using profanity. - Criticizing an opponent or an official. - Willful failure to follow an official's direction. - Pacing or assisting a contestant. - Leaving the track and re-entering to continue a race.





	<ul style="list-style-type: none">- Contestants joining hands in a tie.- Using an aid during the race.
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