

2024 MHSAA Region 8-1 Track & Field Championships

Hosted by Rochester High School

Saturday, May 17, 2025

10:30AM	Gates Open
11:00AM - 12:00 PM	Weigh In for Shot Put & Discus (behind pressbox)
11:30AM	Coaches Meeting (Start/Finish line)
11:55AM	National Anthem
12:00PM (NOON)	<i>Field Event/Preliminary Scratches Due (at finish line)</i>

Field Events Begin

Girls High Jump (Boys to Follow One Hour After Conclusion)

Boys Long Jump (Girls to Follow One Hour After Conclusion)

Girls Shot Put (Boys to Follow)

Boys Discus (Girls to Follow)

1:45PM	Girls 4x800 FINAL (Boys to Follow)
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2:15PM	Prelims (Girls run first in 2025)
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100m

100H, 110H

200m

3:30PM	<i>Final Scratches Due (at finish line)</i>
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1 Hour Break from Conclusion of 200 Meter Preliminaries

Est 4:10PM	National Anthem
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Est 4:15PM	Finals (Girls Run 1st in 2025)
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100H/110H

100m Dash

4x200m Relay

1600m Run

4x100m Run

400m Dash

300m Hurdles

800m Run

200m Dash

3200m Run

4x400m Relay

SCORING/AWARDS: 10-8-6-5-4-3-2-1 (Top 8 Individuals & Relays Medal - in packets)
Championship Team Trophies presented at end of meet

FIELD EVENT INFORMATION: **There will be coaching boxes for all field events**

HIGH JUMP

1. FIVE ALIVE method will be used. The time rule will be enforced for all athletes.
2. Starting Heights: Boys – 5'8", 2" thereafter,
Girls – 4'8", 2" thereafter

DISCUS & SHOT PUT

1. 3 throws in prelims (1-1-1), Top 9 to finals – 3 additional throws (1-1-1)

LONG JUMP

1. Event will be contested in OPEN ORDER for one hour.
2. Top 9 to finals for three additional jumps (open order*)
3. Chalk will be allowed on the runway

MEET MANAGERS: Larry Adams - Head Girls Coach
 Ladams1980@gmail.com
 Timing - Fairchild Timing
 Athletic Director - Dean Allen

ADMISSION/TICKETS **All tickets will be digital, sold via GoFan and cost \$7.00. A mobile device is required. Links for GoFan will be on each site hosts GoFan account found at www.GoFan.com**

All spectators must enter through main entrance and are expected to follow all site rules

BUS DROP-OFF:

- Buses will enter off of Walton Blvd., turn right and go past the tennis courts and drop teams off behind the stadium.
- Busses should park in the upper lot by the tennis courts off of Walton Blvd.

SPECTATOR PARKING:

- Parking is available in both the North and South and West parking lots off of Livernois Rd. or Walton Blvd.

- ATHLETIC TRAINER:** Available on site, bring own taping supplies (preferred)
- LOCKERS:** Lockers **WILL NOT** be available, dress before arrival
- CONCESSIONS:** Will be available
- APPAREL:** Will be available
- FACILITY:** Rochester High School - 8 lanes
Only 1/4-inch spikes will be allowed on the track.
Please use chalk for markers – no tape on track
- TEAM TENT AREAS:** Tent city will be in the outfield of our baseball field. It is where the buses will drop teams off.
NO TENTS IN BLEACHERS!!!
- WARM UP AREA:** Warm-up can take place on the baseball and softball fields.
Athletes will be allowed a short warm-up time on the infield when they check into their event/. **All competing athletes will get a wristband that must be shown to enter the infield.**
- ENTRIES:** **Entry due date for electronic entries, all divisions, is 11:59 p.m. on May 13, 2025. All entries will be submitted on a.net**

Regional Meets Additional Entrants: *A maximum of THREE (3) INDIVIDUALS may be listed by a school for each bona fide team in EACH INDIVIDUAL EVENT at Lower Peninsula Regional Meets. However, only two may compete unless all three or more have met the additional qualifier standard.*

Regional Meets Additional Entrants -- *If three (3) or more entries by a school team in an event have equaled or bettered the published additional qualifier standard, compiled from the results of the most recent outdoor seasons, all these entries may enter and compete in the Regional Meet in that event. The time or distance must have been established in actual outdoor meet competition prior to submitting the entry information and must be verified.*

MHSAA Regional and Final Track & Field tournament will include a wheelchair Track & Field category for wheelchair participants in four events. These events will include the 100m , 200m , 400m and shot put. Participants in this category must be eligible team members, meeting all MHSAA eligibility requirements and be listed on the school's Master Eligibility list. Participants in this category at a Regional meet must have participated in these events during two regular season meets. For example, to compete in the wheelchair 100m at a Regional meet, a student must have competed in the 100m during two regular season meets. Participants in this category at a Final meet must have participated in these events during the Regional meet in addition to two regular season meets. For example, to compete in the wheelchair 100m at a Final meet, a student

must have competed in the 100m during the Regional meet and during two regular season meets. For students competing in these wheelchair events, MHSAA individual awards (medals) will be provided for these events at both the Regional and Final meets. Results for all wheelchair events will be published at MHSAA.com with all other meet results from each Regional and Final meet. Scores will not be added to team results for wheelchair events at MHSAA Regionals or Finals. • Wheelchair heats of the 100m, 200m and 400 m will be conducted in the regular meet order of events between the boys and girls running heats of the same event. Wheelchair athletes will compete against other wheelchair athletes in their heats and events for medals.

MORE INFORMATION:

Late entries for CLERICAL ERRORS ONLY

- \$50 must be paid before the contestant or team will be allowed to participate
- There are to be no late entries after the Regional individual positions are set
- The late fee may not be used to change any time, height or distance
- The only changes which are permitted after 11:59 p.m. the day of the entry date will be scratches, or clerical errors

Times, heights and distances listed on the entry information are to be for the current outdoor season only. If questioned, each coach must indicate the date, location and opponent (school) when the time was established. Failure to comply shall eliminate the individual as an additional qualifier or shall eliminate the individual from seeding consideration.

All times, distances and heights shall have been achieved prior to 11:59 p.m. on May 14. Times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by +.24. Entries for whom times were not submitted or for whom confirmed false times were submitted, are to be placed in the last heat or first section (slow heat) without seeding consideration. The Regional Manager is to advise the MHSAA, in writing, of these violations.

All National Federation Track & Field playing rules apply. Watches are permitted in MHSAA competition.

State qualifying standards:

1. Finish 1st or 2nd in your event at the regional meet.

Or

Qualifying for the MHSAA Finals

- **State Qualifier (SQ)** - any athlete achieving this mark in any round of a field event or *final* round of a running event at a regional competition will advance to the MHSAA Finals in that event regardless of place.
- **Early Qualifier (EQ)** - any athlete achieving this mark in *any round* in a *valid pre-qualified EQ meet* is qualified to participate in the MHSAA Finals in that event. Regional meets are valid pre-qualified events by definition and EQ's can be earned in those meets.

2025 MHSAA Track and Field Regional 8-1: Location - Rochester High School

Teams Competing

Auburn Hills Avondale
Berkley
Birmingham Groves
Birmingham Seaholm
Bloomfield Hills
Bloomfield Hills Brother Rice-boys only
Detroit Renaissance
Detroit U of D Jesuit-boys only
Oak Park
Rochester
Rochester Adams
Rochester Hills Stoney Creek
Royal Oak
Southfield Arts & Technology
Troy High

Rochester High School Map for Track Regional

