

**MICHIGAN HIGH SCHOOL ATHLETIC
ASSOCIATION DIVISION I TRACK AND FIELD
REGIONAL MEET #9-1 MILFORD HIGH SCHOOL
HIGHLAND, MICHIGAN**

SCHOOLS ASSIGNED: Clarkston, Detroit Catholic Central, Farmington, Farmington Hills Mercy, Holly, Lake Orion, Lapeer, Milford, North Farmington, Oxford, Walled Lake Central, Walled Lake Northern, Walled Lake Western, Waterford Kettering, Waterford Mott, West Bloomfield, White Lake Lakeland

DATE: FRIDAY, MAY 16, 2025

PLACE: Milford High School Track

MEET MANAGER: Chris Ceresa (For questions regarding anything, contact me!)
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Cell: 248-310.3862
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ENTRY PROCEDURES -Schools assigned to Regionals will go to mhsaa.com for instructions on completing and forwarding entries to you to be received no later than **11:59 p.m. on Tuesday, May 13 – All Divisions LP & UP 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** Check the March *BULLETIN* for charts of times, heights, and distances for additional qualifiers for Regionals.

**Track & Field Regional Online Entries
System Instructions for Attending
Coaches**

MHSAA Regional 9-1 @ Highland-Milford

Date: 5/16/2025

Host: Milford High School

Location: 2380 S. Milford Rd, Highland, MI 48357

Athletic Director: Jim Marszalek **Email:** Jim.Marszalek@hvs.org

Meet Director: Chris Ceresa **Email:** Chris.Ceresa1@gmail.com

Field Start 1:00 p.m. Pole Vault

All other field events 2:00

Track Start 4:00 p.m. (4X800 Relay) **Prelim Start** 4:30 p.m.

100 Meter Dash

110/100 Hurdles

200 Dash

REGISTRATION: Athletic.net

ELIGIBILITY: CURRENT ELIGIBILITY MUST BE EMAILED TO THE REGIONAL MANAGER PRIOR TO THE DEADLINE. Cross-reference Electronic Entry with Eligibility list to ensure completeness and accuracy.

FALSE TIMES: All times, distances and heights shall have been achieved prior to 4 p.m. of the Opt-Out Due Date. Times must be entered as FAT times to the HUNDREDTH (.00) or handheld equivalent, adjusted by +.24. Confirmed false times will be placed in the last position or first section without seeding consideration.

FACILITY:

* 8 lane, Metric, Polyurethane surface
* 1/8" spikes or flats may be used. 1/4" spikes may be used if the shoe has recessed sockets. Use the "2 Quarter Rule" when checking the length of exposed spikes. Don't risk your athletes getting disqualified. * Please bring your own chalk for marking exchange areas * CHALK MARKS shall be no bigger than 4" x 4" * PLEASE, NO TAPE on the track surface * Shot put and discus throwing surfaces are concrete

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

STARTING BLOCKS: Furnished by Milford High School. Schools may bring their own starting blocks as per the MHSAA Policy only. Must be approved by the clerk at the meet.

SCHOOL CHECK-IN: Coaches must report to the concession stand room marked "**Coaches Only**" at the south end of the track to pick up their informational packets. Only athletes in uniform, plus 2 managers, will be admitted to the track with the team. **Athletes not in uniform will pay the full price of admission.**

IMPLEMENT CHECK-IN: Athletes will have their shots/discs certified in the shed at the **north** end of the field beyond the scoreboard beginning at 1:00 p.m..

COACHES' MEETING: 1:30 ...at the concession stand for a short meeting regarding procedures and to answer any questions. **NOTE:** The 1:30 meeting is after the boys pole vault begins.

TIME SCHEDULE: A handy, one-page time schedule is attached as the last sheet of this information packet.

ORDER OF EVENTS: In all running events, the GIRLS will run FIRST (per MHSAA Track rules)

4 X 800 RELAY: The Girls' relay will be the FIRST final running event of the day. It will be run no earlier than 4:15 P.M.

SCRATCHES: DEADLINE FOR FIRST SESSION SCRATCHES WILL BE **3:00** P.M. DEADLINE FOR SECOND SESSION SCRATCHES WILL BE **5:30** P.M. Because of the "enter 3, run 2" format on the entry list, you must scratch the athlete who is not participating. SHOULD ONE OF THE THREE ENTRIES NOT BE SCRATCHED DURING OR BEFORE THE SCRATCH PERIOD, THE CLERK OF COURSE WILL HAVE THE AUTHORITY TO SCRATCH THE LAST LISTED INDIVIDUAL THAT HAS NOT MET THE ADDITIONAL QUALIFIER STANDARD. **Athletes who are not scratched and fail to report to the clerk will be disqualified from that event with the event counting toward limits of participation.**

WARM-UP AREA: An identified warm-up area will be available on the infield. There will also be a coaches box available on the infield.

ACCESS TO TRACK Access to the track from the stands will be via gates

BULLPEN AREA North and South ends of the straightaway. Athletes are NOT to jump the fence to gain access to the track. Athletes will be called to the bullpen area at the North end of the field, where heats will be set, then led to the track by the clerk. As an added convenience to athletes, a porta-john is located in the bullpen area at the north end of the field.

RESTRICTED AREAS Areas of the start/finish line and all areas nearest the field events are listed as restricted and off-limits to coaches. The PRESS BOX is also off-limits to coaches and athletes. **Field event areas are off-limits and closed before and after the event unless.... The area is monitored by the event official or adult coach willing to assume responsibility for supervision of the area.**

TRAINER: A certified trainer will be on duty throughout the meet. Please supply your own tape for ankles, etc.

POLE VAULT:

BOYS: (AQ 13'3") START 1:00

Starting height will be 11'3". 1st Raise is 11'9", 2nd raise is 12'3", 3rd raise is 12'9", and 4th raise is 13'3". until the State qualifying standard (13'3") is met. This event will be run in rotation of "five alive".

GIRLS: (AQ 10'6") 45 minutes after completion of the boys' event.

Starting height will be 8'3". 1st Raise is 9'3", 2nd raise is 9'9", 3rd raise is 10'3", and 4th raise is 10'6". until the State qualifying standard (10'6") is met. This event will be run in rotation of "five alive".

HIGH JUMP:

GIRLS: (AQ 5'2") START 2:00

Starting height will be 4'8". All raises will be 2" until the State qualifying standard (5'2") is met.

BOYS: (AQ 6'2") 45 minutes after the conclusion of the girls' event. Starting height will be 5'8". All raises will be 2" until the State qualifying standard (6'2") is met.

LONG JUMP:**BOYS: (AQ 21'3") START 2:00**

Preliminary jumps from 2:00 to 3:15. Open order for one hour and fifteen minutes or less. The top nine jumpers will advance to the finals 10 minutes after the finish of the prelims.

GIRLS: (AQ 16'10") One hour after the conclusion of the boys' event. Open order for one hour and fifteen minutes with the top nine advancing to the finals.

SHOT PUT:**GIRLS: (AQ 36'8") START 2:00**

Event will be run in flights, (**best throwers LAST**) each flight taking two trials the first round and one trial in the second round. Top nine advance to the finals (best throwers last) 10 minutes after the finish of the preliminaries.

BOYS: (AQ 49'0") One hour after the conclusion of the girls' finals.

DISCUS:**BOYS: (AQ 147'0") START 2:00**

Event will be run in flights, (**best throwers LAST**) each flight taking two trials in the first round and one trial in the second round. Top nine advance to the finals (best throwers last) 10 minutes after the finish of the prelims.

GIRLS: (AQ 115'0") One hour after the conclusion of the boys' finals.

OFFICIALS:

Starters: Joe Haskill and John Fundukian Jr.

Track Referee: Gary Maike

Field Referee: Walt Rickens

Clerk of Course: Tom Carney and Chris Brewer

JURY OF APPEALS:

Chris Ceresa Meet Manager Designee, Tony Magni (DCC), Jeff McNeil (Walled Lake Northern), Kim Adams (Farmington), Kim Renas (Lake Orion)

LIMITATIONS:

No radios, balls, frisbees, or **ANIMALS ALLOWED**. Please send a reminder to your parents.

RESULTS:

Immediate available via athletic.net; after Team trophies have been awarded.

AWARDS: Coaches may pick up all awards won by athletes in the press box 10 minutes after the conclusion of the final event. Team trophies will be awarded on the track. **DO NOT go to the press box for awards before the conclusion of the meet.**

CONCESSION STAND: Full-service concession stand will be available.

REGIONAL TEE SHIRT SALES: MHSAA Regional gear will be on sale. We will have stock to sell on site and athletes can also purchase items that can be shipped home at a later date. **Cash/Check or Credit Card!**

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

STATE QUALIFIERS: You may confirm state qualifiers at Athletic.net.

PRESS BOX: For exclusive use of officials during the meet.

DRESSING FACILITIES: Please dress at home. There will not be any facilities available. The school is off-limits to athletes unless the weather threatens.

INCLEMENT WEATHER: Local district policy will govern weather decisions. In the case of severe storms, shelter may be found in the hallways to the north, west and south of the field house. The entrance is located below the aluminum sculptures at the pool/field house doors.

BUS PARKING:

PLEASE READ!

Milford High School parking will be a challenge. Buses may drop athletes off at the front gate and proceed to the back of the pool/fitness area. Also, because of school being in session, space in the student parking lot may be scarce until 2:30 pm. **SUGGESTION:** Do not plan a drop off between 1:50 and 2:15. You may be sitting in the dismissal “gridlock”, going nowhere! Please warn your parents/fans about the traffic situation.

If busses plan on staying at the event, please try and park in the northeast corner of the student parking lot.

**2025 MHSAA REGIONAL TRACK AND FIELD
MEET TIME SCHEDULE
FRIDAY, MAY 16**

1:00 NATIONAL ANTHEM
 BOYS' POLE VAULT RUN TO CONCLUSION

1:30 **COACHES' MEETING**

2:00 **BOYS' LONG JUMP** Open order for 75 minutes - FINALS FOLLOW
 GIRLS' SHOT PUT FINALS FOLLOW
 BOYS' DISCUS FINALS FOLLOW
 GIRLS' HIGH JUMP RUN TO CONCLUSION

ONE HOUR AFTER THE CONCLUSION OF THE PREVIOUS COMPETITION.....

GIRLS' LONG JUMP Open order for 75 minutes - FINALS FOLLOW
 GIRLS' DISCUS FINALS FOLLOW
 BOYS' SHOT PUT FINALS FOLLOW
 BOYS' HIGH JUMP RUN TO CONCLUSION
 GIRLS' POLE VAULT RUN TO CONCLUSION

4:15 **3200 RELAY FINALS**

4:40 **Preliminary Events**
 100 Meter Prelims
 100/110 High Hurdle Prelims
 200 Prelims

THERE WILL BE NO SEMI'S WE WILL ADVANCE STRAIGHT TO FINALS Advancing athletes per MHSAA!

6:10 **NATIONAL ANTHEM**
6:15 110/100 HIGH HURDLE FINAL
 100 METER FINAL
 800 RELAY FINAL
 1600 FINAL
 400 RELAY FINAL
 400 FINAL
 300 HURDLE FINAL
 800 FINAL
 200 FINAL
 3200 FINAL
 1600 RELAY

10 MINUTES AFTER THE LAST RACE
Presentation of awards

