

2026 MHSAA LP DIVISION 1 TRACK AND FIELD STATE FINALS



SATURDAY, MAY 30th, 2026
Rockford High School
4100 Kroes St NE Rockford, MI 49341



Welcome to Rockford and this year's Division 1 MHSAA State Track and Field Finals. Congratulations on your season and advancing to the state finals. It is our intention to provide each team the opportunity to perform at their highest level and to enjoy their experience here.

Please read the following important points of information regarding our hosting of this year's Division 1 MHSAA State Track and Field Finals. For specifics not covered, please refer to the MHSAA website.

1. Rockford High School and the surrounding campus is a totally tobacco free and alcohol free environment.
2. The track at Carlson - Munger Stadium is a MONDO surface, metric and eight (8) lanes. For distance races (1600 M and 3200M) we have the Double Waterfall start with a one (1) turn cut in.

SPECTATOR INFORMATION

ADMISSION: Gates open at 8:00 am on Saturday. All tickets are \$11.00 and must be purchased through GoFan. The link to purchase tickets is available on the MHSAA website. No passes are accepted. Do not validate the ticket prior to the event. If a ticket is validated, it will not be accepted.

PARKING: \$5 per vehicle for all vehicles. \$20 for RV's. **No overnight parking.** See the map for entrances.

PROGRAMS: A limited amount of programs will be available onsite for purchase the day of the meet for \$5.00. Cash Only. All programs will be posted on the MHSAA website and can be viewed for free.

RESTROOMS: Main restrooms are located on the north end of the stadium near the concession stand. Also, there are additional restrooms, behind the home side bleachers/press box.

CONCESSIONS: Main concession stand is available on the north end of the stadium.

STADIUM RULES: Rockford Public Schools is a vaping, tobacco, and alcohol-free environment. **No pets are allowed in Carlson-Munger Stadium. No tents are allowed in the stands or concourses.**

PRE-MEET SCHEDULE—FRIDAY, MAY 29th

4:00 P.M. – 7:00 pm: Gates will open at 4:00 so please do not arrive early

- The facility will be open for teams to inspect. The track will be available for workouts.
- Field event areas will be closed for practice - absolutely no jumps or throws. Athletes may mark steps during this time. Please use chalk only [**ONE SINGLE LINE**] on the runways and not tape.
- Tents can be set up in designated areas south of the track behind the team rooms and the Upper Turf field. **NO TENT STAKES ALLOWED ON UPPER TURF FIELD.** Please use common sense if there are high winds. Secure your area appropriately. Please do not leave valuables unsecured.
- Pole vault pole inspection will be available from 4-6 pm.
- Pole vault poles (and other approved items) can be stored overnight in our track storage. Please have identifying labels on anything you leave overnight.
- Credential pickup is available for coaches during this time. Credential pickup will also be available starting at 8:00 a.m. Saturday.
- Souvenir shirts will be available for purchase.

MEET SCHEDULE–SATURDAY, May 30th

BOYS RUN FIRST IN 2026

Saturday, May 30

- 8:00 a.m. Gates Open
- 8:00-9:15 a.m. Weigh-in of Shots and Discs (building at south end of football field)
- 8:00-8:40 a.m. Pole Inspection
- 9:00 a.m. Morning Scratches Due - **IF AN ATHLETE IS NOT SCRATCHED FROM A PRELIM OR FIELD EVENT IT IS COUNTED AS AN EVENT.**
- 9:25 a.m. National Anthem
- 9:30 a.m. B/G Pole Vault Begins (2 Pits) - 5 Alive Call System
B/G High Jump (2 Pits) - 5 Alive Call System
B/G Long Jump - Long Jump will be conducted in Flights
Girls Discus/Boys Shot Put
Prelims: “ Worst to Best” order, 1-1-1 Throw System
Finals: Top 9 from Prelims in “Worst to Best” Order, 1-1-1 Throw System
The Adaptive Shot Put Event for both genders will take place immediately after the traditional boys shot put.
- 10:00 a.m. Finals 3200m Relay (4 x 800M)
Semi-Finals 100M, 110/100High Hurdles, 200M (Heat Winners & Next Fastest Times to Finals.)
- 11:00 a.m. B/G Long Jump Finals
- 11:00 a.m.-12:00 p.m. Weigh-In of Shots and Discs (building at south end of football field)
- 12:00 p.m. Afternoon Scratches Due - **IF AN ATHLETE IS NOT SCRATCHED IT IS COUNTED AS AN EVENT.**
- 12:15 p.m. Boys Discus (Approx. 1 Hr. after Boys Shot Put is complete)
Girls Shot Put (approx. 1 Hr after Girls Discus is complete)
Prelims: “ Worst to Best” order, 1-1-1 Throw System
Finals: Top 9 from Prelims in “Worst to Best” Order, 1-1-1 Throw System
- 12:55 p.m. National Anthem
- 1:00 p.m. Running Finals
- 5:00 p.m. Awards (Time approximate)

COACH/PARTICIPANT INFORMATION

COACHES CREDENTIAL PICKUP: THERE ARE NO PACKETS. At the main entrance you may pick up your credentials (MHSAA issued Wrist Band) on Friday between 4:00–7:00 pm and Saturday starting at 8:00 am right inside the entrance of the stadium.

Each Team - Per Gender will receive 1 wrist band per coach attending the meet - 1 Parking Pass (only for the "Pass Lot"/Brewer Lot) - and if you have a High Jump Participant you will receive 1 High Jump Coaching credential per school. 1 High Jump Coach will be allowed at the high jump area and must remain in the coaches box. **PER MHSAA RULE: NO COACHES ALLOWED ON THE INFIELD AT ALL TIMES.**

TEAM PARKING AND ENTRANCE: Please refer to the enclosed map regarding team entrance, team tent area, team and general parking etc. **Team parking passes (1) Coaches Parking Pass - which will be in our baseball/softball parking lot - ENTER FROM BREWER AVE. - Far West side of the property - behind the baseball and softball fields. NO PARKING OR TENT DROP OFF BEHIND THE HIGH SCHOOL.**

ENTRIES: A list of entries will be available at www.mhsaa.com following the Regional meet. Any errors or omissions should be communicated by the coach via the correction form on the 'Track & Field' page of the MHSAA website. Known scratches should be made via athletic.net ASAP after the regional meet so that heat sizes can be planned. Also, you are asked to declare all four relay athletes expected to run by Friday, May 22nd via athletic.net.

ADMITTANCE: Contestants and coaches will **enter the stadium by the front main entrance** of the stadium. Coaches must wear their wrist band that is distributed. Anyone not participating or working in the meet is defined as a spectator and must purchase a ticket on GoFan.

SPECTATORS MUST ENTER AT THE MAIN STADIUM ENTRANCE.

TEAM TENTS: Tents can be set up in designated areas south of the track behind the team rooms and the Upper Turf field. **NO TENT STAKES ALLOWED ON UPPER TURF FIELD.** Please use common sense if there are high winds. Secure your area appropriately. Please do not leave valuables unsecured.

APPAREL SALES: Sweatshirts and t-shirts will be sold by the MHSAA in their tented area.

MISC ITEMS: Portable radios, speakers, footballs, frisbees, etc. will not be allowed into the stadium. Only personal music devices used with headphones/earbuds will be acceptable, but may not be used in the competition areas. Coolers will be allowed in the team tent area only. No sunflower seeds, gum, food or drinks (other than water) on the turf football field please.

All spectators will be subject to bag checks. Only sealed water bottles will be allowed for spectators.

CROWD CONTROL: Coaches are not allowed on the track or football field. All Scratches and or appeals are to be given to the **Meet Monitor Official** located at the south west corner of the stadium - just off the track. A coaches area will be provided on our visitor side bleachers. Coaches will be allowed on the infield during the one hour break between the last semi-final race and the start of finals. **One coach (with a lanyard pass) per school may enter the designated coaches' box on the north side of the track during high jump.** Athletes must be in the marked warm-up area, check in tent, training tent or awards tent.

UNIFORMS: Please review uniform rules with your athletes. Relay team members must have uniforms clearly indicating through predominant color, school logo, and color combination of all outer garments worn as a uniform, that members are from the same team. Uniform tops should be worn as intended by the manufacturer (no knots and no bare midriff), which may require them to be tucked in at the start of the race.

UNIFORM WARNING: A general uniform warning is issued to all coaches and athletes prior to competition. Should any athletes participate while wearing an illegal uniform, and the discovery is made while in competition, that athlete/relay will be disqualified from further competition in that specific event. **This is considered to be your official team uniform warning.**

CHECK-IN & CALLS: A three-call system will be used (1st call; 2nd call; final call). Athletes are expected to check-in promptly when the first call is given and before the final call for that event. Athletes competing in a field event will check in at the site of the field event. The location of the check-in area for all running events is at the tent located on the 30- 40 yd line at the timing tent end of the field. The staging area will be located right next to the check-in tent for all races except the 100/110 hurdles, 100, 200 and 300 hurdles. These events will be staged at their starting line. "Hip" numbers to be worn on the upper left chest will be used in the 800 M, 1600 M, 3200 M Run and **all legs** of the 4 x 800 M relay and the 4 x 400 M relay.

ELECTRONIC COMMUNICATION DEVICES: Athletes may view video or images on any device, including cell phones, during competition in **unrestricted areas only and in coaching boxes.**

Electronic devices will not be allowed in any of the designated restricted areas (starting lines, clerk tent, finish line, and field event competition areas).

WARM-UP AREA: Preliminary warm ups may be done on the Upper football field - The designated warm up area is the NORTH end of the football field - 50 Yard line and North.

RELAY CARDS: Relay athletes will be pre-declared via athletic.net. Relay cards will only be used for substitutions on the day of the meet. Only substituted athletes and their replacement will be listed on the card. If you have a change - give your relay card to the **Meet Monitor** to give to the finish line.

SCRATCHES: Please submit any scratches on Saturday at the clerks tent. There will be morning scratches (DUE 9:00 AM or earlier) which can be done via athletic.net for semi-finals; and afternoon scratches (DUE AT 12:00 PM or earlier) for finals **should be made with the meet monitor**. YOU MUST SCRATCH YOUR ATHLETE IF THEY ARE NOT PARTICIPATING. Heats are then redrawn based on those scratches. Scratches in the field events can be done at the venues. Remember – scratches only – no substitutions (except for relay teams). If you have any pre-meet scratches, please make them via athletic.net ASAP after the regional meet so that heat sizes can be planned.

An athlete must be scratched prior to the deadline from any individual event in that session (prelims plus 4x800 or running finals) or that event WILL count against his/her four-event limit. Individual events are scratch only, no substitutions.

Relay legs may be substituted at any time prior to running of the relay for another athlete on your roster, but the change must be reported PRIOR to the event being run. Any athlete on your eligibility list may be substituted, provided that he/she has a remaining event, mindful of the previous paragraph.

ATHLETIC TRAINER: Athletic trainers will be available onsite throughout the course of the meet in a tent near the south end of the track. Ice and water will be available in this area as well.

AWARDS AND POINTS: Scoring for all events will be 10-8-6-5-4-3-2-1. Medals (MHSAA Award) and All-State Certificates (MITCA Award) will be awarded in each event for places 1 through 8. Team awards (MHSAA Award) will be given to each first-place team and runner-up team. Please remind your athletes to listen to announcements for when medals and All-State Certificates will be distributed for each event. We will move forward with each event award ceremony provided that the event winners are present. **The coach of the champion athlete will hand out awards.**

EQUIPMENT INFORMATION

SHOT & DISC INSPECTION: All shots and discs will need to be inspected, weighed, and marked before use in competition. **Only 3 implements per event will be inspected and weighed per contestant.** This will be in the center of the south end Team Rooms from 8:00–9:15 a.m. and from 11:00 a.m.–12:00 p.m.

VAULTER INFO: All vaulting poles will be inspected at the vaulting site. On Friday, vaulting poles can be inspected from 4:00–6:00 p.m. and stored in our track barn. Poles can be checked in before competition if arriving on Saturday. Coaches will need to complete a form for each vaulter. This should be done when the pole is inspected by the referee.

SPIKES, BLOCKS, & BATONS: Only $\frac{1}{4}$ inch or less of the spike may extend beyond the shoe sole. **Random checks of spikes will occur in the staging area.** We have starting blocks with adjustable pedals. If you are bringing your own blocks, they must be inspected and approved at the clerk station, but you will not be allowed to use a block holder. Schools provide their own batons.

EVENT INFORMATION

TAKE-OFF MARKS: Only chalk may be used on track surfaces to indicate a high jump or relay takeoff mark. Please tell your athletes to make their chalk marks reasonable in size and quantity (Maximum $\frac{1}{3}$ the width of the lane on the track). Relay take off marks should not interfere with or cover those of another team. Stick markers may be placed **alongside** the long jump and pole vault runways. Both the long jump and pole vault will have a tape measure extending the length of the runway so chalk marks are really not necessary but if used should be minimal in size and along the edge of the runway. We will provide chalk and sticks at appropriate locations. No tape or scuff marks please.

TIME LIMITS: The time limits for all field events will be strongly enforced. This is within one minute after the competitor's name has been called for trial. There are extended time limits in the HJ and PV when 3 or fewer competitors remain.

DISCUS & SHOT PUT: All competitors will be allowed three preliminary throws in the 1-1-1 format. Preliminaries will be conducted in flights in “Worst to Best” Order. The top nine from all flights will advance to finals for three additional attempts competing in “Worst to Best” Order based on their best prelim performance. Throws done in finals will also be in the 1-1-1 format. In both prelims and finals, each attempt will be measured before another is made. Three warm-up throws will be allowed between flights.

The best mark achieved in either prelims or finals will be used as the mark to determine place finish.

HIGH JUMP: The high jumps will be conducted simultaneously. The five-alive concept will be used until fewer than nine competitors are at a given height. Starting heights: Boys 5’11” and girls 4’11”. The bar will be raised using the MHSAA Raises Chart (Boys: 5’11”, 6’1”, 6’3”, 6’5”,... – Girls: 4’11”, 5’2”, 5’4”, 5’6”,....). When nine or fewer competitors remain, the bar is to be raised one inch only for each successive jump. A maximum of two chalk marks may be made on the approach and placement should not interfere or cover the marks of another competitor.

POLE VAULT: The pole vaults will be conducted simultaneously. The five-alive concept will be used until fewer than nine competitors are at a given height. Starting heights: Boys 12’3” and girls 9’6”. The bar will be raised using the MHSAA Raises Chart (Boys: 13’0”, 13’6”, 14’0” – Girls: 10’3”, 10’9”, 11’3”). When nine or fewer competitors remain, the bar is to be raised in three-inch increments (until one with options to pass).

LONG JUMP: The long jumps will be conducted simultaneously. The LJ will be conducted in flights in "worst to best" order. All competitors will be allowed 3 preliminary jumps. The top 9 from all flights will advance to the finals for 3 additional jumps competing in "worst to best" order based on their best prelim attempt. Finals will begin approximately 10 minutes after the completion of the last flight.

RUNNING EVENTS: Boys’ events will run first in 2026. Distance races will employ double waterfall starts. All other races will have the lane preferences of lanes 4-5-3-6-2-7-1-8. In running event finals with more than one heat, the fastest heat is last; slowest heat is first.

DISTANCE RACES: Please remind your runners about staying to the right of the inside lane line on the inside of the track, and not cutting-off another runner when passing. This rule applies to the following races: 1600 M Run, 800 M Run, 3200 M Run, 4x800 M Relay, and 4x400 M Relay.

RELAY TEAMS: Relay team members will be pre-declared via athletic.net. Relay cards will only be used for substitutions from eligible athletes (on your eligibility list) on the day of the meet.

Relay substitution cards will be available in the coaches' packets. Please make sure that your relay teams are legally attired.

EXCHANGE ZONES: The 4x800 Relay Exchanges are blue triangles for all exchanges. The 4x400 Relay Exchanges are blue triangles done in lanes for the 1st exchange and then blue triangles for all other exchanges. The 4x200 Relay Exchanges are black triangles for exchanges one and two, and yellow triangles for the third exchange all done in lanes. The 4x100 Relay Exchanges are all yellow triangles and the exchange zone is colored all yellow, all done in lanes. The 4x800 Relay will use a waterfall start, the 4x400 Relay will use a three-turn stagger start and start on the blue lines, the 4x200 will use a four-turn stagger start and start on the black lines, and the 4x100 uses a two-turn stagger start and starts on the white lines.

FINISH LINE: Finish line administration will be provided by Michiana Timing. All results will be found at <https://fatresults.com>.

QUESTIONS: Cole Andrews, Rockford Athletic Director, candrews@rockfordschools.org or Randy VanderVeen, Meet Manager, rvanderveen@rockfordschools.org Athletic Department Phone: 616.863.6040

SEEDING AT THE MHSAA STATE FINALS - 8 Lane

1. For all events 400 meters and less, as well as the 4x200 M Relay and the 4x400 M Relay, the preferred lane order will be:
4 - 5 - 3 - 6 - 2 - 7 - 1 - 8
2. There are now only two rounds (semi-finals & finals) of competition in the 100 M Dash, High Hurdles, & 200 M Dash. Runners are seeded according to their Regional Qualifying Times or EQ times (whichever is best) in the semi-finals.
 - a. 3 heats: the winner of each and the next five fastest times advance to the finals.
 - b. 4 heats: the winner of each heat and the next four fastest times advance to the finals.
 - c. 5 heats: the winner of each heat, and the next three fastest times advance to the finals.
 - d. Format for additional heats is the same, winner of each heat and the next fastest times to fill eight lanes on the track.
3. In the finals for the events listed above, runners will be seeded in the following manner: Seed all heat winners by time, and then all remaining non-winning times in preferred lanes described in #1. Note that some slower times may get better lanes if that athlete won their heat but there was a faster time that an athlete ran in another heat that did not get 1st place.
4. All events 800 meters or longer, all seeding will be done by Regional Performance Rank or EQ performance (whichever is best) in the event and the hip numbers that are assigned. There is an option for a single waterfall (16 or less) or double waterfall (24 or less).
 - a. Single Waterfall: Hip #1 on the outside of lane 8 and highest hip number #16 on the curb.
 - b. Double Waterfall: Hip #1 on the outside of lane 8 in the upper waterfall line and #8 on the inside of lane 5. For the lower waterfall line then line up #9 on the outside of lane 8 and the #24 on the curb.
 - c. 3200 M Run with 25-34 runners: If there are more than 24 runners, the Top $\frac{1}{3}$ of the field is to be placed in the Upper Waterfall and the Bottom $\frac{2}{3}$ in the Lower Waterfall with seeding in the manner described in parts a and b.

- d. Please remember that the upper waterfall may only cut to lane 5 until the backstretch (which is the cut in for the 4x400 M relay). The back waterfall may cut in immediately without cutting off other runners.
5. Heats of the 3200 M Run:
 - a. If 35 or less runners then one heat.
 - b. If 36 or more runners, then two heats will be conducted with the fastest 24 plus ties in the second heat and the rest of the field in the 1st heat.
 6. Heats of the 1600 M Run:
 - a. If 26 or less runners, then one heat will be conducted.
 - b. If 27 or more runners, then two heats will be conducted with the 18 fastest plus all ties in the second heat.
 7. Heats of the 800 M Run:
 - a. If 20 or less runners, then one heat will be conducted.
 - b. If 21-26 runners, then two heats will be conducted with the 12 fastest plus ties in the second heat.
 - c. If 27 or more runners, then two heats with the 18 fastest plus ties in the second heat.
 8. Heats of the 4x800 M Relay:
 - a. If 14 or less teams, then one heat will be conducted.
 - b. If 15-27 teams, then two heats will be conducted with the 12 fastest teams plus ties in the second heat.
 - c. If 28 or more teams, then three heats will be conducted. The 12 fastest plus ties in the third heat, the next 12 fastest plus ties in the second heat and the remaining teams in the first heat.

FACILITIES MAPS



- 1 - Bus/Team Van Parking - Rougewood Ele. Parking Lot - Off Brewer Rd.**
- 2 - General Parking - Coaching / Pass Parking Off Brewer**
- 3 - Stadium Entrance - Athlete Drop Off**
- 4 - Bathrooms**
- 5 - Credential Pick Up**
- 6 - High Jump Pits (2)**

- 7 - Athlete Warm Up Field**
- 8 - Event Check-in Tent**
- 11 - Athletic Training Tables**
- 13 - Pole Vault Pits (2)**
- 14 - Long Jump Pits (2)**
- 15 - Throws (Shot & Disc)**
- 16 - Weight Scale for Implements**

Click for [DIGITAL MAP](#)