



2026 MHSAA LP DIVISION 3 TRACK AND FIELD STATE FINALS

SATURDAY, MAY 30, 2026

Hosted by Kent City High School

LOCATION: Ward Memorial Field, 351 N. Main St., Kent City MI 49330

PRE-MEET SCHEDULE – FRIDAY, MAY 29, 2026

4:00 p.m. – 7:00 p.m.: Gates will open at 4:00 so please do not arrive early.

- Facility will be open for teams to inspect. The track will be available for workouts. Field event areas will **be CLOSED** for practice. Athletes may mark steps during this time. Remember that no marks can be made on the actual runways (only on the cement edges) and relay marks must not be larger than $\frac{1}{3}$ the width of the lane.
- Tents can be set up in designated areas, however, please use caution if there are high winds. Please do not attach anything to our fences! Also, please do not drive your vehicle on our practice field (Tent City).
- Vaulting poles can be inspected and stored overnight. This will take place on the west end of the homestand, under the bleachers.
- Packet pickup is available for coaches during this time (Ticket Booth). Packet pickup will also be available starting at 8:00 a.m. on Saturday morning (Tent Near Team Drop-Off)
- Souvenir shirts will be available for purchase next to the ticket booth.

SPECTATOR INFORMATION

ADMISSION: \$11.00. All tickets 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. We will have credit card readers on site.

PARKING: \$5 per vehicle. Please use the northernmost entrance on Peach Ridge Avenue. Please encourage your spectators to buy parking via GoFan to speed up the process.

PROGRAMS: \$5 per program.

AMENITIES: Several options for restrooms and concessions will be present throughout the facility. Our main restrooms are located on the east end of the stadium on either side of the

concession stand. We will also have several porta-jons in Tent City, by the stadium entrances, and near the field event area. Additionally, access to bathrooms in our high school will be available throughout the day.

ENVIRONMENT: Kent City Public Schools is a tobacco and alcohol-free environment.

MEET SCHEDULE – SATURDAY, MAY 30, 2026

Time	Event	Location
7:45 a.m.	Gates Open	Stadium
8:00 a.m.	Pole Vault Pole Inspection (8:00 a.m. – 9:00 a.m)	Field (Pole Vault Pits)
	Implement Weigh In (8:00 a.m. – 9:00 a.m.)	Table Near Shot and Discus Areas
9:25 a.m.	National Anthem	Stadium
9:30 a.m.	Boys/Girls Pole Vault Begins	Field (Pole Vault Pits)
	Girls Long Jump Begins (Will be conducted in flights)	Long Jump Pit
	Boys Shot Put, Girls Discus, and Boys/Girls High Jump	High Jump, Shot and Discus Areas
	Morning Scratch Deadline	Check In Tent
10:00 a.m.	Boys/Girls 4x800 M Relay (Boys Run First in 2026)	Track
	100 m, 110/100 m hurdles, & 200 m Preliminaries. Only two rounds of competition – 1st Round and Finals. Heat winners advance to finals. Remaining slots are filled based on times recorded in the first round.	Track
11:00 a.m.	Implement Weigh In (1 hour between genders)	Table Near Shot and Discus Areas
11:45 a.m.	Boys Long Jump (Will be conducted in flights. Approximately 1 hour following completion of the girls event).	Long Jump Pit
	Boys Discus Begins	Discus Area
	Girls Shot Put Begins	Shot Put Area
12:55 p.m.	National Anthem	Stadium

1:00 p.m.	Running Event Finals (or one hour after the last semi-final preliminary race, whichever is later)	Track
5:15 p.m.	Team Award Presentation (Time is approximate)	Stadium

COACHES INFORMATION

PACKET PICKUP: Packets may be picked up on Friday between 4:00 – 7:00 P.M. (Ticket Booth) and Saturday starting at 8:00 A.M. (gate leaving Tent City and entering track on the southeast corner)

TEAM PARKING: Team vehicles should use the access drive on 17 Mile Road. One team parking pass will be in the team packet for coaches. Teams may pull up to the southwest corner of Tent City to drop student-athletes before parking in this area. If you are bringing a bus, please contact us at jason.vogel@kentcityschools.org so we can make arrangements for off-site parking near our elementary 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 22 via athletic.net. Substitution for other eligible athletes on the day of the meet is still permitted.

ADMITTANCE: Contestants must be in uniform for admittance. Coaches must wear their pass (wrist band) that is distributed in the meet packet. Per MHSAA policy, three coach passes will be provided per team. Contestants and coaches should use the entrance near Tent City to enter and exit the stadium.

RESTROOMS: There will be several options for restrooms. We have restrooms located on either side of the concession stand. We will also open our buildings with access to more restrooms in our high school. Finally, there will be a number of porta-jons located in Tent City, by the stadium entrances, and near the field event area on the northwest side of the facility.

TEAM TENTS: Team tents and camps must be placed on our practice field to the southeast of the stadium.

APPAREL SALES: State Finals apparel will be sold next to the ticket booth by EA Graphics.

MISC ITEMS: Portable radios, speakers, footballs, frisbees, etc. will not be allowed in the stadium. Only personal music devices used with headphones/earbuds will be acceptable. 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!

COACHES ON THE INFIELD:

Coaches will be allowed in the field event coaches box areas (High Jump and Pole Vault). A lanyard with a coaches pass is required(only one pass given per school). At the conclusion of the pole vault and high jump, these coaches must leave the infield. Once running events begin, coaches are **NOT** allowed on the track or football field at any time except in the case of an injured athlete, to submit a scratch form, to file an appeal, or if requested by meet staff. Coaches will be allowed on the infield during the one hour break but must exit the infield before running finals begin.

COACHES AREA:

A designated "Coaches Area" will be roped off in the visitor bleachers on the south side of the stadium. Coaches only in this seating area.

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.

STAGING AREA: The staging area will be located next to the check-in tent for all running events except for the 100/110 hurdles, 100, 200, and 300 hurdles. These events will be staged at their starting line. Hip numbers will be used in the 800 m, 1600 m, and 3200 m run, and all legs of the 4x800 m and 4x400 m relays.

ELECTRONIC COMMUNICATION DEVICES: Athletes may view video or images on any device, including cell phones, during competition in unrestricted areas only. Electronic devices will not be allowed in any of the designated restricted areas (starting lines, clerk tent, finish line, sand field event competition areas).

WARM-UP AREA: A designated warm-up area will be provided at each site (see map).

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 will be listed on the card.

SCRATCHES: Upon arrival, coaches will find a table located at the clerk tent with the pre-scratch seed sheets attached. Please make scratches here. Remember – scratches only – no substitutions (except for relay teams) or additions. 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 additions or substitutions.

RELAY 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: An athletic trainer will be available onsite throughout the course of the meet in a tent near the 300 meter hurdles start. Ice and water will be provided.

AWARDS AND POINTS: Scoring for all events will be 10-8-6-5-4-3-2-1. Medals will be awarded in each event for places 1 through 8. Team awards will be given to each runner-up and first-place team. Please remind your athletes to listen to announcements for when medals will be distributed for each event. We will move forward with each award ceremony provided that the event winner is present.

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 done in a tent near the shot and discus area from 8:00 a.m. – 9:00 a.m. (boys shot put & girls discus) and from 11:00 a.m. – 12:00 p.m.* (girls shot put & boys discus) (refer to map).

*Time is approximate – 2nd implement weigh and inspection will last one hour following the conclusion of both genders in the throws.

VAULTER INFO: All vaulting poles will be inspected at the vaulting site. On Friday, vaulting poles can be inspected **from 4:00 p.m. – 6:00 p.m.** on the west end of the homestand and stored at the stadium. Coaches will need to list, on a form (no card), info for each vaulter. This should be done when the pole is inspected by the referee.

PORTABLE POLE VAULT PIT: This year, two portable pole vault pits will be placed on the field for our pole vaulters. Any pole vaulter who qualified for the Finals will have three opportunities to practice on the pit: Tuesday, May 26, 2026 from 4:00 p.m – 6:00 p.m.; Wednesday, May 27, 2026 from 4:00 p.m. – 6:00 p.m.; and/or Friday, May 29, 2026 from 12:30 p.m. – 2:30 p.m. No other practice on field event areas will be allowed.

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 no block holders will be allowed. 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. Only stick markers and chalk 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. 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/puts 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 the finals for three additional attempts competing in “worst to best” order based on their best prelim attempt. The finals will be conducted using 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.

HIGH JUMP: The high jump 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: ’6’1’, 6’3” and 6’5” – Girls 5’1”, 5’3”, and 5’5”). When nine or fewer competitors are reached, 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 vault will be conducted simultaneously on the field. The five-alive concept will be used until fewer than nine competitors are at a given height. Starting heights: Boys 12’0” and Girls 8’3”. The bar will be raised using the MHSAA Raises Chart (Boys: 12’9”, 13’3”, 13’9” – Girls 9’0”, 9’6”, 10’0”). When nine or fewer competitors are reached, the bar is to be raised in three-inch increments (until one with options to pass).

LONG JUMP: The girls long jump will be conducted first. The long jump 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 EVENT PREFERENCES: Boys events will run first in 2026. Distance races will employ triple waterfall starts. All other races will have the lane preferences of lanes 5-6-4-7-3-8-2-9-1. In running event finals with more than one heat, the fastest heat is last; the slowest heat is first. For more detailed information, see the Seeding at the MHSAA Finals – 9 Lane Track included below.

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.

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 cards, if needed, will be available at the check-in tent and upon completion are to be returned to the same location. Please make sure that your relay teams are legally attired.

EXCHANGE ZONES:

- The 4x800 Relay exchanges are a blue line for all exchanges

- The 4x400 Relay markings are solid blue triangles for the first exchange and a blue line for the other exchanges.
- The 4x100 Relay markings are all yellow triangles.
- The 4x200 Relay markings are red triangles for exchanges one and two, and yellow triangles for the third exchange.
- The 4x800 Relay will use a waterfall start and the 4x400 Relay will use a three-turn stagger.

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

QUESTIONS:

Jason Vogel
Kent City Athletic Director
(616) 678-4210
jason.vogel@kentcityschools.org



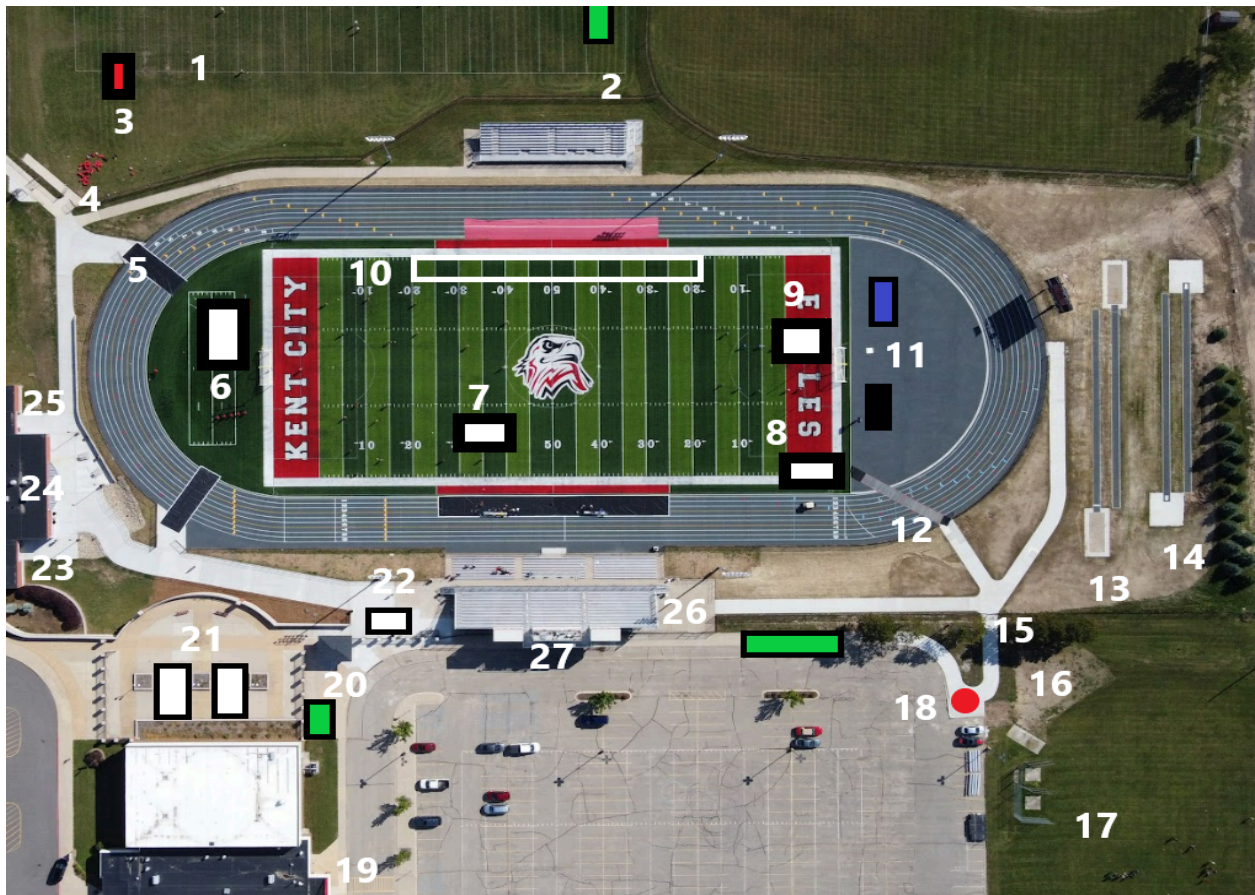


Seeding at MHSAA Finals – 9 Lane

1. East Kentwood and Kent City are nine-lane tracks. For all events 400 meters and less as well as the 4x100 relay, 4x200 relay and the 4x400 meter relay the preferred lane order will be: 5, 6, 4, 7, 3, 8, 2, 9, and 1.
2. First-round sprint events will run using as few heats as possible, so divide the field by nine and the fewest heats possible will be formed to get all athletes into a first-round event. Runners are seeded according to their Regional Qualifying times or EQ times (whichever is best) in the semi-finals.
 - a. 3 heats: Heat winners plus the next 6 fastest times
 - b. 4 heats: Heat winners plus the next 5 fastest times
 - c. 5 heats: Heat winners plus the next 4 fastest times
3. **800 Meter Dash:**
 - a. 20 - one heat
 - b. 21 – 26 - two heats with the 12 fastest plus ties in the second heat
 - c. 27 or more - two heats with the 18 fastest plus ties in the second heat.
4. **1600 Meter Run:**
 - a. 26 or less – one heat
 - b. 27 or more – two heats with the 18 fastest plus ties in the second heat.
5. **3200 Meter Run:**
 - a. 35 or less – one heat.
 - b. 36 or more – two heats with the fastest 24 plus ties in the second heat.
6. **3200 Meter Relay**
 - a. 14 or less – one heat
 - b. 15-27 – two heats with the 12 fastest plus ties in the second heat.
 - c. 28 or more – three heats with 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.
7. **Waterfall Seeding:**

- a. Upper waterfall will have seeds 1 – 6 with 1 on the outside of lane 9 and 6 just inside lane 7.
- b. Middle waterfall will have seeds 7 – 12 with 7 on the outside of lane 6 and 12 just inside lane 4.
- c. Lower Waterfall will have remaining runners 13-30 with a possible number of 18 on the line, with number 13 on the outside of lane 9 and 30 along the inside of lane 1.
- d. If there are more than 30 runners, we start the process over with a back row in the upper waterfall, 31 – 35, with 31 on the outside of lane 9 and 35 just inside lane 7.
- e. More than 35 runners calls for two heats

KENT CITY HIGH SCHOOL – WARD MEMORIAL FIELD



MHSAA D3 State Finals Key

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|-------------------------------------|--------------------------------|
| 1. Tent City | 4. Gate to Concessions & Track |
| 2. Easy Access Gate to Field Events | 5. Track Entrance |
| 3. Satellite Heat Sheets | 6. Check In Tent and Staging |

7. Medal Tent and Stand
8. Timing Tent
9. Medical Tent
10. Coaches Box – Distance Races
11. High Jump (Two Pits)
12. Track Exit
13. Long Jump Area
14. Pole Vault Area
15. Shot Put and Discus Gate
16. Shot Put Area
17. Discus Area
18. Implement Weigh In and
Measurement
19. High School Bathroom Access (Red
Triangle)
20. Ticket Booth – Packet Pick up
21. Fan Plaza
22. Apparel Sales
23. Women’s Locker Room &
Bathrooms
24. Concession Stand
25. Men’s Locker Room and Bathrooms
26. Pole Vault Check In and Storage
27. Press Box and Worker Hospitality

Green Rectangles = Porta Jons