

2026 MHSAA LP DIVISION 1 TRACK AND FIELD STATE FINALS



SATURDAY, MAY 30th, 2026

Rockford High School
4100 Kroes St NE Rockford, MI 49341



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. We will also have porta-potties by tent city and field events.

CONCESSIONS: Main concession stand is available on the south end of the stadium. We will have multiple satellite stands with soda, water, PowerAid, and snacks available.

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:

- 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 on the runways and not tape.
- Tents can be set up in designated areas south of the track. Please use common sense if there are high winds. Secure your area appropriately. Please do not leave valuables unsecured.
- Pole vault pole approval 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.
- Packet pickup is available for coaches during this time. Packet pickup will also be available starting at 8:00 a.m.
- 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 IT IS COUNTED AS AN EVENT.
9:30 a.m.	B/G Pole Vault Begins (2 Pits) B/G Long Jump (Open Pit 9:30 – 10:45 a.m.) B/G High Jump (2 Pits) Girls Discus Boys Shot Put
9:55 a.m.	National Anthem
10:00 a.m.	Finals 3200m Relay (4 x 800M) Semi-Finals 100M, High Hurdles, 200M <i>Unified 4 x 100 M Relay</i>
11:00 a.m.	B/G Long Jump Finals
11:30 a.m.-12:15 p.m.	Weigh-In of Shots and Discs

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)
12:55 p.m.	National Anthem
1:00 p.m.	Running Finals
5:00 p.m.	Awards (Time approximate)

COACH/PARTICIPANT INFORMATION

PACKET PICKUP: Packets may be picked up on Friday between 4:00–7:00 pm and Saturday starting at 8:00 am right inside the entrance of the stadium.

TEAM PARKING AND ENTRANCE: See attached map. Teams may only access team parking from the east entrance to the Middle School. Parking is available behind the middle school, on the east side and in front of the building. **Parking is only available for school issued vehicles. Any personal vehicles need to park in spectator parking.**

ENTRIES: A list of entries will be available at www.mhsaa.com following the Regional meet. If you find any errors, please call the meet manager by Friday, May 23rd. 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 23rd via athletic.net.

ADMITTANCE: Contestants and coaches will enter the stadium behind the middle school. Coaches must wear their wrist band that is distributed in the meet packet. Per MHSAA policy, three coach passes will be provided per team. 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: Team tents and camps must be placed by the playground area/exterior of the Varsity Baseball Field or in the foul territory of our Varsity Baseball Field. These areas will be clearly designated. Please treat these areas with respect and discard all trash at the end of the day.

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. 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.

CROWD CONTROL: Coaches will be allowed in the field event areas. 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. One coach per school may enter the designated coaches' box on the east side of the track during distance events. Each team will be given one lanyard that will give them access to this coaches' box. Please steer clear of our timers at the finish line and **PLEASE DO NOT WALK ON THE TRACK IN FRONT OF THE CAMERAS!!**

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 20 yd line at the north-center end of the field. The staging area will be located at the end of the straight-away chute (near the 100 start line) for all races except the 200 and 300 hurdles. These events will be staged at their starting line. Hip numbers will be used in the 800 M, 1600 M, 3200 M Run, 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: The baseball outfield should be used for warm-up.

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: Please submit any scratches on Saturday at the clerks tent. There will be morning scratches (DUE 9:00 AM or earlier) for semi-finals and afternoon scratches (DUE AT 12:00 PM or earlier) for finals. 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 warm-up area on 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. This will be done in the track barn from 8:00–9:15 a.m. (boys' discus & girls' shot put) and from 11:00 a.m.–12:00 p.m. (girls' discus & boys' shot put) at the north end of the track (by the scoreboard). It would be a good idea to weigh your implements at home before taking them to the state meet.

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. 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). Only stick markers or chalk may be placed alongside the long jump and pole vault runways. 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 nine or fewer 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.

POLE VAULT: The pole vaults will be conducted simultaneously. The five-alive concept will be used until nine or fewer competitors are at a given height. Starting heights: Boys 11'8" and girls 8'9". The bar will be raised using the MHSAA Raises Chart (Boys: 12'3", 13'0", 13'6", 14',... – Girls: 9'6", 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: Girls' 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 white 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 green/blue triangles for all exchanges. The 4x400 Relay Exchanges are blue triangles done in lanes for the 1st exchange and then

green/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 red 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 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 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.

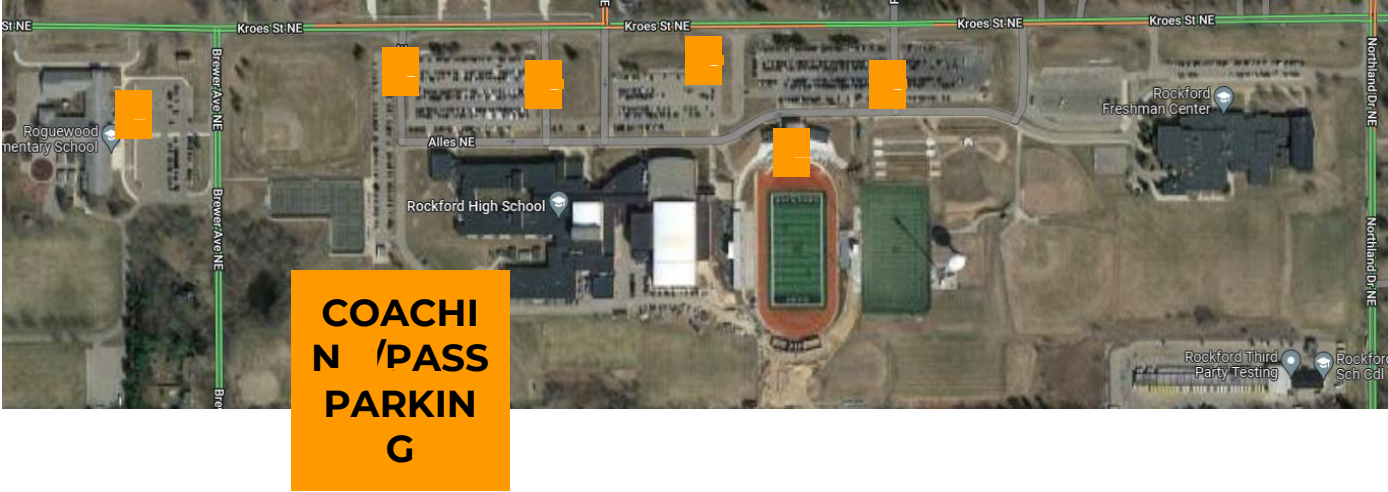
6. Heats of the 1600 M Run:
 - a. If 26 or less runners, then one heat will be conducted.
 - b. If 27 or more runners, then two heats will be conducted with the 18 fastest plus all ties in the second heat.

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.

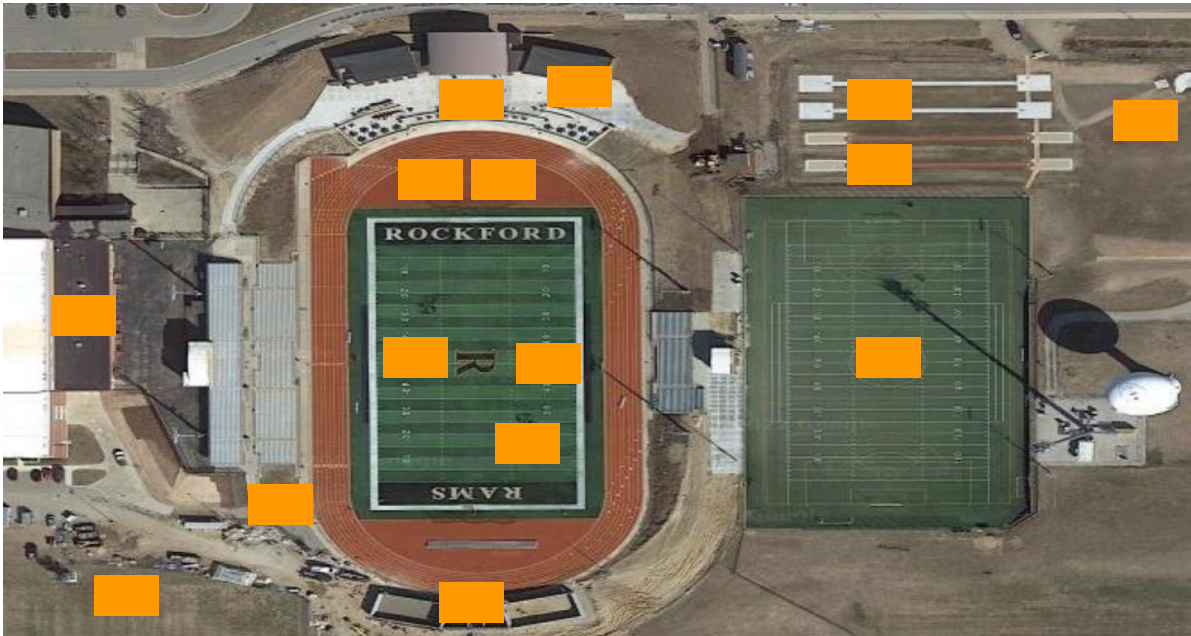
8. Heats of the 4x800 M Relay:
 - a. If 14 or less teams, then one heat will be conducted.
 - b. If 15-27 teams, then two heats will be conducted with the 12 fastest teams plus ties in the second heat.

- 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 - Packet Pick Up

6 - High Jump Pits (2)

7 - Athlete Warm Up Field

8 - Event Check-in Tent

9 - Team Tent Area

10 - Athlete Entrance

11 - Athletic Training Tables

12 - Distance Coaching Box

13 - Pole Vault Pits (2)

14 - Long Jump Pits (2)

15 - Throws (Shot & Disc)

16 - Weight Scale for Implements

Click for [DIGITAL MAP](#)