

2026 MHSAA JH/MS Track & Field Regionals

The 2026 MHSAA Junior High/Middle School Track & Field Regionals is a post-season MHSAA event. Participation is limited to MHSAA member schools at the JH/MS level. Schools will register through **Athletic.net**, and this event **does not count** toward the 10 regular season meet limit.

General Meet Information

- **Event Window:** Regional meets may be hosted between **May 9 and May 29, 2026**, unless the MHSAA grants prior approval for an alternate date.
 - **Meet Structure:** Each Zone may host between one and three Regional meets, depending on interest and geography. Member schools may enter **only one** Regional meet—preferably the one closest to their location and in the Zone where their school is located. (See attached zone map)
 - **Entry Process:**
 - Schools must sign up via **Athletic.net**.
 - The first **25 schools** to register in each Region will be accepted.
 - Additional meets may be added if interest exceeds capacity.
 - Regional events will be created in Athletic.net once dates are finalized.
 - **Entry Limits:**
 - Each school may enter **up to two athletes per event** and **one relay team per relay event**.
 - If additional athletes meet the **qualifying standards**, they may also be entered, with a maximum of **three athletes per school per event**.
 - **Meet Philosophy:** While the overall philosophy of JH/MS competition emphasizes participation, these Regionals are intended for each team's **most competitive athletes**.
 - **Heats & Flights:** These are determined based on Athletic.net entries. Hosts may modify heat sizes or event groupings to accommodate time and space limitations, especially for weekday events.
 - **Entry Deadline:** All entries must be submitted **no later than three school days before the event**. **Each host will determine specific deadlines and times.**
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Additional Meet Details

- **Fees & Admission:**
 - There is **no entry fee** for participating schools.
 - **Spectator admission** is \$6.00, paid via **GoFan digital ticketing**.
- **Awards:**
 - MHSAA trophies awarded to the **team champion** (per gender).
 - Medals awarded to the **top 6 finishers** in each individual event and **top 3 relay teams**.
- **Officials & Staffing:**
 - Host schools must hire at least **two MHSAA-registered officials**.
 - Additional meet workers will be arranged locally.
- **Event Timing Recommendations:**
 - For weekday meets, it is recommended that **field events begin no later than 2:45 p.m.**, with **running events starting at 3:30 p.m.**
- **Financial Reporting:**
 - Hosts must submit a financial report following the meet.
 - The **MHSAA will reimburse** all approved meet expenses, including an FAT operator and officials.

MHSAA JH/MS Regional Track & Field – Order of Events

All MHSAA Junior High/Middle School Regional Track & Field meets will follow the standardized **JH/MS Order of Events** for both boys and girls.

Track Events Order – MHSAA JH/MS Regional Meets

- 1. 4x800 Meter Relay**
- 2. 55 Meter Hurdles – 5 hurdles (33" for boys, 30" for girls)**
- 3. 100 Meter Dash**
- 4. 4x200 Meter Relay**
- 5. 1600 Meter Run**
- 6. 4x100 Meter Relay**
- 7. 400 Meter Dash**
- 8. 70 Meter Dash**
- 9. 800 Meter Run**
- 10. 200 Meter Hurdles – 5 hurdles (30"), spaced at 35-meter intervals**
- 11. 200 Meter Dash**
- 12. 3200 Meter Run**
- 13. 4x400 Meter Relay**

Field Events:

- **Pole Vault**
- **Shot Put** – 4 kg for boys; 6 lb. for girls
- **High Jump**
- **Long Jump**

Order of Field Events in EVEN YEARS: Girls' pole vault and long jump first. (Followed by Boys pole vault and long jump) Boys' shot put and high jump. (Followed by Girls shot put and high jump.)

2026 MHSAA JH/MS Track & Field Regional sites

Zone 1

Bangor HS – (Small Schools – D3 and D4) – May 18, 2026

Paw Paw HS – (Big Schools – D1 and D2) – May 18, 2026

Zone 2

Ypsilanti Lincoln HS - May 27, 2026

Concord HS – May 21, 2026

Zone 3

Woodhaven HS - May 21, 2026

Zone 4

White Pine MS - Saginaw Township Schools – May 29, 2026

Zone 5

Central Montcalm HS – (Small Schools – D3 and D4) – May 18, 2026

Grand Ledge HS – (Big Schools – D1 and D2) – May 9, 2026

Zone 6

Grand Rapids Public Schools – Houseman Field – May 9, 2026

Zone 7

Brethren HS – (Small Schools – D3 and D4) – May 18, 2026

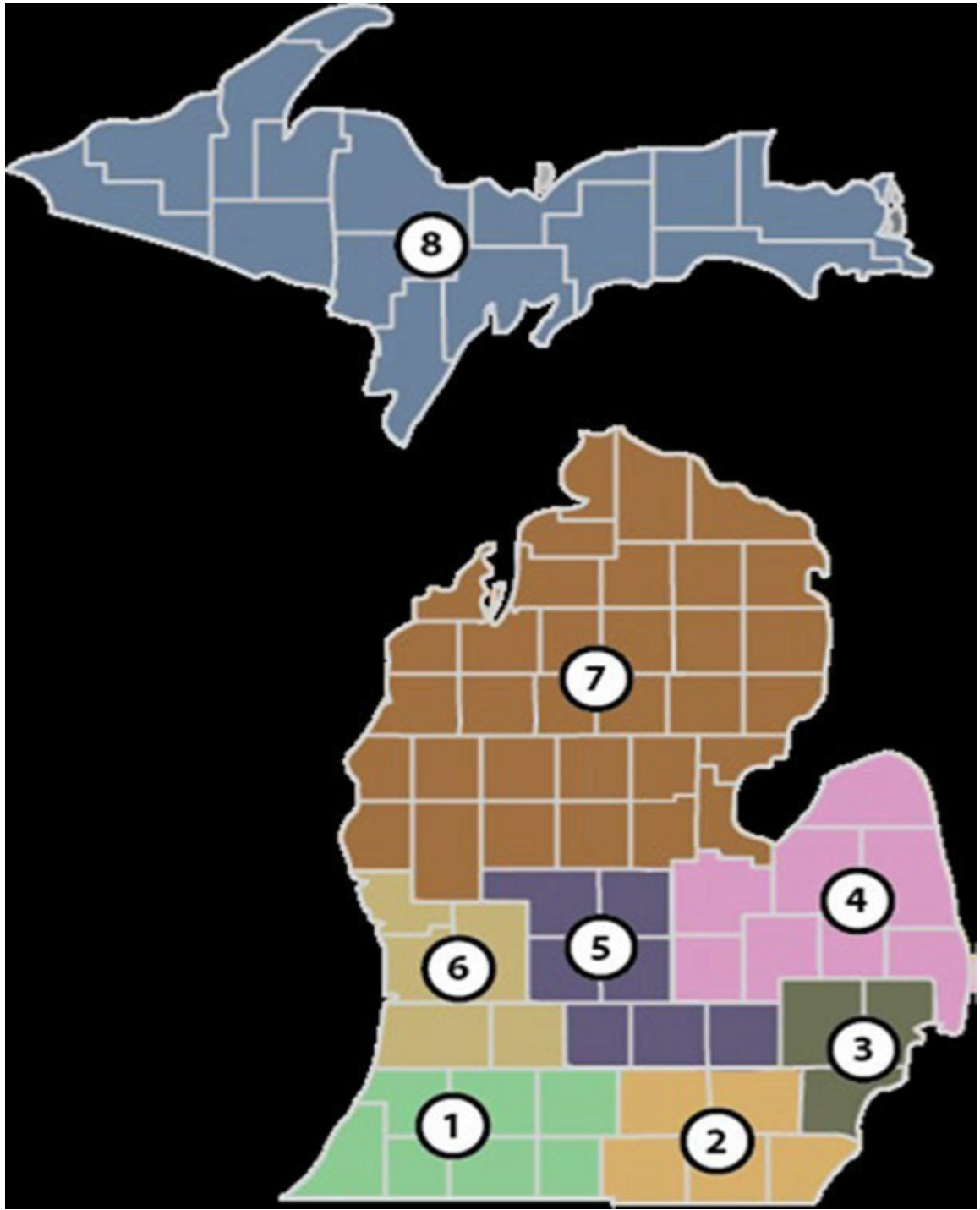
Cadillac HS – (Big Schools – D1 and D2) - May 27, 2026

Zone 8

Calumet HS – May 27, 2026

Rudyard HS – May 27, 2026

Ishpeming HS - May 27, 2026





2026 Junior High / Middle School Track Regional Qualification Standards

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
3200m Relay	9:59.99	11:19.99
55m Hurdles	9.79	10.39
100m Dash	12.59	13.59
800m Relay	1:46.99	1:59.39
1600m Run	5:11.99	5:51.99
400m Relay	49.89	55.99
400m Dash	57.39	1:06.49
70m Dash	9.19	10.09
800m Run	2:22.49	2:38.99
200m Hurdles	28.89	33.79
200m Dash	25.89	29.29
3200m Run	11:24.99	12:54.99
1600m Relay	4:02.99	4:37.99
High Jump	5' 3"	4' 7"
Pole Vault	8'	7'
Long Jump	16' 11"	13' 11"
Shot Put	36' 6"	30' 6"

* Large Schools are JH / MS that feed into Division 1 & 2 High Schools

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
3200m Relay	10:14.99	11:39.99
55m Hurdles	10.09	10.59
100m Dash	12.89	13.89
800m Relay	1:49.79	2:01.49
1600m Run	5:19.99	5:59.99
400m Relay	50.99	56.99
400m Dash	59.19	1:07.49
70m Dash	9.29	10.19
800m Run	2:22.99	2:41.99
200m Hurdles	30.09	34.09
200m Dash	26.89	29.99
3200m Run	11:39.99	13:04.99
1600m Relay	4:05.99	4:43.99
High Jump	5' 3"	4' 6"
Pole Vault	8'	7'
Long Jump	16' 8"	13' 9"
Shot Put	36' 0"	30' 0"

* Small Schools are JH / MS that feed into Division 3 & 4 High Schools