

## MHSAA Middle School D3 & D4 Track Regional

**Host:** Bangor High School **Manager:** Fred Smith (269) 271-5736

### **Teams Entered (as of 5/11/2026):**

Athens, Bangor, Brandywine, Bridgman, Bronson, Buchanan, ,Cassopolis, Centreville, Comstock  
Countryside Academy, Decatur, Gobles, Kalamazoo Hacket, Parchment, Quincy, Our Lady of the Lake,  
Schoolcraft. Watervliet, White Pigeon

**Entry Deadline on athletic.net:** 9:00 PM, Thursday, May 14<sup>th</sup>, 2026

**Entries:** Two athletes per event. The distance races of 800, 1600 & 3200 will be limited to the top 24 entries. One relay team per school. All relays will be limited to the top 16 entries

**Awards:** Team Championship for Boys & Girls. Medals to top 6 places in individual events and top 3 places in relay events

2:30 PM Gates Open

3:00 PM Coaches Meeting at Timing Trailer

4:00 PM Field Events Start – We will have double venues for the Shot Put, Long Jump and High Jump.

Single Venue for Pole Vault

Shot Put – 2 +1 (Top 7 to finals for 1+1+1) (Bangor will supply the official shot. You will not have to weigh yours in, although you will need it for warmups)

Long Jump – Open Pit 4:00 – 5:00 PM – 3 jumps (Top 7 to finals for 1+1+1)

High Jump – Girls starting height: 4', 4'3", 4'5", 4'7", 4'9", 4'11", etc

Boys starting height: 4'3", 4'6", 4'8", 4'10" 5', etc

Pole Vault: Girls starting height: 5'6", 6', 6'6", 7', etc

Boys starting Height: 6', 6'6", 7', 7'6", etc

4:55 PM Welcome & National Anthem,

5:00 PM 4 X 800 M Relay (**ALL RACES FINAL, NO PRELIMS**)

55 M Hurdles

100 M Dash

4 X 200 Relay

1600 M Run

4 X 100 M Relay

400 M Dash

70 M Dash

800 M Run

200 M Hurdles

200 M Dash

3200 M Run

4 X 400 M Relay

