

# Frankenmuth High School



525 E. Genesee St., Frankenmuth, MI 48734

**Location:** Frankenmuth High School, 525 E. Genesee St., Frankenmuth, MI 48734

**Schools:** Alma, Birch Run, Bridgeport, Clio, Corunna, Flint Kearsley, Flint Powers Catholic, Flint Southwestern, Fowlerville, Frankenmuth, Freeland, Lake Fenton, Linden, Owosso, Saginaw Swan Valley, St. Johns

**Entries:** All entries need to be made on athletic.net before 11:59 PM, Tuesday, May 12, 2026

- Each team is allowed 3 entries and must scratch down to 2 contestants. A team may enter more than 3 athletes, provided all athletes have met the regional additional qualifying standards.
- All performances shall have been achieved prior to 11:59 p.m. May 12
- Times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by rounding up to the highest tenth then adding +0.24 (i.e., 12.52 = 12.6 + 0.24 = **12.84**)
- Athletes or relay teams that do not have times submitted or with incorrect times submitted, will be placed in the last heat or first section without seeding consideration.
- Late Entries for CLERICAL ERRORS ONLY
  - \$50.00 must be paid before the contestant or team will be allowed to participate.
  - There are to be no late entries after the Regional individual positions are set.
  - The late fee may not be used to change any time, height, or distance.
  - The only changes which are permitted after 11:59 p.m. the day of the entry date will be scratches, or clerical errors.

**Officials:**

- Starter (boys) – Jill Sandro
- Starter (girls) - David Tessin
- Official Referee – Mark Brochu
- Clerk - Stephanie Rummel
- Clerk – Rosemary Brenner
- High Jump Official – Ted Rezler
- Throws Official – Linda Bishop
- Throws Official - Cherie Whelan
- Pole Vault / Long Jump Officials – Craig Monahan / Phil Ouillette

**Appeal Committee**

- TBD - Official
- DL Pro Timing – Meet Manager
- TBD – Boys Coach
- TBD – Girls Coach
- TBD – If an appeal involves a committee member, the alternate will be used

**Athlete Check-In / Hip Numbers:**

- Hip/chest numbers will be distributed for **non-lane races** (4x400m, 4x800m, 800m, 1600m, and 3200m) AND **Long Jump** from the tent near the center of the football field.
- Athletes will check-in with the clerk located near the start of their race (i.e., 100m by the 100m start line, 200m by the 200m start line, relays by the start/finish line chute, etc).
- Call system: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> (last) call will be used. All athletes must check in by 2<sup>nd</sup> call.
- Athletes that do not check in by 2<sup>nd</sup> call for an event, will be scratched from the event.

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- Starting Blocks:**
- Traditional starting blocks will be provided.
  - Non-traditional blocks must be approved by the referee/starter, prior to the event.
- Warm-up Area:**
- Athletes that are preparing for the next event may warm-up on the turf infield.
  - All other warm-ups must be done outside of the turf/track infield.
- Scoring:** 10-8-6-5-4-3-2-1
- Awards / Results:**
- Team award packets may be picked up behind the press box following the conclusion of the meet.
  - Team championship trophies will be presented in the middle of the football field immediately following the conclusion of the meet.
  - Results will be posted live ([DL Pro Timing](#)) and on ([athletic.net](#)). Results will not be printed.
  - MHSAA State Finals qualifier information will be posted on MHSAA.com
- Restricted Areas:**
- Field event coaches will be allowed to coach from designated boxes in each event area while your athlete is up. Please only use the coaches box when your athlete is competing.
  - Coaches ONLY (no spectators) are allowed on the infield area.
  - ONLY athletes that are warming-up for the next event are allowed on the infield area. If it gets too congested, we will request that athletes leave the area.
  - No team camps in the bleachers.
- Marking Material:**
- Chalk is the only acceptable marking material and will be provided.
  - Long jump and pole vault – chalk marks are to be on the outside of the runway lines.
- Spike Size:**
- ¼” pyramid spikes only.
- Trainer:**
- Will be available on the infield near their gator.
- Concessions:**
- Will be available at the west end of the stadium.
- Rest Rooms:**
- Rest rooms will be available by the concession stand.
  - Additional Port-A-John’s will be available near the Shot Put / Discus area and by the concession stand.
- MHSAA Merchandise:**
- MHSAA merchandise will be available located behind the press box (in the school wood shop).
- Admission:**
- Admission is \$7.00 for all spectators.
  - **GoFan will be used for Digital Ticketing at ALL sites - \$7.00 admission per ticket at:**  
Link → [GoFan Ticket Link](#)
- Bus Parking:**
- Buses may drop off athletes in the parking lot at east end of the track (see map).

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## Spectator Parking:

- Note that Frankenmuth School District classes are in session and will let out between 2:40pm and 3:00pm so the parking will be limited until after 3:00pm (see map).

## Coaches Hospitality Area:

- There will be pizza and water provided for the coaches around 5:00pm and 7:00pm located in the school wood shop behind the press box!

## Pole Vault:

- Five Alive method will be used for groupings.
- Men and women will vault at the same time, on separate pits. Men will jump on the west pit (furthest from the track), and women will jump on the east pit (closest to the track).
- **Men** – The opening height will be 10' 9" and follow the MHSAA Regional Standard Raises for Pole Vault.
- **Women** – The opening height will be 7' 3" and follow the MHSAA Regional Standard Raises for Pole Vault

## High Jump:

- Five Alive method will be used for groupings.
- Men and women will jump at the same time, on separate pits. Men will jump on the south pit (furthest from the finish line), and women will jump on the north pit (closest to the finish line).
- **Men** – The opening height will be 5' 7" and follow the MHSAA Regional Standard Raises for High Jump.
- **Women** – The opening height will be 4' 6" and follow the MHSAA Regional Standard Raises for High Jump.

## Long Jump:

- Chest numbers will be used for all long jumpers – get them at the hip number tent.
- Men and women will jump at the same time on separate runways. Men will jump on the east pit (closest to the track), and women will jump on the west pit (furthest from the track).
- Preliminaries will be an open pit for 1 hour and 30 minutes (3:00pm – 4:30pm)
- Each athlete will get 3 attempts during the prelims.
- The top 9, plus ties, will advance to the finals, which will be 3 more jumps in reverse order (planned start time for the finals is 5:00pm)

## Shot Put & Discus:

- Flights with 10 minutes between flights for warm-up.
- Preliminaries will be 3 throws (1+1+1), and finals will be 3 throws (1+1+1).
- The top 9, plus ties, will advance to the finals, and compete in reverse order.
- Women will throw discus first, followed by men.
- Men will throw shot put first, followed by women.

## Implement Weigh-in:

- Throwing implements will be weighed at the shed next to the shot put and discus area (southeast end of the stadium).

## Pole Vault Verification:

- Pole vault cards must be verified by the coach and turned into the pole vault field event official prior to the start of the event.

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- 1:00 PM**            **Gates Open**
- Packet pick-up will be behind the press box.
- 1:30 PM –**            **Implement Weigh-in**  
**2:30 PM**
- Located in the shed by the shot put and discus area (southeast corner of the stadium)
- 2:30 PM**            **Coaches Meeting** (at the finish line on the track)
- 3:00 PM**            **Field Events** – scratches due at 2:30 PM at the event site (you must officially scratch an athlete)
- Men’s and Women’s High Jump (two separate pits)
  - Men’s and Women’s Long Jump (two separate pits – open pit from 3:00pm – 4:30pm)
  - Men’s and Women’s Pole Vault (two separate pits)
  - Women’s Discus followed by Men
  - Men’s Shot Put followed by Women
  - NOTE: Adaptive men’s and women’s shot put will go prior to men’s shot put in the finals
- 3:00 PM**            **Scratches due** at the finish line for the 4x800m Relay, qualifying heats of 100m Dash, 110/100m Hurdles, and 200m Dash (Athletic.net scratch window will be available for electronic scratches via your cell phone. You MUST check-in at the timing trailer to sign-off on your scratches by 2:30pm unless announced otherwise)
- 3:55 PM**            **National Anthem** (first round)
- 4:00 PM –**            • **4x800m Relay Finals** – men followed by women – one section for each gender (Waterfall start  
**4:45 PM**            for all events 800 meters and up)
- **Qualifying Heats for Sprints**
    - Men’s 100m Dash followed by Women’s 100m Dash
    - Men’s 110m Hurdles followed by Women’s 100m Hurdles
    - Men’s 200m Dash followed by Women’s 200m Dash
- Advancing athletes to the Finals (8 lanes)
- 1 Heat – heat winner + 7 fastest times to fill lanes
  - 2 Heats – heat winner + 6 fastest times to fill lanes
  - 3 Heats – heat winner + 5 fastest times to fill lanes
  - 4 Heats – heat winner + 4 fastest times to fill lanes
  - 5 Heats – heat winner + 3 fastest times to fill lanes
- 5:00 PM\***            **Long Jump Finals** – Women and Men (start as close to 5:00 PM as possible, after qualifying sprint heats end)
- 5:30 PM**            **Scratches Due** for all running finals. Please make scratches at the timing trailer unless otherwise announced.

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**5:55 PM**      **National Anthem** (finals session)

**6:00 PM\***      **Running Event Finals** (or one hour after the final event of the qualifying heats end) **Men run first**

- Men's 110m Hurdles / Women's 100m Hurdles
- 100m Dash
- 4x200m Relay
- 1600m Run – 2 heats if entries exceed 24. If 2 heats, then the 2<sup>nd</sup> heat will have the 16 fastest entries
- 4x100m Relay
- 400m Dash
- 300m Hurdles
- 800m Run – 2 heats if entries exceed 20. If 2 heats, then the 2<sup>nd</sup> heat will have the 16 fastest entries
- 200m Dash
- 3200m Run – 1 heat per gender, regardless of number of entries
- 4x400m Relay

**9:25 PM\***      **Trophy Presentation**      **\*approximate times**

# Frankenmuth High School

MHSAA LP Region 20-2 Meet



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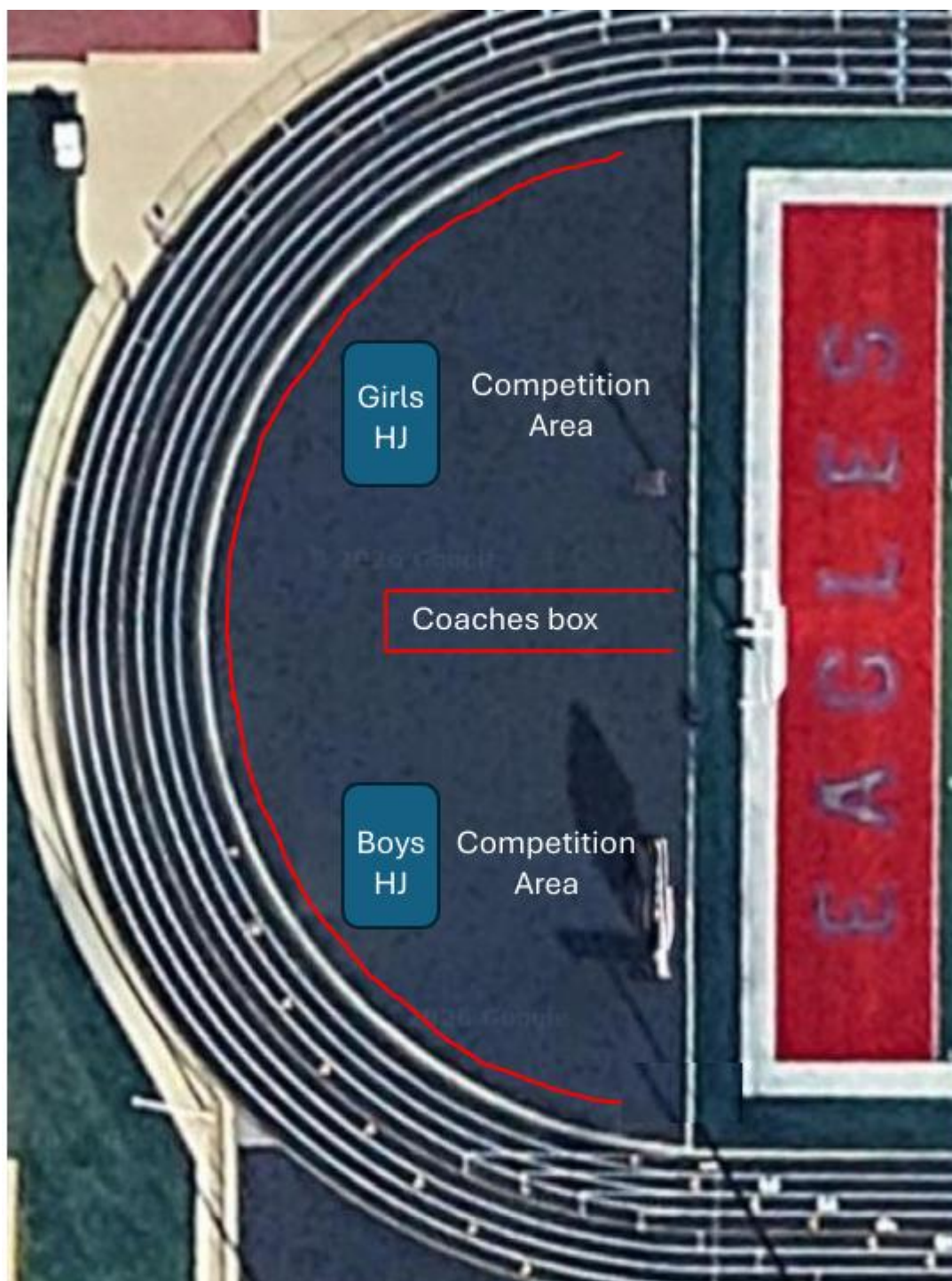
## Track and Field Complex





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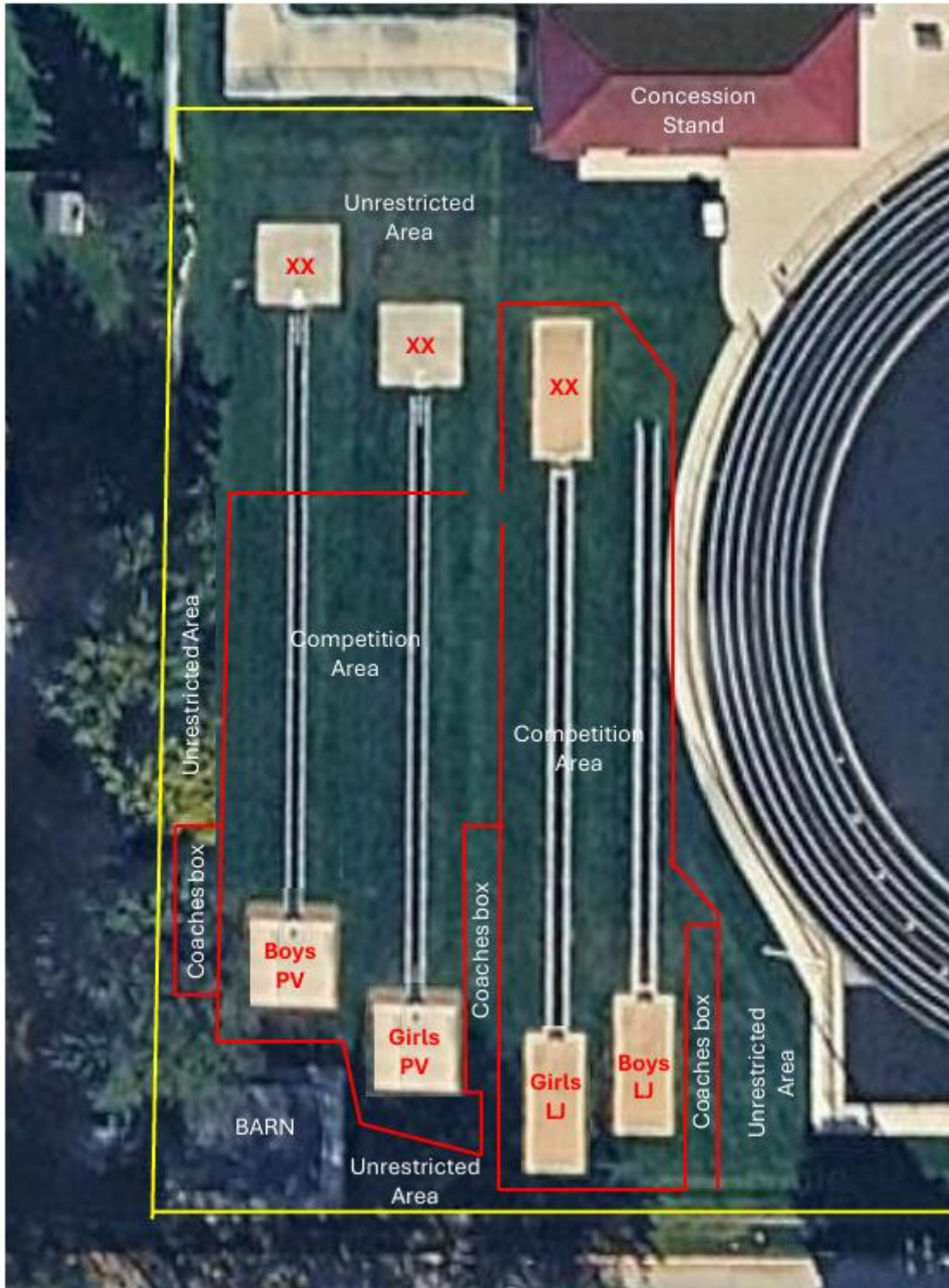
## Coaches Box - HJ





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## Coaches Box – PV / LJ





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## Coaches Box – SP / Discus

