



2026 MHSAA REGIONAL TRACK & FIELD INFO SHEET

We would like to welcome you Manton High School for the **Division 3 Region 22 MHSAA Track & Field Regionals**.

Entries are due on athletic.net by Tuesday, May 12th @ 11:59 PM.

Reminder: Please forward your copy of your school's Master Eligibility List as soon as possible. If you need anything while visiting Manton High School, please contact:

Scott Bender, Athletic Director, 231-824-6411 ext. 7, sbender@mantonschools.org

Jeff Harding, Girls Coach, jharding@mantonschools.org

Trevor Thiebaut, Boys Coach, tthiebaut@mantonschools.org

Phil Helsel, Meet Manager

Participating Teams:

| | | | |
|----------------|------------------|----------------------|---------------------------|
| Benzie Central | Lake City | Mason County Central | Shelby |
| Ewart | LeRoy Pine River | McBain | Traverse City St. Francis |
| Hart | Manistee | Morley Stanwood | White Cloud |
| Kingsley | Manton | Reed City | |

Event Information:

Date: Saturday, May 16, 2026

Event: MHSAA Track and Field Regional #22

Time: Team Arrival - 8:00 AM

Girls Pole Vault at 9:30 all other Field Events start at 10:30 AM

Location: Manton Athletic Complex; Manton, MI 49663

Spectator Entry: \$7 MHSAA Admission on GoFan. Link will be sent out. NO PASSES AND NO CASH SALES AT THE GATE.

Spectator Parking: All parking will be available outside of the fences in the athletic stadium area. Spectators are expected to park in designated parking spots.

Team Parking: Team buses/vans will be directed to park in designated bus area.

Team Camps: Team tents/gatherings may not be set up on the infield of the track. They may be set up outside the perimeter of the track. Please DO NOT hang hammocks or any other items on any of the fences. Teams are responsible for removing all trash from their areas before leaving the facility. Thank you for your cooperation.

Entries: Coaches are allowed to enter a maximum of 3 athletes per individual event. Only 2 athletes will be allowed to compete on meet day unless all three entries have met the additional qualifying Regional standard. If a team has 4 or more athletes that have all met the Regional standard, all may be entered and compete on meet day.

FAT Conversion: All times must be entered as FAT times to the hundredth (.00) or hand held equivalent adjusted by rounding to the nearest tenth and adding .24 (done by athletic.net) Example Hand Time = 11.51 Converted FAT Time = 11.84 (11.51 round to tenth is 11.6 add .24 is 11.84)

Warm-ups: The track/infield will be available for warm-up activity until 10:00 AM at which time all participants must clear the area for competition. **The track will be available during the break before FINALS. NO WARM-UPS WILL TAKE PLACE IN THE FIELD EVENT AREAS UNTIL SUPERVISED!**

Athlete Check In Procedure: Heat and lane information will be available online at athletic.net and paper copies of heat information will be available. Athletes are expected to know this information. There are very few scratches at a Regional Final; however, it is possible that scratches could result in changing of heats after the start of the meet, so athletes should be in the clerking area in a timely manner. Athletes for ALL running events should be in the clerking area by 2nd call. If there are scratches beyond the scratch period, please communicate these to the meet clerk so plans can be made if necessary. Our meet clerk will be lining up athletes at their respective starting lines; i.e.

200 & 300h will be lined up at their starting lines. Distance races will be walked down the track after being lined up in the clerking area.

Scratches: Field event and prelim scratches will be done at the coaches meeting. All remaining scratches will be due to the finish tent at 12:30 PM.

Infield: Coaches ARE allowed on the infield. Athletes who are competing and those that are warming up for an upcoming event are as well. Spectators and athletes who are not competing should be outside the track. Meet officials need a clear view of the races, and athletes who aren't supposed to be on the infield risk disqualifying the very athlete(s) they are trying to support.

Starting Blocks: Starting blocks are provided.

Spikes: 1/4" and shorter pyramid spikes only allowed.

Track and Runway Markings: Chalk only. No tape allowed. Please be considerate of others and keep your mark small.

Field Event Area: Only athletes that are competing are allowed inside the flagged off areas at our field events. There will be a coaching box provided for coaches. Please use and respect this rule, as the officials will be watching. Athletes & spectators are not allowed to be in the coaching box.

Pets: Service animals with proper vestige and documentation are allowed.

Concession Stand: Concession stand will be open and available

Locker Rooms: Not Available. Manton High School is not responsible for any lost or stolen articles.

Trainer and Water Information: **Athletic Trainer will be available.** We will provide water, ice and basic first aid supplies. Athletes are encouraged to bring their own water bottles.

Results: All results and medals will be available for coaches approximately 20 minutes after completion of the final event. The MHSAA will post results to its website by Tuesday following the meet, provided files are submitted electronically.

Weather: We will follow the MHSAA inclement weather policy :

- *When lightning is observed or thunder is heard, the contest must be suspended. The occurrence of lightning or thunder is not subject to interpretation or discussion — lightning is lightning; thunder is thunder.*
- *When lightning is observed or thunder is heard and the contest is suspended, contestants shall not return to the playing field until lightning has been absent from the local sky and thunder has not been heard for 30 minutes.*
- *Delays for contests scheduled for 3 p.m. or later must not exceed one and one-half hours.*

FIELD EVENT INFO

Equipment Inspections: Shot put, discus & poles must be inspected before they can be used in competition. Inspection will take place underneath our press box from 8:30am to 9:20am. Implements that fail inspection will be marked and impounded until the completion of the meet. Please remember to pick up impounded equipment after the meet's completion.

SHOT PUT & DISCUS :

- 3 preliminary throws (2+1) w/ finals (1+1+1).
- Top 9 throwers will advance onto the finals. Finals will begin 10 minutes after the names of the finalists are called over the loudspeaker. Please instruct your throwers to stay in the area.
- All throws will be measured, and their best throw from prelims and finals will be counted.
- If a thrower needed to check out during the event, please inform our event official upon check-in. Athletes **MUST** also tell our event official when they check out.
- Throwers will have one minute to complete their throw after their name is called.
- Schools must provide their own shaggers to retrieve their implements. Shaggers will remain outside of the throwing area.
- All 6 throws from prelims and finals will be used to determine medals and final placing.
- Measurements for shot put will be recorded to the lesser ¼ inch & lesser inch in discus.
- Weigh in for implements will be in the shed by the press box.

HIGH JUMP:

- Jumpers will have one minute from the time their name is called.
- Tape is not allowed on the high jump surface. **CHALK ONLY**
- Starting heights and raises are established by the MHSAA –
 - Boys: 5'5"
 - Girls: 4'5"
- Will be using only one High Jump Pit

LONG JUMP:

- Athletes will be assigned a number upon check in to aid in clerking of the meet.
- An open pit format will be used with jumpers given 3 preliminary jumps
- The top nine jumpers will advance onto the final, where they will be given an additional 3 jumps.
- The finals will be contested 10 minutes after the names of the finalists are called over the loudspeaker. Please instruct your jumpers to stay in the area.
- All 6 jumps from prelims and finals will be used to determine medals and final placing.

- No run through will be given after the start of the event. One run through will be allowed before the start of finals if desired.
- Run backs are not allowed at any time on meet day. Jumpers should have measured marks.
- Tape is not allowed to be used on the runway. CHALK ONLY

POLE VAULT:

- Jumpers will have one minute from the time their name is called.
- Run backs are not allowed at any time on meet day. Jumpers should have measured marks.
- Tape is not allowed to be used on the runway. CHALK ONLY
- Starting heights and raises are established by the MHSAA –
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 - Boys: 10'6"
 - Girls: 7"

SCHEDULE & ORDER OF EVENTS

Schedule:

- 8:30 AM** - Implements weighted, measured and marked (Behind the press box)
- 8:30 AM** - Pole Vault - Girls Pole Vault Check-In & Warmups
- 9:30 AM** - Pole Vault - Girls first, followed by Boys one hour after completion of Girls
- 9:40 AM** - Coaches Meeting located at the start/finish line. Scratch Sheets are due
- 10:30 AM** - Field Events Begin – EVEN YEARS
- Girls discus, pole vault and long jump first (Followed by Boys discus, pole vault and long jump)
 - Boys shot put and high jump (Followed by Girls shot put and high jump).
- 10:30 AM to 12:00 PM** - Girls Long Jump Open Pit
- 12:00 PM** - Girls Long Jump Finals
- 1:30PM to 3:00 PM** - Boys Long Jump Open Pit
- 3:30 PM** - Boys Long Jump Finals
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- 11:30 AM** - 3200 M Relay (4 x 800)
- Preliminaries in the following order:
- 100m Dash
 - 110m Hurdles
 - 100m Hurdles
 - 200m Dash
- 12:30 PM** - Afternoon Scratch Sheets are due

**FINALS RUNNING EVENTS WILL BEING ONE HOUR
AFTER THE COMPLETION OF THE PRELIMINARIES**

FINAL EVENTS (BOYS RUN FIRST)

- 110m Hurdles (Boys)
- 100m Hurdles (Girls)
- 100m Dash
- 800m Relay (4x200)
- 1600m Run
- 400m Relay (4x100)
- 400m Dash
- 300m Hurdles
- 800m Run
- 200m Dash
- 3200m Run
- 1600m Relay (4x400)