



# Montague Area Public Schools

## Montague High School – Athletic Department

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## MHSAA Region 23 – Track & Field Championship Friday, May 15, 2026

**Location:** EG Townsend Athletic Complex, Montague HS, 4900 Stanton Blvd., Montague, MI 49437

**Participating Schools:** Belding, Fennville, Grand Rapids Covenant Christian, Grand Rapids North Pointe Christian, Grand Rapids Wellspring Prep, Grandville Calvin Christian, Holland Black River, Kent City, Lakeview, Montague, Muskegon Western Michigan Christian, Newaygo, North Muskegon, Ravenna, Saranac, Saugatuck, Wyoming Potters House Christian

**Meet Manager:** Jay Mulder - AD / 231-981-4537 / [mulderj@mapsk12.org](mailto:mulderj@mapsk12.org)

**Master Eligibility Roster:** Due by Monday, May 11 by 3:00 p.m.  
Email it to Dawn Misiora. [misiorad@mapsk12.org](mailto:misiorad@mapsk12.org)

**Entries:** All Entries need to be made on Athletic.net before 11:59 p.m., May 12, 2026

- Each team is allowed three entries per event and must scratch down to two contestants. A team may enter more than two contestants if all entries have met the MHSAA D3 Additional Qualifying Standard.
- All performances must be achieved by 11:59 PM, Tuesday, May 12, 2026
- Time must be entered as FAT times to the nearest hundredth (.00)
- Late entries for clerical errors only. (\$50.00 late fee must be paid before competing)

**Schedule:** 12:45 pm - Gates Open

1:00 - 1:45 pm - **Implement Weigh-in** (Visitor Team Room at Stadium)

1:45 pm - **Coaches Meeting** - (Home Team Room at Stadium)

2:00 pm - **Field Event Scratches Due**

2:00 pm - **Girls Pole Starts** (Begin checking in poles at 1:15 pm)  
Girls Starting Ht. 7' (5 Alive)  
Boys Starting Ht. 10'6" (5 Alive)

3:00 pm - All Other Field Events will begin  
**Girls - Discus, Long Jump**  
**Boys - High Jump, Shot Put**

**Long Jump** (Open Pit for 1 hour-prelims, Top 9 to Finals)

**Discus** (1+1+1, Top 9 to Finals)

**Shot Put** (1+1+1, Top 9 to Finals)

**Boys - High Jump** (Starting Ht. 5'05", 5 Alive)

**Girls - High Jump** (Starting Ht. 4'5", 5 Alive)

3:30 pm - **Prelim Scratch's due**

4:00 pm - **3200 M Relay followed by Prelims (100 M, 110 M H., 100 M H., 200M)**  
Prelims-Winner of heats plus best times advance to Finals

5:00 p.m. - **Final Scratches Due**

6:00 pm. - **Estimated / 60-min break at the conclusion of preliminaries**

**Finals will begin after the National Anthem**

Boys 110 M Hurdles

Girls 100 M Hurdles

Boys 100 M Dash

Girls 100 M Dash

Boys 800 M Relay

Girls 800 M Relay

Boys 1600 M Run - two heats if entries exceed 24. If 2 heats, fastest 16 will be 2<sup>nd</sup> heat.

Girls 1600 M Run - two heats if entries exceed 24. If 2 heats, fastest 16 will be 2<sup>nd</sup> heat.

Boys 400 M Relay

Girls 400 M Relay

Boys 400 M Dash

Girls 400 M Dash

Boys 300 M Hurdles

Girls 300 M Hurdles

Boys 800 M Run - two heats if entries exceed 20. If 2 heats, fastest 16 will be 2<sup>nd</sup> heat.

Girls 800 M Run - two heats if entries exceed 20. If 2 heats, fastest 16 will be 2<sup>nd</sup> heat.

Boys 200 M Dash

Girls 200 M Dash

Boys 3200 M Run - one heat regardless of numbers

Girls 3200 M Run - one heat regardless of numbers

Boys 1600 M Relay

Girls 1600 M Relay

**Trophy Presentation will be at the conclusion of the Girls 1600 M Relay**

**Scoring:** Scoring in all events is done to 8 places: 10-8-6-5-4-3-2-1 / Medals for 1<sup>st</sup>-8<sup>th</sup>

Top 2 relay teams and individuals qualify for the MHSAA Division 3 State Meet as well as any who qualify using the additional qualifying standards.

**Additional Qualifiers**

**Starting Heights:** Please refer to the sheet below.

**Starters/Referees:** Johnny Robinson, Al Karaba, Steve Sorenson, William Bainton

**Timing**

**Finish Line**

**Scoring:** Michiana Timing F.A.T.

**Results:** All meet results will be uploaded to Athletic.Net. LIVE results will be available during the meet at: <https://michianatiming.com/results/> The MHSAA will post results on their website at their earliest convenience.

**Athlete Check-in:**

- Athletes will check in at the tent located at the North end of main straightaway to receive heat and lane assignments
- The clerk will take them to the starting line
- Call system - 1st Call, 2nd Call (must report on 2nd call), final call will be used

**Designated**

**Areas/Restrictions:** Only athletes and coaches warming up or competing are allowed on the infield during competition. *No parents / spectators / non-competing athletes* are allowed

**Track Marking:** Chalk only for runway and track marking. No tape allowed.

**Spike Size:** ¼ inch pyramid spikes. No pin or Christmas tree spikes

**Emergency Info:** In case of severe weather we will follow MHSAA protocol and postpone the meet. Coaches and athletes should return to their buses. Spectators should return to their vehicles.

**Trainer:** A trainer will be onsite. Water and ice will be available.

**Parking:** Please have your buses park on the WEST side of the Montague High School. Please refer to the map below.

**Team Tents / Camps:** Locations will be on a first come first serve basis, but we have a considerable amount of space for tents around the perimeter of the track and field areas. Please make every effort to keep your tent areas clean of debris.

**Security:** Teams are reminded not to leave their valuable items unattended. Montague Area Public Schools and the MHSAA will not be held responsible for lost or stolen items.

**Facility Information:**

- Dogs and other animals are PROHIBITED unless they are certified service animals
- Admission: All Spectators \$7.00 on site at the gate (credit card) or via GoFan
- MHSAA Tournament merchandise will be available provided by E.A Graphics
- Radios and Stereos are not permitted.

**Concessions:** Will be available



**MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION**

**BOYS & GIRLS TRACK & FIELD**

**ADDITIONAL QUALIFYING STANDARDS**

**2025-26**

**DIVISION 3**

DIVISION 3 BOYS			
Event	Regional Qualifier	State Qualifier	Early Qualifier
4x800 Relay	-	8:30.00	8:16.80
110 m Hurdles	17.50	15.90	15.20
100 m	11.80	11.30	11.10
4x200 Relay	-	1:33.50	1:31.80
1600 m	4:56.00	4:37.50	4:25.50
4x100 Relay	-	44.70	44.00
400 m	54.20	52.10	50.80
300 m Hurdles	44.60	41.80	40.80
800 m	2:10.00	2:02.50	1:59.30
200 m	24.00	23.00	22.60
3200 m	11:02.00	10:07.00	9:43.00
4x400 Relay	-	3:34.00	3:30.00
Discus	119-00	136-00	151-00
High Jump	5-06	6-02	6-05
Long Jump	19-00	20-06	21-02
Pole Vault	11-00	13-00	13-09
Shot Put	41-06	46-00	50-09

DIVISION 3 GIRLS			
Event	Regional Qualifier	State Qualifier	Early Qualifier
4x800 Relay	-	10:22.00	9:56.00
100 m Hurdles	18.50	16.70	15.80
100 m	13.70	13.10	12.80
4x200 Relay	-	1:51.50	1:48.00
1600 m	6:00.00	5:28.00	5:08.00
4x100 Relay	-	52.50	51.00
400 m	1:06.60	1:01.80	59.40
300 m Hurdles	54.00	49.60	47.30
800 m	2:41.00	2:27.50	2:21.00
200 m	28.40	26.90	26.30
3200 m	13:10.00	12:06.00	11:18.00
4x400 Relay	-	4:20.00	4:12.00
Discus	88-00	102-06	116-00
High Jump	4-06	5-02	5-04
Long Jump	14-08	16-00	16-06
Pole Vault	7-06	9-03	10-00
Shot Put	30-00	33-08	36-08

**REGIONALS – STANDARD RAISES**

POLE VAULT	Regional Qualifier	Regional Start	1st Raise	2nd Raise	3rd Raise	4th Raise (SQ)	Final Start
Boys	11-00	10-06	11-03	12-00	12-06	13-00	12-00
Girls	7-06	7-00	7-09	8-03	8-09	9-03	8-03

HIGH JUMP	Regional Qualifier	Regional Start	1st Raise	2nd Raise	3rd Raise (SQ)	Final Start
Boys	5-06	5-05	5-08	5-11	6-02	5-11
Girls	4-06	4-05	4-08	4-11	5-02	4-11

NOTE: Use raise chart until 9 jumpers remain. (Must jump the SQ height during competition)

**FINALS – STANDARD RAISES**

POLE VAULT	State Qualifier	Final Start	1st Raise	2nd Raise	3rd Raise
Boys	13-00	12-00	12-09	13-03	13-09
Girls	9-03	8-03	9-00	9-06	10-00

HIGH JUMP	State Qualifier	Final Start	1st Raise	2nd Raise	3rd Raise
Boys	6-02	5-11	6-01	6-03	6-05
Girls	5-02	4-11	5-01	5-03	5-05

NOTE: Finals use raise chart until 9 jumpers remain.

- **Regional Qualifier (RQ)** - the regional entry standard required for *all* competing athletes *if* you will have more than two compete in the regional event, can be earned in any meet on the schools official season calendar.
- **State Qualifier (SQ)** - any LP athlete achieving this mark in any round of a field event or *final* round of a running event at a regional competition will advance to the LP Final in that event regardless of place.
- **Early Qualifier (EQ)** - any athlete achieving this mark in *any round* in a *valid pre-qualified event* which meets the proper standards (*requires FAT and 6+ teams, etc.*) is qualified to participate in the LP final in that event. Regional meets are valid pre-qualified events by definition and EQ-s can be earned in those meets.
- Requirements stated in MHSAA materials control over the above summary statements on standards.

**Facility Map:**

