

MHSAA Region 28 D3 Track and Field Meet

At Stockbridge High School Saturday, May 16th 2026

Meet Schedule

- 8:15 am** **Gates Open**
- 9:00 am** **Coaches Meeting (Prelim scratches due)**
- 9:30 am** **Pole Vault** - Girls first and will be in one flight, Boys to follow
- 10:00 am** **Long Jump** - Girls first, LJ Open Pit 10 to 11 am then top 9 to finals, Boys follow one hour after the girls' last jump.
Discus - Girls will be in flights, top 9 to finals; Boys to follow
Shot Put - Boys will be in flights, top 9 to finals; Girls to follow
High Jump - Boys will be in flights, top 9 to finals; Girls to follow
- 10:30 am** **4x800m Relay Finals**
- 11:00 am** **Prelims** - *Boys run first in all running events. Wheelchair heats of 100m & 200m will be conducted in the regular meet order of events.*
100m Dash Prelims
100m Hurdles Prelims (Girls)
110m Hurdles Prelims (Boys)
200m Dash Prelims
- 12:00 pm** **Final Scratches Due** - coaches may complete this on [Athletic.net](https://athletic.net) or in person at the timing truck
- 1:00 pm** **Finals** - *Finals will start one hour after the last semi final race no earlier than 1:00 pm. Wheelchair heats of 100m, 200m, and 400m will be conducted in the regular meet order of events. Multiple heats of an event will be run slow to fast.*
100m Hurdles (Girls)
110m Hurdles (Boys)
100m Dash
4x200m Relay
1600m Run
4x100m Relay
400m Dash
300m Hurdles
800m Run
200m Dash
3200m Run
4x400m Relay
- 4:30 pm** **Presentation of Awards**

Results will be posted on the athletic.net app (no hard copies);

QR Code will be available on site; Full Menu on sale at concessions; Regional merchandise on sale near concessions

Participating Schools

Arts & Technology Academy of Pontiac, Brighton Charyl Stockwell Prep, Burton Atherton, Burton Bendle, Dearborn Advanced Tech Academy, Detroit Central, Detroit Communication Media Arts, Detroit Community, Detroit Jalen Rose, Leadership Academy, Detroit Leadership Academy, Detroit Loyola, Detroit Northwestern, Detroit Old Redford, Plymouth Christian Academy
Stockbridge

- Host:** **Stockbridge High School**
416 N. Clinton St
Stockbridge, MI 49285
- Meet Managers:** Mr. Brian Boos. Email: bboos@Stockbridgeschools.org (timer)
Mr. Ben Kruse. Email: Kruseb@panthernet.net
Mr. Jeff Trapp. Email: trappj@panthernet.net
- Date:** Saturday, May 16, 2026
- Gates Open** 8:15 am
- Eligibility:** MHSAA Final Roster of Eligibility is due to Stockbridge by the end of the school day.
- Admission:** All tickets will be digital, sold on GoFan and will cost \$7.00. A mobile device is required. GoFan will be on Stockbridge's GoFan account found at www.GoFan.co **There will be NO cash sales.**
- Athletic Trainer:** Available on site. Please bring your own water and taping supplies.
- Facility:** 8 Lane, Metric Track with polyurethane rubber surface
Only ¼-inch spikes will be allowed on the track
Shot & Discus circles are concrete slabs
Long Jump, High Jump, and Pole Vault runways are polyurethane rubber surface
- Contact:** Mr. Brian Boos. Email: bboos@Chelseaschools.org (timer)
Mr. Ben Kruse. Email: Kruseb@panthernet.net
Mr. Jeff Trapp. Email: trappj@panthernet.net
- Merchandise:** Regional merchandise will be on sale near the entrance.

- Parking:** Team bus parking can drop off at the stadium and then park in the front lot of Stockbridge High School on the southeast side of campus. Spectator parking will be in the area in front of the Track/Football Stadium.
- Pictures:** Photos may only be shared with athletes in non-restricted areas.
- Coaches Meeting:** 9:00 am near the finish line.
- Reporting In:** For the 1st call of an event, athletes need to begin to make their way to the infield. Athletes will be clerked near the north end goal line underneath and/or alongside the Stockbridge tents in the infield on 2nd and final calls.
- Entries:** Two entries per event for each team. Teams may enter additional qualifying athletes based on the 2026 MHSAA Additional Qualifying Standards. See attached document for reference.
- Times must be entered as FAT time.** National Federation of High Schools (NFHS) Conversion: To apply this conversion factor, a hand time is rounded up to the nearest tenth (e.g., 10.83 seconds becomes 10.9 seconds, and 11.77 seconds becomes 11.8 seconds). After the time is rounded up, the conversion factor is added. For NFHS, all races, regardless of length, have a conversion factor of 0.24 of a second added to the rounded hand time.*
- Entries Due:** Entries are due Thursday, May 14th 2026 no later than 11:59 pm and use www.athletic.net for your entries.
- Late fee: \$50 late fee will be charged. The late fee may not be used to change any time, height, or distance.*
- False Times:** Confirmed false times will be placed in the last position or first section without seeding. The coach challenging must submit verification. **Coaches - please do not place your athletes in this position.**
- Competition Areas:** Tents are allowed in the area outside the track fence, but not in certain areas that are flagged.
- No open-air speaker systems are allowed. No baseball, football, frisbee or any such playing will be allowed at the complex during this championship meet. No headphones or earbuds in the infield area or at field events.

Warm-up Area: Most athlete warm ups must be done outside the track area. There will be a limited warm up area at the north end of the infield.

Scoring & Medals: Top 8 places (10-8-6-5-4-3-2-1). Medals to top 8 places.

Throws Weigh-In: Shot put and discus weigh-in will be set up at the event site underneath the pressbox. Implements will be weighed and marked for certification. Implements not meeting standards will be held in the room until the completion of all throwing events. Weigh-ins will start at 8:45 am to 9:55 am.

Pole Vault: Boys begin at 9:30 am. Starting Height and Raises are as follows: 10' 9" , 11'3" , 11'8" , 12'2" , 12'8".

Girls will start 1 hour after the conclusion of the boys pole vault
Girls Starting Height and Raises are as follows:
7'3" , 8'0" , 8'6" , 9'0" , 9'3".

**This event will be run in rotations of "five-alive" when possible.*

High Jump: Boys and Girls begin at 10:00 am. Both genders will be run simultaneously.

Boys starting height and raises are as follows:
5'7" , 5'10" , 6'0" , 6'2".

For girls, starting height and raises are as follows:
4'6" , 4'9" , 4" 11" , 5' 1".

**This event will be run in rotations of "five-alive" when possible.*

Long Jump: Boys begin at 10:00 am. Open order for 1 hour and 15 minutes. Three jumps per athlete in the preliminaries. Top 9 to the finals after the conclusion of the preliminaries. Three jumps per athlete in the finals. The order of competition in the finals shall be the reverse of the best performance in the preliminaries.

Girls will start **1 hour** after the conclusion of the boys' last jump. Open order for 1 hour and 15 minutes. Three jumps per athlete in the preliminaries. Top 9 to finals after conclusion of the preliminaries. Three jumps per athlete in the finals. The order of competition in the finals shall be the reverse of the best performance in the preliminaries.

- Shot Put:** Girls begin at 10:00 am. Top 9 to finals. 10 minutes after conclusion of prelims. Boys will start 30 minutes after the conclusion of the boys last throw. Event will be run in flights, throwing 1-1-1. Top 9 in the finals. Finals will be the reverse order of best throw from prelims. Finals will be throwing 1-1-1.
- Discus Throw:** Boys begin at 10:00 am. Top 9 to finals. 10 minutes after conclusion of prelims. Girls will start 30 minutes after the conclusion of the Girls last throw. Event will be run in flights, throwing 1-1-1 Top 9 in the finals. Finals will be the reverse order of best throw from prelims. Finals will be throwing 1-1-1.
- Results:** Results for all events will be posted on Athletic.net after they have been verified. Team scoring can also be followed on Athletic.net.
- Hip Numbers:** All track competitors will be issued hip numbers (anchor only for relays). 800, 1600, 3200 competitors will also be issued chest numbers. Athletes are to pick up their hip number when checking in for their event. Athletes will likely have a different hip number for each event.
- Marking Material:** Chalk will be the only allowable marking material to be used on the track and high jump surface areas. No marks will be allowed on the long jump or pole vault runway surfaces, marks are allowable on the side or grass area only.
- Relay Cards:** Relay teams will NOT be required to present a card with their team members upon check in with the Clerk. Relay members should also be entered online with two alternates. Please indicate changes to the timing tent.
- Concessions:** Restrooms will be available. Full concessions will be available. Water fountains will NOT be available. T-shirt sales will be in the Spirit Booth next to the concession stand.
- Scoring & Medals:** Scoring: 10 ~ 8 ~ 6 ~ 5 ~ 4 ~ 3 ~ 2 ~ 1 & Medals to the top 8 places.

Officials & Regional Staffing Roles

Meet Managers: Brian Boos, Jeff Trapp, Jacinda Bingoff

Referee:

Head Field Event Judge:

Starters:

Clerks of the Course:

Jury of Appeals:

Meet Monitor &
Head Scorer: Alex Stacy & Brian Boos

Awards: Jeremy Killinger & Lissa Avis

Announcers: Jeremy Killinger

Athletic Director: Ben Kruse