

# PORTAGE CENTRAL ATHLETIC DEPARTMENT

Jim Schafer – Athletic Director – [jschafer@portageps.org](mailto:jschafer@portageps.org)  
Jodi Shearer – Athletics Secretary – [jshearer@portageps.org](mailto:jshearer@portageps.org)  
Dan Wytko – Head Coach / Meet Manager – [dwytko@portageps.org](mailto:dwytko@portageps.org)

8135 S. Westnedge Ave.  
Portage, MI 49002  
269-323-5361

## MHSAA REGION 3 TRACK & FIELD CHAMPIONSHIPS

Saturday, May 16, 2026

**Location:** McCamley-Knight Field, Portage Central High School, 8135 S. Westnedge Ave, Portage, MI 49002

### 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, 2026.*
- *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**). When using athletic.net, you should round a hand time of 12.52 to 12.6 and select hand timing as the method of timing. Athletic.net will convert for you.*
- *Athletes may be registered in more than four events, but must scratch down to at least 4 prior to the first scratch deadline.*
- *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 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

- Scott Banghart
- Dan Higgason
- John Dunlop
- Frank Gawkowski
- Tim Baker
- Art Stephenson - Field Referee

### Appeal Committee

- Scott Banghart and Dan Higgason – Referees
- Dan Wytko – Meet Manager
- Tyler Germain - Kalamazoo Central
- Ben Howell - Caledonia
- Alternate Noah Krzan - Portage Central

### Scoring, Awards, and Results

- Scoring is as follows: 10-8-6-5-4-3-2-1
- Team awards packets may be picked up at the scoring trailer following the conclusion of the meet.
- Results will be posted live online at [fatresults.com](http://fatresults.com) and on [Athletic.net](http://Athletic.net). Results will not be printed.
- MHSAA State Finals qualifier information will be posted on [MHSAA.com](http://MHSAA.com).

### Qualifying for the MHSAA Finals

- **State Qualifier (SQ)** - any 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 MHSAA Finals in that event regardless of place.
- **Early Qualifier (EQ)** - any athlete achieving this mark in *any round* in a *valid pre-qualified EQ meet* is qualified to participate in the MHSAA Finals in that event. Regional meets are valid pre-qualified events by definition and EQ's can be earned in those meets. Athletes that achieve an EQ in a running event prelim must compete in the finals in order to advance to the MHSAA Finals.

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## **Scratches & Relay Substitutions** – please read carefully

- Scratch Window - We will utilize the Scratch Window on athletic.net once the initial entry deadline has passed. **We encourage you to use this method for making scratches**, rather than paper scratches. We will have a master scratch sheet available, if you prefer to use that.
- By the designated scratch deadline, you must have scratched down to two athletes per event UNLESS all have met the AQ standard. All athletes who have met the AQ standard may compete, you need not scratch them. But all athletes must have met the AQ standard if more than two are participating.
- Once the scratch deadline has passed, all non-scratched events are counted in the athlete participation limit whether or not the athlete participates. In other words, the event counts for that athlete even if you later scratch that athlete from an event, post scratch deadline.
- Relay substitutions can occur at any time BEFORE the event is run by using any athlete on your eligibility list with a remaining event. If an athlete is already in four events after the scratch deadline, they could not later scratch an individual event to be entered on a relay. But if they still have a remaining event, they may be substituted. Failure to actually notify the meet manager or timer of the substitution before the event is run is basis to disqualify the relay. So be sure to make the substitution.

## **Athlete Check-in**

- Athletes will check-in with the clerks located in the chute at the northwest corner of the stadium.
- Call system: 1<sup>st</sup>, 2<sup>nd</sup>, and 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.

## **Starting Blocks**

- Gill Fusion F10 Blocks will be used. There are enough spikes in these blocks that they do not move. We will not allow athletes to stand on these blocks.
- Non-traditional blocks must be approved by the referee/starter, prior to the event.

## **Warm-up Area**

- Athletes may use the roped off area of the soccer field as a warm-up area.
- Warm-ups are not permitted on the infield or track during the meet.
- Please do not bring footballs, frisbees, etc to throw in the warmup area.

## **Restricted Areas**

- Field event coaches will be allowed to coach from designated boxes in each event area.
- Coaches will be provided with a field pass wristband, so that they may enter the infield of the track. Coaches are to stay inside of the designated coaching areas. The purpose of coaches being allowed on the infield is to coach athletes in their current event.
- Coaches, please help us with this. Athletes are not allowed on the infield. Athletes competing in upcoming races will check in at the north end of the track, and be held in the chute until the start of the event.
- Athletes refusing to move from a restricted area is grounds for disqualification of the athlete and/or the current event.
- High jumpers will be given a wristband. Athletes not in the high jump will be asked to move from the high jump area.



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## Spike Size and Marking Material

- Please use ¼” pyramid spikes.
- Chalk is the only acceptable marking material on the track surfaces and will be provided. Movable objects such as tennis balls are not permitted
- Long jump and pole vault – chalk marks are to be on the **outside** of the runway lines. Runways are marked every 1 foot to assist with locating starting positions
- High Jump – marks may not be placed within 6 feet of the pit and/or standards. Chalk is provided, if you need tape for marking spots on the grass, please bring this with you.

**Trainer** A certified trainer will be available at the south end of the infield near the finish line. If an athlete needs to be taped, please bring taping materials for the trainer to use.

**Concessions** Will be available.

**MHSAA Merchandise** MHSAA merchandise will be available. Credit card and cash are accepted.

**Admission** Spectators must purchase tickets through **GoFan**. Cost is \$7.00. **GoFan is the only method for purchasing tickets** for all MHSAA track and field regionals. Tickets may be purchased onsite with debit or credit only. NO CASH will be accepted.

**Bus Parking** Buses may drop off athletes in the parking lot at the entrance of McCamley-Knight Field.

**Athlete Parking** All athletes that are driving, will be asked to park in the lots on the east side of S. Westnedge Ave.

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## [MHSAA Additional Qualifying Standards, Opening Heights and Raise Chart Link](#)

### Pole Vault

- **Men** - The opening height will be 11-3 and follow the MHSAA Regional Standard Raises for Pole Vault.
- **Women** - The opening height will be 8-3 and follow the MHSAA Regional Standard Raises for Pole Vault.

### High Jump

- Five Alive will be used for groupings.
- Men and women will jump at the same time, on separate pits. Men will jump on the west pit, and women will jump on the east pit.
- **Men** - The opening height will be 5-8 and follow the MHSAA Regional Standard Raises for High Jump.
- **Women** - The opening height will be 4-8 and follow the MHSAA Regional Standard Raises for High Jump.

### Long Jump

- Men and Women will jump at the same time on separate runways.
- Preliminaries will be an open pit for 1 hour and 30 minutes.
- Each athlete will get 3 attempts during prelims.
- The top 9, plus ties, will advance to the finals, which will be 3 more jumps in reverse order.

### 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 shot put first, followed by men.
- Men will throw discus first, followed by women.

**Implement Weigh-In** Throwing implements will be weighed at the start/finish line (timing trailer).

**Pole Vault Verification** Poles must be verified by the field event referee.

**Exchange Zone Judges** We are asking the following schools to provide a coach to assist with judging exchange zones.

**4x1 Exchange Zone 1** – East Kentwood, Byron Center, FH Central, FH Northern, Portage Central

**4x1 Exchange Zone 2** – Kalamazoo Central, Loy Norrix, Mattawan, Gull Lake, Middleville

**4x1 Exchange Zone 3** – Caledonia, GR Ottawa Hills, Greenville, Portage Northern, Portage Central

**4x2 Exchange Zone 1** (200 meter mark)

Lowell, East Kentwood, Wyoming, FH Northern, Kalamazoo Central, Loy Norrix, Middleville

**4x2 Exchange Zone 2** (start/finish line)

Gull Lake, GR Ottawa Hills, Caledonia, Forest Hills Central, Mattawan, Portage Northern, Greenville

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## Time Schedule

- 8:00 AM **Gates Open**
- Packet pick-up at finish line / timing trailer.
  - Implement Weigh-in from 8:00 to 8:45, at the finish line / timing trailer.
- 8:30 AM **Coaches Meeting** at the finish line / timing trailer. Please have a representative at this meeting.
- 9:30 AM **Field Events** – scratches due at 9:00 at the event site (you must officially scratch an athlete)
- Men's and Women's High Jump
  - Men's and Women's Long Jump (open pit, pits close at 11:00 AM)
  - Men's and Women's Pole Vault
  - Women's Discus (followed by men)
  - Men's Shot Put (followed by women)
- 9:30 AM **Scratches due** for the 4x800 m Relay, qualifying heats of 100 m Dash, 110/100 m Hurdles, and 200 m Dash. Please use the Scratch Window (preferred method) on athletic.net or on paper at the finish line prior to this deadline.
- 10:30 AM **4x800 m Relay Finals** - Women followed by men. (Waterfall start for all events 800 meters and up)
- 11:00 - 11:45 AM **Qualifying Heats for Sprints** (9 lane track)
- Women's 100 m Dash followed by the Men's 100 m Dash
  - Women's 100 m Hurdles followed by the Men's 110 m Hurdles
  - Women's 200 m Dash followed by the Men's 200 m Dash
- Advancing athletes to the Finals (9 lanes)
- 1 Heat – heat winner + 8 fastest times to fill lanes
  - 2 Heats – 2 heat winners + 7 fastest times to fill lanes
  - 3 Heats – 3 heat winners + 6 fastest times to fill lanes
  - 4 Heats – 4 heat winners + 5 fastest times to fill lanes
- 12:00 PM\* **Long Jump Finals** - Women & Men (*start as close to 12:00 as possible, after qualifying heats end.*)
- 12:00 PM **Scratches due** for all running finals. Please turn these into the finish line.
- 12:55 PM\* **National Anthem**
- 1:00 PM\* **Running Event Finals** (*or one hour after the final event of the qualifying heats end.*)  
*Women run first, followed by men for each event.*  
Men's 110 m Hurdles / Women's 100 m Hurdles  
100 M Dash  
4 x 200 m Relay  
1600 m Run - *2 heats if entries exceed 24, If 2 heats, then the 2nd heat will have the 16 fastest entries.*  
4 x 100 m Relay  
400 m Dash  
300 m Hurdles  
800 m Run - *2 heats if entries exceed 20, If 2 heats, then the 2nd heat will have the 16 fastest entries.*  
200 m Dash  
3200 m Run - *1 heat per gender, regardless of number of entries.*  
4 x 400 m Relay
- 4:15 PM\* **Trophy Presentation** *\*approximate times*

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## McCameley-Knight Field @ Portage Central



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## Parking

- **Team Drop-off & Bus Parking:** Buses and team vehicles should drop athletes in the team drop-off area. Then proceed to park in the bus parking lot.
- **Athletes** need to park in the designated parking lots across the street.

