

Inland Lakes Schools



*Inland Lakes Schools will be the standard
Of excellence for student achievement,
Respect and community pride.*

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On behalf of **Inland Lakes Schools** and the **Michigan High School Athletic Association**, welcome to the **MHSAA LP Region 31-4 Track & Field Meet at Inland Lakes (Indian River)**.

We are excited to host you and are committed to providing a well-organized, professional, and positive experience for all athletes, coaches, officials, and spectators. Please review the information below carefully as you prepare for the meet.

If you have any questions or concerns, do not hesitate to reach out.

Meet Manager:

Lee Nash, Athletic Director

☎ Cell: 231-330-5859 ✉ lnash@inlandlakes.org

Officials:

Gordie Richardson, Rich Robbins, Dave Putz, Pete Moss, and Brian Eves

Participating Schools:

Alcona, AusGres-Sims, Fairview, Gaylord St. Mary, Hale, Hillman, Inland Lakes, Johannesburg-Lewiston, Mio Ausable, Onaway, Pellston, Petoskey St. Michael Academy, Posen, Rogers City, Whittemore-Prescott, Wolverine

MHSAA Tournament Guide:

<https://www.mhsaa.com/sites/default/files/Track%20Field-Boys/2026/TR-Mgr-Mtls-2026-CI-edit.pdf?time=1773843143217>

ENTRY PROCEDURES -Schools assigned to Regionals will go to MHSAA.com for instructions on completing and forwarding entries to you to be received no later than 11:59 p.m. on Tuesday, May 12 – All Divisions LP & UP

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

The times, heights, and distances listed on the entry information are for the current outdoor season only. If questioned, each coach must indicate the date, location, and opponent (school) when the time was established. Failure to comply shall eliminate the individual as an additional qualifier or from seeding consideration.

All times, distances and heights shall have been achieved prior to 11:59 p.m. on May 12. Times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by +.24

Entries for whom times were not submitted or for whom confirmed false times were submitted, are to be placed in the last heat or first section (slow heat) without seeding consideration. The Regional Manager is to advise the MHSAA, in writing, of these violations.

Entries: Please make sure you enter only 3 athletes in each event unless each one has hit the additional qualifying mark for regionals: You must scratch down to 2 athletes on Friday unless all have hit additional qualifying marks.

Timing: FinishLynx timing system with ANET Run Meet. Results will be uploaded onto ANET.

Coaches Meeting: We will have a coaches meeting in the RAC locker room. Doors will be labeled, it's the furthest north west room in the RAC, entrance is located between the track and RAC, on the northwest side of the concessions/bathrooms. **9AM**

Athlete Check In/Chute Procedure: Athletes for ALL running events will check in at the tent & table at the West end of the track. Athletes should check in no later than the 2nd call (Please have them use a surrogate if they are in Field Events.) If there are scratches beyond the scratch period please communicate these to the clerk so plans can be made.

Scratches: Field event scratches and will be due to the bottom of the press box at 9:00 AM, at the beginning of the coaches meeting. All remaining prelim scratches will be due in the press box at 9:45 (Please see Cindy.) Final Scratches will be due in the press box at 12:30.

Field Events: 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.)

Team Parking: Buses will drop off student-athletes at the entrance to the stadium and will park in the open field located directly in front of the RAC (Rowan Athletic Complex.) Officer LaLonde will be present to help direct buses to proper parking.

Spectators Parking: Parking of all spectators will be in the school lots around the high school building.

Tent/Team Area: Please set up camp/tents on the grass to the West end of the track from concessions or in the woods behind the press box. Please space them out from other teams. All tent/team areas are to stay outside of the fence surrounding the track. Please remind athletes to clean up trash as we go throughout the day.

Admission/Tickets– All tickets will be digital, sold via GoFan, and cost \$7.00. A mobile device is required. Links for GoFan will be on each site hosts GoFan account found at www.GoFan.com

Concessions: Concessions will be available in the building to the left of the gate as you enter

Locker Rooms: Not available, bathrooms are next to the concessions.

Warm Up Areas: Warm ups can be done in the field to the right of the parking lot West of the track, trails in the woods located on the East side of the track past the discus area. The infield is NOT to be used for warm ups.

Equipment Inspection: Shot Put & Discus must be inspected before they can be used in competition, inspection will take place in the RAC (Rowen athletic complex) in the girls locker room. Poles will be inspected at the RAC as well.

Starting Blocks: Starting blocks are provided. No other blocks will be allowed on the track. **Spikes:** 1/8" - 1/4" pyramid spikes only allowed.

Track Marking: Chalk only, NO marks allowed on runways.

Infield: Coaches ONLY will be allowed on the infield. Only athletes in the next event will be on the infield. Please stay away from the finish table and timing systems.

Field Event Coaches: These coaches are allowed to coach from the designated area of each field event.

Pets: Per MHSAA, no pets will be allowed inside the outer perimeter of the track fence. Service animals with proper vestige and documentation are allowed.

Emergency Info: In case of severe weather we will follow MHSAA protocol and postpone the meet. Coaches and athletes, the High School Gym will be made available. All spectators should go to their vehicles. IL Athletic emergency action plan will be reviewed during the coaches meeting.

Athletic Trainer: Certified Athletic Trainer will be on site for this event.

Finals: Will begin 1 hour after the finish of the 200 prelims but not before 1:00 PM.

MHSAA Souvenir Clothing: Will be available on site, CASH PREFERRED, but checks will be permitted, made payable to: INLAND LAKES SCHOOLS--credit cards will NOT be accepted.

Entries: Due Tuesday, May 12th, 2026 by 8:00pm-Athletic.net Schedule may be slightly modified once we see the entries. Facility will open at 8am

Event Order: *Link to HS PALS 2026:

www.mhsaa.com/sites/default/files/Track%20Field-Boys/2026/TR-2-Off-Pal-HS-2026.pdf?time=1775680141113

8:15-8:45 AM Pole Vault Equipment check East RAC locker room.

8:45 am pole vault warm up

9am Coaches meeting: RAC Locker room , PV and other field scratches due.

9:30 All other Field Equipment check in the East RAC locker room.

9:30 Womans Pole Vault begins

9:45 - Prelim Scratches Due (press box, see Cindy)

9:55 - National Anthem

10:15 - Field events open for warm up

10:45 - All Remaining Field Events (Girls discus 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.)

11:15 - Running Events start: - 4 x 800 Relay Finals

(Start prelims at the conclusion of the 4 x 800 Relay

(Sprint/Hurdle 1st Round (100 Dash, High Hurdles, 200 Dash)

(Winner of each heat advances plus best times)

Ex: 5 heats of 100 = 5 heat winners + next 3 fastest times

12:45 - Final scratches due (press box, see Cindy)

1:10 - National Anthem

1:15 - Running Event Finals (or 1 hour after the last 200 Dash prelim, whichever is later) – High Hurdles, 100 Dash, 4 x 200 Relay, 1600 Run, 4 x 100 Relay, 400 Dash, 300 Hurdles, 800 Run, 200 Dash, 3200 run, 4 x 400 Relay

