

**Division 4 Track and Field Regional #35**  
**Hosted by Hillsdale Academy**  
**@ Hillsdale College (Hayden Park)**

<b>Date</b>	<b>Friday, May 15, 2026</b>
<b>Location</b>	Hillsdale College at <b>Hayden Park (1620 Barber Drive)</b>
<b>Regional Manager</b>	Mike Roberts            Headmaster/Head Track and Field Coach Phone: 517.610.2715    Email: <a href="mailto:mroberts@hillsdale.edu">mroberts@hillsdale.edu</a>
<b>Entries</b>	<b>Due Tuesday, May 12 by 11:59 p.m.</b> All entries will be done on <b>athletic.net</b> . Follow all instructions and regulations found on the MHSAA website for track and field under regional entry procedures. <b>Please remember to send your eligibility lists as well.</b>  You may enter three athletes in individual events but must scratch to two unless all entries of three or more have met the additional regional qualifying standards. Please see the additional regional qualifying standards on the MHSAA website.
<b>Participating School Info.</b>	Please read all the information on the MHSAA website for Track and Field participating school information.
<b>Coaches Meeting</b>	12:15 pm by finish line. In the event of rain, the meeting may move to the large barn located at the south end of the stadium.
<b>Afternoon Scratches</b>	Must be turned in <b>by 12:15 pm at the Coaches Meeting</b>
<b>Implement Weigh-in</b>	11:45-12:45 at the shot put area at the south end of the track (under the scoreboard)
<b>Field Events</b>	1:00 – Boys Shot Put; Girls Discus 1:30 – Double Pit High Jump, Long Jump, Pole Vault
<b>3200 M Relay</b>	3:00
<b>Preliminary Running Events</b>	Following 3200 Meter Relay
<b>Evening Scratches</b>	<b>Due at 4:30</b> at the finish line ( <b>please turn in regardless of having scratches</b> )

<b>Finals Running Events</b>	One hour after the prelims (approx. 5:30) <b>We will not start before 5:30 unless there are weather concerns</b>
<b>Starters</b>	Fred Bowers Ray Drysdale
<b>Referees</b>	Jacquelyn Clark
<b>Bus Parking</b>	Buses may drop athletes at the entrance on the west side of the stadium and proceed to use the bus turnaround to return to the lower to park.
<b>Emergency Plan</b>	Shelter areas are limited at Hayden Park. In the event of inclement weather, be sure to have an emergency plan in place. Teams should be prepared to return to school transportation for shelter.
<b>Admission</b>	<b>All tickets will be sold on GoFan at \$7 per person.</b>
<b>Team Camps</b>	Team tents/gatherings may not be set up on the infield. Tents can be placed along the fence outside of the stadium to the east of the track. Please remind athletes to remove trash from their areas before leaving the facility.
<b>Warm-Ups</b>	The track/infield will be available for warm-up activity until 3:00. at which time participants and coaches must clear the areas for competition. The track will be available until 15 minutes before the start of the finals. All other warm-up should be done on the north end of the soccer field or outside the track area.
<b>Trainer</b>	An athletic trainer will be at the meet; and ice and water will be provided.
<b>Bathrooms</b>	Located on the west side of the track near the entrance and at the south end of stadium in the barn.
<b>Marking Substances</b>	<b>TAPE ONLY. NO CHALK.</b> Runways have measurement markings.
<b>Spike Size</b>	Hillsdale College has an 9-lane mondo surface. 1/4 or 1/8 Pyramids are allowed.
<b>Timing System</b>	We will use fully automatic time through Hillsdale College

<b>Starting Blocks</b>	We will furnish starting blocks. Please do not bring your own. The only exception will be non-traditional blocks and these must be approved by meet management prior to their use in the meet.
<b>Scoring</b>	10-8-6-5-4-3-2-1 for all events
<b>Awards/Results</b>	Medals will be awarded for places 1-8 in all events, including relays. Duplicate medals will be ordered for tied positions. Medals are to be picked up with the meet results approximately 15 minutes after the conclusion of the 1600 M Relay. Results will be issued at the finish line tent. The trophy presentation will take place at mid-field on the soccer field.
<b>Concessions</b>	Concessions will be available during the meet. The concession stands will be located on the west side of the stadium.
<b>Coaches Food</b>	Pizzas will be ordered for coaches and available for pick up by the tent at the north end of the infield around 4:30pm.
<b>T-Shirts</b>	MHSAA official spirit wear will be available to purchase.
<b>State Qualifiers</b>	The first two placers in each event, plus any contestant who equals or betters the published additional qualifier standard, shall qualify to the State Meet. Please see MHSAA website for state qualifying marks. Efforts in the preliminary trials of the long jump, shot put and discus may qualify the competitor to the State Meet. State Qualifiers will compete on Saturday, May 30 @ Hudsonville
<b>Seed Lists</b>	Seed lists will be sent to all schools on Wednesday of Regional Week.
<b>Practice Time</b>	<b>The track and field areas <u>will not</u> be available for practice before the regional date this year.</b>

## Field Events

- Long Jump** The long jump will use the “open pit” format. The pit will be open for one hour; all contestants are allowed 3 preliminary jumps. The finals will begin approximately 10 minutes after the preliminaries and will include the top nine contestants from preliminary jumps for three additional jumps. All ties for ninth place will go to the finals.
- Discus and Shot Put** Flights will be arranged from worst entry performance to best. A brief warm-up period will be allowed between flights. There will be three trials in the preliminaries. The top nine performers will get three additional trials. All ties for ninth place will go to the finals. The finals will begin approximately 10 minutes after the preliminaries. All implements must be weighed and labeled during the weigh-in session from 11:45–12:45.
- HJ and PV** Please see the MHSAA website for starting heights and raises
- Check-in Procedures** It is the contestant’s responsibility to notify officials if he/she has to leave one event for another. Running events have precedence over field events. **Athletes must report to the clerk after first call.** Ten minutes will be allowed for a return to the field event after the contestant has competed in a running event.
- Jury of Appeals** Girls Coach Noah Dooley (Colon)  
Boys Coach Barry Goslin (Reading)  
Meet Manager Mike Roberts and Shannon Petersen  
Head Long Jump Judge, Ron Budd  
Meet Monitor, Bill Lundberg