



**MHSAA Track and Field**  
**Regional 39-4**  
**Dryden High School**  
**Friday, May 15, 2026**

**COMPETING SCHOOLS**

*Auburn Hills Oakland Christian*  
*Austin Catholic*  
*Birmingham Roeper*  
*Capac*  
*Cardinal Mooney Catholic*  
*Clarkston Everest Collegiate*  
*Dryden*

*Flint Beecher*  
*Flint Cultural Center Academy*  
*Genesee*  
*Kimball New Life Christian*  
*Memphis*  
*Michigan School for the Deaf*  
*Sterling Heights Parkway*  
*Waterford Our Lady*

**ENTRIES:**

We will be using Athletic.net. Entries are due on **Tuesday, May 12, by 11:59 p.m.**

Each school may enter 3 per event, but only two can compete unless they have met additional qualifying standards. Substitutions can only be made in relays. All times, distances, and heights shall have been achieved prior to the deadline. Times must be entered as FAT times to the hundredth (.00) or handheld equivalent as adjusted by Athletic.net (+0.24)

**TEAM BUS PARKING:**

Buses will park on the east end of the parking lot near the basketball hoops. Additional bus parking will be available at the [Dryden Township Offices](#).

**SPECTATOR PARKING:**

Spectators may park in the [high school parking lot](#). (3866 Rochester Rd, Dryden, MI 48428)

**ADMISSION:**

All tickets will be digital, sold via [GoFan](#) and cost **\$7**. A mobile device is required.

**LOCKER ROOMS WILL NOT BE PROVIDED**

**TRACK MARKINGS:**

Chalk may be used but will not be provided. No tape on the track.

**IMPLEMENT WEIGH IN:**

This will be on-site at the check-in table located by the High Jump.

Boys: Shot Put = 12 lb; Girls: Shot Put = 4 Kg

Boys: Discus = 1.6 Kg; Girls: Discus = 1 Kg

**PRESS BOX:**

No coaches, athletes or team personnel will be allowed in the press box at any time unless requested.

**INFIELD/WARM-UP AREA:**

No coaches are permitted on the infield at any time. Athletes may only be on the infield one event prior to their event for warm-up purposes. All athletes must enter the track at the west end gate by the concessions.

**TENTS/CANOPIES:**

Set up of tents and canopies is permitted as long as they are set up outside the competition area and are not on the infield.

**SCRATCHES:**

Scratches may be made in the scratch area where athletes are checking in.

**APPEALS:**

The appeal process is intended to reverse the ruling or correct an error. In order to file an appeal, a coach must fill out the appeal form that will be included in the race day packet and give the appeal form to the meet monitor or meet manager.

The following situations are subject to appeal:

1. Misapplication of a rule
2. Clerical errors in placing (30 minute time limit)
3. Team scoring error (48 hour time limit)
4. Misapplication or failure to follow a procedure in the terms and conditions of competition announced in advance.

The following situations ARE NOT subject to appeal:

1. Judgment
2. Decision by finish judges/timers that does not involve misapplication of a rule

All appeals will be reviewed by the Jury of Appeals (one boys coach, one girls coach, 2 meet officials other than the referee and starters, and meet manager) and a decision will be made. The Jury of Appeals shall have the final authority over all appealed matters.

**SPIKE SIZE:**

All spikes must be 1/4 inch exposed or less.

**SCORING:**

10-8-6-5-4-3-2-1 in all events

**RESULTS:**

Results will be posted throughout the day on Athletic.net. Complete meet results and medals will be available for coaches approximately 30 minutes following the conclusion of the meet. The MHSAA will have results available online at mhsaa.com.

**CONCESSIONS:**

There will be a concession area open at the west end of the track.

**MEET SCHEDULE: (ALL TIMES ARE APPROXIMATE)**

**11:00am Gates open**

**11:30am Coaches meeting by the Snack Shack on the west end of the field**

**12:00p All Field Events Start**

**High Jump Girls — Boys to follow 1 hour after**

**Shot Put Girls — Boys to follow 1 hour after**

**Discus Boys – Girls to follow 1 hour after**

**Long Jump Boys – Girls to follow 1 hour after**

**1:00p 4 x 800 M Relay**

**1:30p Qualifying Round (Girls first in 2025)**

**100 M Dash**

**100 M Hurdles**

**110 M Hurdles**

**200 M Dash**

**\*\*1 hour break from running events\*\***

**about 3:00p National Anthem/ Running Event Finals 100/110 M Hurdles**

**100 M Dash**

**4 x 200 M Relay**

**1600 M Run**

**4 x 100 M Relay**

**400 M Dash**

**300 M Hurdles**

**800 M Run**

**200 M Dash**

**3200 M Run**

**4 x 400 Relay**

**MEET OFFICIALS:**

David McPhail (starter)

Cathy Storm (starter)

Mark Haney (Clerk)

Christopher King (High Jump)

Chris Storm (Field Judge)

Wright Wilson (Shot Put)

Richard Lee (Referee)

Christine Lee (Clerk)

**QUESTIONS:**

Brian Tresnak (810) 796-2266 Ext: 4055

[BTresnak@drydenschools.org](mailto:BTresnak@drydenschools.org)

# Inclement Weather Information

Athletic Director \_\_\_\_\_

AD's Cell Phone Number \_\_\_\_\_

AD's Home Number \_\_\_\_\_

Coach \_\_\_\_\_

Coach's Cell Number \_\_\_\_\_

Coach's Home Number \_\_\_\_\_

Estimated time you will leave for the event \_\_\_\_\_

Please return to:

Brian Tresnak  
Dryden High School  
3866 Rochester Rd  
Dryden, MI 48428  
810-448-4040  
[btresnak@drydenschools.org](mailto:btresnak@drydenschools.org)

# Track Regional 39-4 Pass List

## Dryden High School

Superintendent	
Principal	
Athletic Director	
Other	
Other	
Other	

Please return to:

Brian Tresnak  
Dryden High School  
3866 Rochester Rd  
Dryden, MI 48428  
810-448-4040  
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schools.org](mailto:btresnak@dryden<br/>schools.org)