



KINGSFORD HIGH SCHOOL
ATHLETIC DEPARTMENT
431 HAMILTON AVENUE KINGSFORD, MICHIGAN 49802
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Division 1 U.P. Track & Field Regional #41
Wednesday, May 13th, 2026
Starting Time: 3:00PM - CST Field / 3:30PM - CST Running

Participating Schools: Houghton, Calumet, Kingsford, Negaunee, Westwood

Meet Director: Chris Hartman Starters: Cory Roell - Craig Allen

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NOTES FOR COACHES

1. Scoring will be 5-3-2-1 for individual and relay events. Four individuals and two relays will qualify for the UP Finals.
2. Uniform rules will be enforced for all events (weather permitting). Please inform your field event participants.
3. The games committee—for appeals purposes—will consist of: Meet Director, Starter, Houghton Boys' Coach, and Negaunee Girls' Coach.
4. See below for the field event schedule.

General Information

1. MHSAA and NFHS Track and Field Rule will apply.
2. **Entries must be sent online through the Athletic.net Track and Field Online Entry System by Tuesday, May 12th at 11:59pm.**
3. Each school can enter a maximum of 4 contestants per event (1 relay team).
4. Timing and Scoring will be provided by Superior Timing.
5. Athletic Training Service will be provided
6. Results will be available on Athletic.net
7. A scratch meeting will be held at 2:15 CST..
8. Starting blocks should be the responsibility of each team.
9. **1/4" PYRAMID SPIKES ARE ALLOWED ON THE TRACK.**

10. The track is 400 meters, eight lanes, and rubberized asphalt surface.
11. Only timers and judges will be allowed near the finish line. No coaches or athletes please.
12. The time schedule will be followed as closely as possible. Events may be moved up.
13. The 400-meter dash will be run in lanes for the entire race.
14. The 800-meter, 1600 meter and 3200 meter runs will be a waterfall start.
15. There will be no preliminary heats. Participants will be seeded by times. Heats will be run slowest to fastest.
16. The 400-meter relay and the 800-meter relay will be run in lanes for the entire race.
17. In the 1600-meter relay, the first runner must remain in the same lane for the entire lap. The second runner will cut in on the back straightaway (3 turn stagger).
18. Uniform rules will be enforced. Please inform your field event participants.
19. High Jump – Starting height will be 5’0” (boys) and 4’0” (girls). The bar will be raised 3” until 3 competitors left, then 2” thereafter.
20. Pole Vault – Starting height will be 9’0” (boys) and 6’0” (girls). The bar will be raised 6” until 3 competitors left, then 3” thereafter.
21. Long Jump – Each competitor will have 3 jumps in the preliminaries and the top 5 jumpers will advance to Finals (3 jumps each).
22. Shot Put and Discus - Each competitor will have 3 throws in the preliminaries and the top 5 throwers will advance to Finals (3 throws each). Rubber soled shoes are required. Shot Puts and Discus will be weighted and inspected near the concession stand prior to the meet. Do not throw the shot put on the football field.
- 23. NO TENTS ALLOWED ON THE FIELD. PLEASE CLEAN UP YOUR AREA BEFORE LEAVING.**
- 24. ABSOLUTELY NO FOOD OR BEVERAGES ON THE FOOTBALL FIELD!! WATER IS PERMITTED!!**

All tickets - \$7.00 on gofan.co. No passes accepted.

Regional entries are due no later than Tuesday, May 12th at 11:59 p.m. EST

A complete entry includes the electronic submission (athletic.net) as detailed on the MHSAA website and a complete Master Eligibility List. Send Eligibility List to: chartman@kingsford.org

***SUBMITTING TIMES FOR THE REGIONAL MEET**

1) All times submitted for the Regional meet must be entered as FAT times

2) If the times you are submitting are “handheld”, then they must be converted to FAT time before submitting your entries. In order to convert a handheld time to a FAT time, you must do the following:

Round the time up to the nearest whole tenth and then add .24

3) Example...Handheld time is 12.73. First round “up” to the nearest whole tenth (12.8) and then add .24 so that the time entered for Regionals should be 13.04

4) This information is also listed online at the MHSAA “Participating Schools” information

ORDER OF EVENTS AND APPROXIMATE TIME SCHEDULE

ALL TIMES ARE C.S.T

TRACK EVENTS (Boys run first in 2026)

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| 3200M | RELAY | 3:30 P.M. |
| 110M | HIGH HURDLES (Boys) | 3:55 P.M. |
| 100M | HIGH HURDLES (Girls) | 4:05 P.M. |
| 100M | DASH | 4:15 P.M. |
| 800M | RELAY | 4:30 P.M. |
| 1600M | RUN | 4:40 P.M. |
| 400M | RELAY | 5:00 P.M. |
| 400M | DASH | 5:10 P.M. |
| 300M | HURDLES | 5:25 P.M. |
| 800M | RUN | 5:35 P.M. |
| 200M | DASH | 5:50 P.M. |
| 3200M | RUN | 6:05 P.M. |
| 1600M | RELAY | 6:35 P.M. |

FIELD EVENTS:

- Girls discus & pole vault first. Boys shot put first.
Open pit for long jump. Separate pits for boys and girls high jump