

MHSAA Division 3 Region 45 HS Track & Field

Friday, May 15, 2026

→ Participating Schools

- Brimley, Ojibwe Charter, Islanders, Mackinac Island, Newberry, Whitefish, St. Ignace

→ Coaches Meeting

- 3:00pm

→ Field Events

- 3:30pm

→ Running Events

- 4:15pm

→ Place

- LaSalle High School Kiwanis Track
- The interior of our track is our practice football field; therefore, NO practice throws
- NO tents on the infield
- NO locker room access
- NO chalk,
- Tape is allowed, but must be removed immediately after
- Rubberized surface, the legal 1/8" pin spikes are allowed

→ Entries

- Must be submitted online at www.Athletic.Net
- **All entries are due by May 12 by 11:59 pm. Late entries will receive no seeding. NO EXCEPTIONS AND NO ADD-ONS!**
 - * 4 athletes per event for each school allowed.
 - * 1 realy team per school allowed.
- Times must be entered as FAT times to the hundredth (.00) and must represent true times. (No relay splits or estimates!)

→ Scoring

- 5-3-2-1

→ Bus Parking

- **All buses MUST park in the front of the High School in the bus loop!** There is enough room to park on both sides of the loop. PLEASE make sure to pass this along to bus drivers!

They will not be able to pull into the parking lots they WILL get pinned in and won't get out.
So, please pass bus parking information on.

→ **Admission**

- \$7 on GoFan

→ **Concessions**

- A full concession will be available.

→ **MHSAA**

- A limited amount of MHSAA regional track and field sales items will be sold.
- MHSAA Officials for this meet are Joe Baker & Susan Edington

→ **Questions**

- **Nichole Martin - Athletic Director 231-330-1612**

RUNNING EVENTS: BOYS WILL BE FIRST IN 2026

4x800m Relay

110m Hurdles

100m Hurdles

100m Dash

4x200m Relay

1600m Run

4x100m Relay

400m Run

300m Hurdles

800m Run

200m Dash

3200m Run

4x400m Relay

2026 Field Events

GIRL'S first in: Discus, Pole Vault, and Long Jump

BOY'S first in: Shot Put and High Jump

FIELD EVENTS:

Shot Put & Discus: after 3 preliminary throws, the top 7 athletes will be called back for “Finals” to take 3 additional throws. Best Distance from all throws will be scored.

Boys Pole-Vault will begin at 9'0”

Boys High-Jump will begin at 4'10” and will rise 3” until 8 athletes are left, then it will rise 2” increments.

Boys Long-Jump will be an open pit for 3 preliminary jumps. Top 7 athletes will be called back for “Finals” to take 3 additional jumps. Best distance from all jumps will be scored.

Girls Pole-Vault will begin at 6'0”

Girls High-Jump will begin at 4'0” and rises 3” until 8 athletes are left, then up 2” increments.

Girls Long-Jump will be an open pit for 3 preliminary jumps. Top 7 athletes will be called back for “Finals” to take 3 additional jumps. Best distance from all jumps will be scored.

