

**MHSAA REGIONAL 12-2 TRACK AND FIELD MEET
SATURDAY, MAY 22, 2021
ALLENDALE HIGH SCHOOL**

ENTRY DEADLINE

Entries must be received on line on or before **8:00 p.m. on Tuesday, May 18, 2021**. All times, distances and heights shall have been achieved prior to 4:00 p.m. on the Opt-Out-Date. **All times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by +.24.**

LATE ENTRY

Late entries for the Regional Meet will be not be accepted as we have put the deadline as late as possible.

ELIGIBILITY LIST

A copy of your master eligibility list must be faxed, e-mailed or mailed to Allendale High School by the published Opt-Out Date from the MHSAA. The mailing address is 10760 68th Avenue, Allendale, Michigan 49401. The fax number is (616) 895-4280. Emails may be sent to Athletic Secretary Laurie Watson at WatsonLau@APSFalcons.net

ENTRY LIMITATIONS

One (1) relay team per school team. A maximum of three (3) individuals may be listed by a team in each individual event, no alternates, and no substitutions. **Only two (2) may compete;** however, if three (3) or more entries by a school team in an event have equaled or bettered the times or distances listed for Division 2 Additional Qualifying Times/Distances during the current outdoor season, then all of those entries may enter and compete in that event.

ADDITIONAL QUALIFIERS

If three (3) or more entries by a school team in an event have equaled or bettered the times or distances listed for Division 3 Additional Qualifying Times/Distances during the current outdoor season, then all these entries may enter and compete in that event.

UNIFORM RULE (4.3.1c)

A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches (only one visible manufacturer's logo/trademark/reference may be on any visible undergarment. Additionally, the only head attire that may be worn during competition is a knit stocking cap, sweatband, ski band, the hood of a one piece suit or undergarment. All must be unadorned single color cloth except for a manufacturers/school logo no more than 2 ¼ square inches. No color restrictions.

CONCUSSION PROTOCOLS

Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional. All National Federation and MHSAA protocol will be strictly adhered to.

DRUG, TOBACCO AND ALCOHOL POLICY

The use of, or being under the influence of, alcohol or tobacco products or any kind of "look alike products" (e cigarettes, etc.) is strictly prohibited at Allendale Public Schools and by the MHSAA. This also includes narcotics and/or their similar substances.

YOUTH PROTECTION POLICY

Per MHSAA policy, all tournament managers, volunteers, staff assisting in the event and officials or any other personnel must follow school district policy and state statute regarding the mandatory reporting of child abuse, bullying, hazing and sexual harassment. A report of such activity shall be made to legal authorities and to the MHSAA Executive Director or his designee.

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UNMANNED AERIAL VEHICLE (DRONE) POLICY

The use of unmanned aerial vehicles ("UAV"), also known as drones, is prohibited for any purpose by any persons at MHSAA tournament venues. Tournament management shall refuse admission or entry to anyone attempting to use a UAV; and if necessary, tournament management shall remove anyone attempting to use a UAV and/or confiscate the UAV until the event has been completed.

CALL SYSTEM

To keep the meet running smoothly and efficiently the announcer will use the following system: First call, second call, and third/final call. Athletes that have not reported to the clerk of the course or field event supervisor by the third and final call will be scratched from that event and it will count toward their four events.

RUNNING TRACK

The track is an eight- (8) lane, 400 meter, polyurethane surface. Only chalk may be used on the surface of the track for marking starts/handoffs. **All spikes must be 1/8" or less.**

FIELD EVENTS

The high jump pit is located at the south end of the infield. All other field events are located outside the track perimeter on the south & west side. Shot put and discus pads are concrete - spikes are prohibited. Only chalk may be used to mark starts/takeoffs for the high jump, long jump and pole vault areas.

DRESSING FACILITIES

Locker room facilities are available on site upon request however dressing at home is encouraged. Restroom facilities are also available on site.

TIME LIMIT OF ATHLETES' ABSENCE FROM COMPETITION

The "excused" length of time for competitors leaving a field event to go to a running event will be divided into three categories:

- | | | |
|----|---------------------------------|------------|
| 1. | Going to races of 400m or less | 10 minutes |
| 2. | Going to races of 800m or 1600m | 15 minutes |
| 3. | Going to races of 3200m | 20 minutes |

In all cases, the times begin when the athlete asks to be dismissed until his/her return. These times will be recorded by the field event judge.

When it becomes evident to a competitor that he/she will not be able to comply with the time limitation during staging, a substitute from the team can sit in and provide information necessary to the actual competition.

CONCESSIONS

Will not be available.

MHSAA REGIONAL SALES ITEMS

MHSAA regional track and field sales items will be sold.

ADMISSION

Pre-sale tickets **ONLY** and must be purchased through the GoFan app and at the price decided by the MHSAA. Validated tickets will **NOT** be allowed admission nor will passes will not be honored.

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EVENT SCRATCHES

Scratches will be accepted for the morning session until 8:45 a.m. Afternoon scratches are due at the timing tent not later than 11:30 a.m. the day of the meet.

COACH'S MEETING

One coach per team must attend the coach's meeting held at 8:45 a.m. near the finish line located at on the south-west corner of the track.

STARTING TIMES

Gates Open	8:00 a.m.
Implement Weigh In/ Pole Inspection	8:15 a.m.
Men's Pole Vault	8:30 a.m. (Women's pole vault will begin one hour following the completion of the men's.)
Field Event/ Qualifying scratches due:	8:45 a.m. (Coaches meeting)
Boys Discus, Long Jump:	9:30 a.m. (Long jump will be open pit, closing at 10:45am. LJ Finals begin at 11:00am)
Girls High Jump, Shot put: 3200-Meter Relay:	10:30 a.m.
Qualifying Round:	
Girls 100m dash	
Boys 100m dash	
Girls 110m High Hurdles	
Boys 100m High Hurdles	
Girls 200m dash	
Boys 200m dash	
Remaining scratches due:	11:30 a.m.
Boys High Jump, Shot Put	12:30 p.m. (Long jump will be open pit, closing at 1:45pm. LJ Finals begin at 2:00pm)
Girls Disc, Long Jump	
Finals National Anthem:	12:40 p.m.
Running Finals begin:	12:45 p.m.

* There will be one (1) hour between the last jump of the girls (or boys) long jump and high jump competition and the start of the next gender long jump and high jump competition.

SCORING

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

RUNNING EVENT WARM-UP

The track will be available for warm up until 9:45 a.m. and again during the one-hour break between semis and finals. An area outside the fence, east of the track is provided for warm up at any time.

FIELD EVENT WARM-UP

The field event areas will be available for warm-up between 8:15 and 9:00 a.m. for the morning session. Announcements will be made as each field event is completed so contestants will know the event is open for warm up. One (1) warm up trial will be available between flights.

EVENT RESULTS

Results will also be announced as soon as possible. Live results will be posted to FATResults.com pending technical ability.

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AWARDS

1. A medal for each athlete that scores from first (1st) place through eighth (8th) place in each individual event.
2. A medal for each of the four (4) athletes that score from first (1st) place through eighth (8th) place in each of the four (4) running relays.
3. Championship trophy for Division 2 Women.
4. Championship trophy for Division 2 Men.

There will be no formal awards presentation. Medals and trophies will be available in the press box following the meet.

RULES

Track and Field National Federation Rules will govern the meet and MHSAA limitations of competition will be in effect.

IMPLEMENT CHECK

Your shot put and discus will be weighed, measured, and marked between 8:15 - 9:15 a.m., immediately upon entrance to the facility. Implements that do not meet the standards will be confiscated and held in the storage room until the conclusion of the meet.

WOMEN'S SHOT PUT

9:30 a.m. Contestants will be arranged in flights. Three (3) puts in the preliminaries plus three (3) additional puts for the top nine (9) contestants. Convenience puts will be provided for dual competitors. Finals will begin as soon as the top nine (9) contestants are determined. Final contest order will be based on the preliminary results. Final contestants will be flighted from least furthest put to best put; therefore, the best contestant will throw last.

MEN'S SHOT PUT

Will begin following a short break after the final women's shot put contestant. Announcements will be made. Other rules are the same as women's shot put described above.

MEN'S DISCUS

9:30 a.m. Contestants will be arranged in flights. Three (3) throws in the preliminaries plus three (3) additional throws for the top nine (9) contestants. Convenience throws will be provided for dual competitors. Finals will begin as soon as the top nine (9) contestants are determined. Final contestants will be flighted from least furthest throw to best throw; therefore, the best contestant will throw last.

WOMEN'S DISCUS

Will begin following a short break after the final men's contestant. Announcements will be made. Other rules are the same as the men's discus description above.

MEN'S LONG JUMP

9:30 a.m. Open order. Each contestant will be given three (3) jumps; the top nine (9) jumpers will be allowed three (3) more additional jumps. Final contestants will be flighted from least furthest jump to best jump; therefore, the best contestant will jump last.

WOMEN'S LONG JUMP

One hour following the final men's contestant. Announcements will be made. Other rules are the same as the men's long jump description above.

WOMEN'S HIGH JUMP

9:30 a.m. Contestants will be arranged in flights. The starting height is 4'7". The first raise will be 3", the second will be 2", the third will be 2". Consecutive raises will then be 2". Once there are nine (9) contestants remaining the raise will be 1".

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MEN'S HIGH JUMP

One hour following the completion of the final jump of the women's contestants. Contestants will be arranged in flights. The starting height is 5'7". The first raise will be 3", the second will be 2", the third raise will be 2". Consecutive raises will then be 2". Once there are nine (9) contestants remaining the raise will be 1".

MEN'S POLE VAULT

8:30 a.m. Starting height is 10'9". The first raise will be 9", the second raise will be 4", third & fourth raises will be 6", and consecutive raises will then be 3", until nine (9) competitors remain. Once there are nine (9) contestants remaining the raises will be 3".

WOMEN'S POLE VAULT

One hour following the final men's competitors. Starting height is 7'6". The first three raises will be 6", the fourth raise will be 3", and consecutive raises will be 3" until nine (9) competitors remain. Once there are nine (9) contestants remaining the raises will be 3".

TIME ALLOTMENT TO INITIATE TRIALS IN THE HIGH JUMP AND POLE VAULT

Contestants will have one (1) minute to initiate his/her trial in the high jump and pole vault. Once there are three or few contestants remaining athletes will have three (3) minutes to initiate the trial. When there is a single competitor remaining that athlete will have five (5) minutes to initiate his/her trial.

STARTING BLOCKS

Allendale will provide all standard starting blocks. If you use stand up blocks, you may use them upon approval of meet manager.

PRELIMINARY HEATS

Regional 12-2 has elected to use FAT. Per MHSAA regulations regionals using FAT will eliminate one round of competition in the following events:

- 100 Meter Dash
- 100 Meter Hurdles (33") (Women's)
- 110 Meter High Hurdles (39") (Men's)
- 200 Meter Dash

The first round for these events will be conducted **following** the 3200m relay (1st running event).

Advancing athlete:

Winners from each heat and then the fastest time to fill all remaining available times

2 Heats = 2 heat winners, 6 fastest time to fill available lanes

3 Heats = 3 heat winners, 5 fastest time to fill lanes

4 Heats = 4 heat winners, 4 fastest times to fill lanes

4 X 800 METER RELAY

10:30 a.m. The 4 X 800 Meter Relay finals will be run no earlier than 10:30 a.m. The 800-meter, 1600-meter, and 3200-meter runs will use the waterfall start at the MHSAA regional and final.

RUNNING EVENTS SCORING

Final placement will be based on time when not in the same heat. Fastest eight (8) times score and all afternoon races are final.

HEAT ASSIGNMENTS

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Heat assignments will be made following scratches.

TIES

In the event of a tie, team points will be divided and additional medals will be awarded.

JURY OF APPEALS

Any appeal requests must be made to the meet monitor located in the press box. **Judgment decisions may not be appealed.** Members of the Jury of Appeals are:

- James Hogan – Meet Manager
- Mike VanDyke – Women’s Coach – Allendale
- Jeremy Annen – Men’s Coach – Coopersville
- Two meet officials

AREAS WITH LIMITED ACCESS

Coaches and spectators are not permitted in the following areas:

- Infield, including finish line
- Press Box (for spectating purposes)
- The Bull Pen
- Inside the flagged areas at all field events.

Meet officials will enforce these restrictions.

SAFETY THREAT POLICY

In the event of a safety threat Allendale Public Schools will utilize their safety protocol procedure. This policy will ensure the safety of all participants and spectators. Instructions will be given by announcements should any emergency situations arise.

PERSONAL BELONGINGS

Please do not allow your athletes belonging/bags/backpacks to be lying around “haphazardly”. Please keep your athletes belongings in the same general area as your team. Unattended belongings will be subject to inspection and/or confiscation. Please return your equipment bags (shot, discus, etc.) to the bus when you have finished with it for the day. The Michigan High School Athletic Association and Allendale Public Schools and its staff are not responsible for personal belongings and school equipment.

ADDITIONAL REGIONAL QUALIFYING STANDARDS

In order to enter more than two (2) athletes in an individual event at the Division 2 Regional, all of the entries must have equaled or bettered the following standards during the current outdoor season prior to Monday, May 16, 2016 at 4:00 p.m.

TO REGIONALS

EVENT:	WOMEN’S:	MEN’S:
POLE VAULT	8’6”	11’6”
SHOT PUT	32’0”	43’6”
HIGH JUMP	4’10”	5’9”
LONG JUMP	15’0”	19’5”
DISCUS	95’0”	125’0”
110M HURDLES		16.8

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100M HURDLES	17.6	
100M DASH	13.5	11.7
1600M RUN	5:43.0	4:46.0
400M DASH	1:04.0	53.2
300M I.H.		43.5
300M L.H.	51.6	
800M RUN	2:32.0	2:06.0
200M DASH	28.0	24.0
3200M RUN	12:35:0	10:25.0

ADDITIONAL REGIONAL QUALIFYING STANDARDS

In order to qualify to the Division 2 State Final Track and Field Meet an athlete must finish first or second in their event or equal or better the following standards:

REGIONALS TO FINALS

EVENT:	WOMEN'S:	MEN'S:
POLE VAULT	9'3"	12'10"
SHOT PUT	36'0"	48'2"
HIGH JUMP	5'2"	6'2"
LONG JUMP	16'4"	20'8"
DISCUS	108'0"	140'0"
3200M RELAY	10:00.0	8:21.0
110M HURDLES		15.5
100M HURDLES	16.21	
100M DASH	12.9	11.3
800M RELAY	1:49.2	1:32.8
1600M RUN	5:20.0	4:30.0
400M RELAY	:51.5	:44.7
400M DASH	1:01.1	:51.3
300M I.H.		:41.00
300M L.H.	:48.6	
800M RUN	2:25.00	2:00.5
200M DASH	26.75	23.00
3200M RUN	11:43.5	9:50.0
1600M RELAY	4:13.9	3:31.3

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TENTATIVE TIME SCHEDULE

(WE WILL RUN AHEAD OF SCHEDULE WHENEVER POSSIBLE)

8:00 a.m.	Gates open Implements weighed, measured and marked.
8:15 - 9:00 a.m.	Field Event Warm-Up
8:30 a.m.	Men's Pole Vault (Women's PV will begin one (1) hour following the completion of the men's)
8:45 a.m.	Scratch sheets for morning events due to the timing tent. Coach's Meeting
8:55 a.m.	National Anthem
9:30 a.m.	<u>Field Events Begin:</u> Men's Discus & Long Jump (Long Jump will be open pit, closing at 10:45am. Long Jump finals begin at 11:00am). Women's High Jump & Shot Put
10:30 a.m.	3200M Relay (4 x 800) Qualifying Heats in the following Order: (If needed after scratches.) 100M Dash 100M Hurdles 110M Hurdles 200M Dash
11:30 a.m.	Afternoon scratch sheets are due to the timing tent.
12:30 p.m.	Women's Discus & Long Jump (Long Jump will be open pit, closing at 1:45pm. Long Jump finals begin at 2:00pm)
12:40 p.m.	National Anthem
12:45 p.m.	<u>FINAL EVENTS BEGIN (Women run first)</u> 100M Hurdles (Women) 110M Hurdles (Men) 100M Dash 800M Relay (4 x 200) 1600M Run 400M Relay (4 x 100) 400M Dash 300M Hurdles 800M Run 200M Dash 3200M Run 1600M Relay (4 x 400)

Note: There will be one (1) hour between the last jump of the girls (or boys) long jump and high jump competition and the start of the next gender long jump and high jump competition.

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