



2021 MHSAA Region 02-1 Track Meet @Grand Haven High School Friday May 21, 2021

***All entries need to be made on Athletic.net before 8:00 PM Tuesday, May 18, 2021**

All times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by +.24.

Athletes without or with incorrect times submitted, will be placed in the last heat or 1st section without seeding consideration.

- 10:00 AM** **Gates Open**
- 10:30 AM** **Coaches Meeting** - Make scratches at the Coaches meeting (100, Hurdles, 200, & 4x800 Relay)
- 11:00 AM** **Boys and Girls Pole Vault** (*simultaneously dual pits opening heights girls 8'3" - boys 11'3"*)
- 12:00 noon** **All Field Events begin** – *Scratches at the event site.*
Boys Discus, Girls Shot Put – followed by finals in each (*Switch upon completion, top 9 advance to Finals*)
Boys & Girls High Jump (*simultaneously dual pits opening heights girls 4'8" - boys 5'8"*)
Boys & Girls Long Jump (*Open Pit simultaneously dual pits – top 9 advance to Finals. Finals is an open pit to accommodate athletes in multiple events*) Prelims for LJ 12:00 - 2:00. Finals 2:15 - 3:00
Jumpers must check out and in with the judges. We will try to accommodate jumpers in multiple events within reason.
- 12:30 PM** **3200m relay Finals** *Girls run first in 2021 (1 heat per gender regardless of numbers)*
800m run, 1600 run, 3200M relay and 3200M run Regional and Final meets will use waterfall/double waterfall start.
- 1:00 PM** **Qualifying Heats Sprints** *Girls run first in 2021.*
Regionals must use FAT to eliminate one round of competition in the 110m/100m hurdles, 100m dash and the 200m dash. The first round for these events will be conducted following the 3200m relay (1st running event).
Girls 100m Dash
Boys 100m Dash
Girls 100m High Hurdles
Boys 110m High Hurdles
Girls 200m Dash
Boys 200m Dash
Advancing athletes to the Finals
Heat winners from each heat and then the fastest times to fill all remaining available lanes.
Two Heats – 2 heat winners, 6 fastest times to fill available lanes.
Three Heats – 3 heat winners, 5 fastest times to fill lanes.
Four Heats – 4 heat winners, 4 fastest times to fill lanes.
- 2:15 PM** **Girls & Boys Long Jump Finals*** *start as close to 2:15 as possible after Qualifying heats end.*
- 3:00 PM** **Scratch Deadline for Final Running Events**
- *3:55 PM** **National Anthem**
- *4:00 PM** **Running Event Finals Begin** (*or one hour after the final event of the Qualifying round.*)
Girls 100M Hurdles
Boys 110M High Hurdles
100M Dash
4 x 200M Relay
1600M Run – Two heats only if the entries exceed 24. If 2 heats, the 2nd heat will have 16 fastest entries.
4 x 100M Relay
400M Dash
300M Hurdles
800M Run - Two heats only if the entries exceed 20. If 2 heats, the 2nd heat will have 16 fastest entries.
200M Dash
3200M Run – (1 heat per gender regardless of numbers)
4 x 400M Relay
- 7:30 PM*** **Trophy Presentation**

**Approximate times*