



**Track and Field Regional Information
Saline High School
1300 Campus Parkway, Saline, MI
Friday, May 20th, 2022**

Athletic Directors and Track Coaches -

Your team has been assigned to the Saline Regional on Friday, May 20th. These are items you need to be aware of for the Regional:

1. All Regional entries are due by **11:59 p.m. on Tuesday, May 17**. Entries are to be done on athletic.net.
2. From the MHSAA:
Late entries are for CLERICAL ERRORS ONLY.
** \$50 must be paid before the contestant or team will be allowed to participate.*
** There are to be no late entries after the Regional individual positions are set.*
** The late fee may not be used to change any time, height, or distance.*
** The only changes which are permitted after 11:59 p.m. the day of the entry date will be scratches or clerical errors.*
3. From the MHSAA:
Times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by +.24. Any handheld times must first be rounded up to slower one tenth of a second (for example, 10.42 would be 10.5) and then a conversion factor of .24 must be added. Example: You have a hand time of 27.23 for the 200. Round that time to 27.3. Then add the .24 conversion. That means the 27.23 hand time is 27.54 converted.

Entries for whom times were not submitted or for whom confirmed false times were submitted are to be placed in the last heat or first section without seeding consideration. The Regional Manager is to advise the MHSAA, in writing, of these violations.

4. From the MHSAA:
All performances/entries must be legitimate. All performances must have been achieved prior to 11:59 p.m. on May 17.

Times, heights and distances listed on the entry information are to be for the current outdoor season only. If questioned, each coach must indicate the date, location and opponent (school) when the time was established. Failure to comply shall eliminate the individual as an additional qualifier or shall eliminate the individual from seeding consideration.

5. You may enter 3 individuals in an event; however, only two may compete (scratch the third) unless all three (or more) have met the additional qualifier standard.
6. FAT timing will be utilized. NOTE: Because of FAT timing, there will only be two rounds of the 100, 110/100 hurdles, and the 200. The first round will begin at 3:00, and the finals will begin at 5:00.
7. The long jump will be an "open pit." The girls' long jump will begin at 1:00, and the boys' long jump will begin at 2:30 (or one hour after the girls finish). Both genders will have 90 minutes to complete their jumps.
8. The 1600, the 3200, and the 4 x 800 will all use the waterfall (step up) start, and there will be a one turn stagger.
9. Advancing to the finals in the 100, hurdles, and 200:
 - 1 Heat – heat winner and then the fastest times to fill all remaining available lanes.
 - 2 Heats – 2 heat winners, 6 fastest times to fill available lanes
 - 3 Heats – 3 heat winners, 5 fastest times to fill lanes
 - 4 Heats – 4 heat winners, 4 fastest times to fill lanes
10. Refer to the MHSAA Track and Field website for the sequence of raises in the pole vault and high jump at the Regional. Click on the "[pole vault/high jump raise chart](#)" to get the specifics. On the same link you can check the standards for qualifying to the State Meet in all events.
11. Scoring in the Regional meet is as follows: 10-8-6-5-4-3-2-1. Medals are awarded to the top 8 places including relays.
12. There will be a coaches' meeting at noon by the finish line. It is important that all coaches attend.
13. The Regional time schedule accompanies this document.
14. All spectator tickets will be sold digitally and should be purchased in advance at [Go Fan](#). Spectators will not be allowed on the infield.

We are looking forward to seeing you on May 20th.

If you have questions, contact Derek Stern at derek.stern@comcast.net or 419.376.8512.

**2022 MHSAA REGIONAL TRACK AND FIELD
FRIDAY, MAY 20th, 2022
SALINE HIGH SCHOOL**

Scratches for Girls' PV	Due by 2:30PM 5/19/2022
Coaches' Meeting	12:00 - by the finish line
Implement Weigh-In	11:30-12:15
Scratches for other Field Events	Due by 12:30
Girls' Pole Vault	3:00pm 5/19/2022...will run to its conclusion
Girls' Long Jump (open pit for 90 minutes)	1:00...finals follow immediately
Girls' Discus	1:00...finals follow immediately
Boys' Shot Put	1:00...finals follow immediately
Boys' High Jump	1:00...will run to its conclusion
Boys' Long Jump (open pit for 90 minutes)	2:30 or one hour after girls' LJ
Boys' Discus	Following the girls' discus
Girls' Shot Put	Following the boys' shot put
Girls' High Jump	One hour after the completion of boys' HJ
Boys' Pole Vault	Following the girls' PV -5/19/2022
3200 Relay	2:00
Scratches for 1 st Round 100/hurdles/200	Due by 2:15
100 - 1 st Round (boys/girls)	3:00
100 Hurdles - 1 st Round	
110 Hurdles - 1 st Round	
200 - 1 st Round	
Final Scratches	Due by 4:15
National Anthem	4:50
FINALS	5:00
100/110 Hurdles	
100	
800 Relay	
1600	
400 Relay	
400	
300 Hurdles	
800	
200	
3200	
1600 Relay	
Presentation of Awards	