

## **MHSAA DIVISION 2 TRACK AND FIELD REGIONAL 19**

**Friday, May 20, 2022**

Corunna ~ Flint Powers Catholic ~ Flint Southwestern ~ Fowlerville ~ Goodrich  
Haslett ~ Lake Fenton ~ Lansing Eastern ~ Lansing Sexton ~ Linden ~ Ortonville Brandon  
Owosso ~ Pontiac ~ Pontiac Notre Dame Prep ~ St Johns ~ Williamston

**Entries:**     **All entries need to be made on Athletic.net before 11:59 PM Tuesday, May 17, 2022.**

- Each team can enter 3 entries per event but must scratch down to 2 contestants unless all athletes have met the additional regional qualifier in that event. A team may enter more than 3 athletes, provided all athletes have met the regional additional qualifying standards. [Link to AQ standards.](#)
- All performances shall have been achieved prior to 11:59 pm on Tuesday, May 17, 2022.
- Times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by rounding up to the highest tenth then adding +0.24 (i.e. 12.52 = 12.6 + 0.24 = 12.84).
- Athletes or relay teams that do not have times submitted or with incorrect times submitted will be placed in the last heat or first section without seeding consideration.
- Late entries are for clerical errors only.
  - \$50 must be paid before the contestant or team is 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 the 11:59 PM May 17 deadline will be scratches or clerical errors.

**Location:**

- **Larkin-Nortman Field, Paul Nilsson Track, 201 School Street, Williamston, MI.**  
**NOTE:** The track and field site is NOT at Williamston High School but at our downtown track and field/football site.

**Facility:**

- 8 lane metric track with up-to-date markings.
- Track, runways, and approaches were resurfaced in 2019.
- Discus and shot put circles are concrete slabs.
- Only ¼ inch spikes are allowed on the track.

**Gates Open:**

- 11:30 AM

**Parking**

- Buses should pull up to the stadium entrance to drop off athletes and equipment. Buses will then be directed to nearby on-street parking.
- Spectator parking is available in the lot north of the stadium off of Mechanic Street or along nearby streets.
- Parking is not available in the parking lot east of the stadium; this parking lot is for customers of the private business adjacent to the track facility.

**Admission**

- All tickets are \$7 and are sold digitally via [www.GoFan](http://www.GoFan.com).

**Tents**

- Tents are allowed on the south side of the facility along the fence line.

**Warm-up Area**

- Athletes may use the designated warmup area in the infield.
- No athletes will be allowed on the track for warming up while running events are taking place.

**Restricted Areas**

- Field event coaches will be allowed to coach from designated boxes in each event area.
- Coaches and non-participating athletes are restricted from the infield.

**Trainer**

- A trainer will be available on the infield near the finish line.
- If an athlete needs to be taped, please bring their taping materials for the trainer to use.

**Concessions**

- Water, restrooms, and concessions will be available.
- MHSAA merchandise will be available.

**Athlete Check-In**

- Athletes will check-in with the clerk, located near the flagpole at the east end of the stadium, near the start of the 100 meter dash.
- All track competitors will be issued hip numbers when checking in for their event. Athletes will likely have a different hip number for each event.
- Call system: 1st, 2nd, and 3rd (last) call will be used.

**Starting Blocks**

- Traditional starting blocks will be provided by Williamston High School.
- Non-traditional blocks must be approved by the referee/starter, prior to the event.

**Marking Material**

- Chalk will be the only allowable marking material to be used.
- Chalk may be used on the long jump runway, pole vault runway, high jump approach, and on the track for marking relay steps.

**Scoring**

- Top 8 places score and receive medals. 10-8-6-5-4-3-2-1.

**Awards/Results**

- Results for all events will be posted on athletic.net. Results will not be printed.
- Regional championship trophies will be awarded on the infield at the end of the meet.
- Coaches can pick up medals from the pressbox at the conclusion of the meet.
- MHSAA State Finals qualifier information will be posted on the mhsaa.com website.

### Advancing Athletes in the Sprint Prelims

- Heat winners from each preliminary heat and then next fastest times are used to fill 8 lanes in the finals.
- For example, if running 3 heats of prelims, the 3 heat winners and next 5 fastest times advance to the finals.

### Pole Vault

- Girls vault first at 1:00 PM. Boys pole vault will begin 1 hour after the conclusion of the girls pole vault.
- This event will be run in rotations of "Five Alive" when possible.
- Standard raises for pole vault:

<b>Girls</b>	7'3	8'0	8'6	9'0	9'3
<b>Boys</b>	10'9	11'6	12'1	12'8	13'2

### High Jump

- Boys jump first at 1:00 PM. Girls high jump will begin 1 hour after the conclusion of the boys high jump.
- This event will be run in rotations of "Five Alive" when possible.
- Standard raises for pole vault:

<b>Boys</b>	5'7	5'10	6'0	6'2
<b>Girls</b>	4'6	4'9	5'0	5'2

### Long Jump

- Girls jump first at 1:00 PM.
- Athletes may warm up 1 hour prior to the start of the prelims for their event.
- Preliminaries are open pit for 1 hour and 15 minutes, each athlete getting 3 attempts.
- The top 9 advance to finals, where athletes will be provided 3 additional attempts.
- Finals will be open pit for 30 minutes.
- Schedule:

	Run Throughs	Prelims	Finals
<b>Girls</b>	12:00-1:00 PM	1:00-2:15 PM	2:30-3:00 PM
<b>Boys</b>	3:00-4:00 PM	4:00-5:15 PM	5:30-6:00 PM

### Shot Put and Discus

- Boys shot put and girls discus start at 1:00 PM.
- Implement weigh-in will take place in the large green pole barn next to the throwing areas on the west side of the track facility.
- All throwing events will be run in flights (best throwers last), throwing 1-1-1.
- The top 9 advance to finals, in reverse order of best throw from prelims.

- 11:30 AM                   **Gates open:** Packet pick-up at the ticket booth at the stadium entrance
- 12:30 PM                   **Coaches meeting:** Located adjacent to the concession stand
- **Scratches due** for 4x800 and sprint prelims—bring to coaches meeting
  - Scratches for field events can be done on site
- 12:30 PM                   **Implement weigh-in:** At the large green pole barn next to the shot put/discus
- 1:00 PM                   **Field Events start**
- 1st round:       Girls discus, Girls pole vault, Girls long jump  
Boys shot put, Boys high jump
  - 2nd round:       Boys discus, Boys pole vault, Boys long jump  
Girls shot put, Girls high jump
- 2:00 PM                   **Boys 4 x 800m relay finals – 1 section**
- 2:15 PM                   **Girls 4 x 800m relay finals – 1 section**
- 2:30 PM                   **Sprint Prelims**
- Boys 100m dash (up to 4 heats)       Girls 100m dash (up to 4 heats)
  - Boys 110m hurdles (up to 4 heats)   Girls 100m hurdles (up to 4 heats)
  - Boys 200m dash (up to 4 heats)       Girls 200m dash (up to 4 heats)
- 3:15 PM                   **Scratches due for running finals**
- Bring to clerk, located by the flagpole at the east end of the facility
- 4:30 PM                   **Running finals**
- Boys 110m hurdles (1 heat)               Girls 100m hurdles (1 heat)
  - Boys 100m dash (1 heat)                 Girls 100m dash (1 heat)
  - Boys 4x200m relay (2 heats)             Girls 4x200m relay (2 heats)
  - Boys 1600m run (2 sections if <24)   Girls 1600m run (2 sections if <24)
  - Boys 4x100m relay (2 heats)             Girls 4x100m relay (2 heats)
  - Boys 400m dash (up to 4 heats)       Girls 400m dash (up to 4 heats)
  - Boys 300m hurdles (up to 4 heats)     Girls 300m hurdles (up to 4 heats)
  - Boys 800m run (2 heats)                 Girls 800m run (2 heats)
  - Boys 200m dash (1 heat)                 Girls 200m dash (1 heat)
  - Boys 3200m run (1 heat)                 Girls 3200 m run (1 heat)
  - Boys 4x400 m relay (2 heats)           Girls 4x400 m relay (2 heats)
- 7:30 PM                   **Trophy presentation**

- \* Waterfall start and 1 turn stagger in the 4x800 relay, 1600m run, 800m run, and 3200m run
- \*\* In the sprint preliminaries, athletes will be “snaked” with fastest athletes in the preferred lanes.
- \*\*\* In the running finals with multiple heats, the slower heats will run first.
- \*\*\*\* If there are athletes competing in wheelchair events, the wheelchair heats of the 100m, 200m, or 400m would occur between the boys and girls running heats of the same event.

