

Grosse Pointe South High School
MHSAA REGIONAL TRACK & FIELD

Your team has been assigned to the MHSAA track & field state regional meet hosted by Grosse Pointe South.

WHEN: Friday, May 21, 2021

WHERE: Grosse Pointe South H.S.
11 Grosse Pointe Blvd, Grosse Pointe Farms, 48236

ENTRIES DUE: **!!! Monday, May 17th !!!**

ENTRY INFO:

- 1) Entries thru athletic.net
- 2) Eligibility List sent to the meet manager.
 - Fax: Steve Zaranek at 313-432-3544 or
 - Email: Steve Zaranek @ zaranes@gpschools.org

ENTRIES MUST BE SUBMITTED ON-LINE THRU ATHLETIC.NET.

IMPORTANT REMINDER:

ONLY TWO ENTRIES PER INDIVIDUAL EVENT ALONG WITH ONE RELAY TEAM PER RELAY EVENT. You do have the option to enter three in each individual event but you must scratch one of the three by the deadline on the day of the meet if you use this option. Of course, if all three (or more) have met the additional published qualifying standard, then all may compete. Only use this option if you feel it necessary to do so. It causes a great deal of additional computer work. **IF YOU ENTER THREE AND DO NOT SCRATCH ONE OF THE THREE ON MEET DAY, WE WILL RANDOMLY PICK ONE OF YOUR THREE ENTRIES AND DELETE THAT ENTRY.** We are required to do this. Please be very careful when using this option.

- It is recommended that you bring a confirmation printout of your Athletic.net entries.
- Make sure that you understand the MHSAA uniform rules. You already received your warning through the MHSAA on-line rules meeting.
- State finals information will be mailed to your school the week after the regional.
- State regional spirit wear will be on sale (likely). Concession stand will be in operation all day (likely).

We look forward to providing your athletes will an excellent track & field experience. Feel free to e-mail if you have any questions or concerns. Good luck with the remainder of your season!

Steve Zaranek - Meet Manager

Grosse Pointe South H.S.
11 Grosse Pointe Blvd.
Grosse Pointe Farms, MI 48236

e-mail: zaranes@gpschools.org

Michigan High School Athletic Association
State Regional Track & Field

SCHEDULE OF EVENTS

Grosse Pointe South High School
Friday, May 21, 2021

FIRST SESSION	
2:00	First session scratches due (second session scratches due at 4:00)
2:00	First session field events: BOYS: discus, pole vault, long jump GIRLS: shot, pole vault, high jump (two runways will be utilized in the pole vault)
2:30	3200 relay <i>FINALS</i>
3:00	100 dash prelims – 8 fastest to finals
3:20	100 / 110 hurdle prelims – 8 fastest to finals
3:40	200 dash prelims – 8 fastest to finals

SECOND SESSION	
4:00	Second session scratches due - turn in at finish line tent
4:30	Second session field events: BOYS: shot, high jump GIRLS: discus, long jump
4:40	National Anthem
4:45	110 / 100 hurdle finals
4:55	100 dash finals
5:05	800 relay finals
5:25	1600 run finals
5:45	400 relay finals
6:05	400 dash finals
6:30	300 hurdle finals
6:55	800 run finals
7:15	200 dash finals
7:25	3200 run finals
7:55	1600 relay finals
8:20	Medal pick-up / team trophy presentation

The first and second sessions will begin at indicated times and each session will run ahead of schedule if possible.

STARTING HEIGHTS: Boys HJ: 5'8"; Girls HJ: 4'8"; Boys PV: 11'3"; Girls PV: 8'3"

2021 - GIRLS RUN FIRST