



# Inland Lakes Schools

Inland Lakes Schools will be the standard  
Of excellence for student achievement,  
Respect and community pride.

4363 South Straits Hwy  
Indian River, Michigan 49749  
231-238-6868 ext. 232; lrobinson@inlandlakes.org  
FAX: 231-238-4181

Welcome to the **Division 4 Region 31** Track Meet at Inland Lakes Schools. Enclosed you will find additional regional information. Any questions or concerns, please contact me:  
Cell-231-330-4854

**Participating Schools:** Alcona, Fairview, Gaylord St. Mary, Hale, Hillman, Indian River, Johannesburg-Lewiston, Mio, Onaway, Pellston, Petoskey St Michael Academy, Posen, Rogers City, Wolverine

**Entries:** Please make sure you enter only 3 athletes in each event unless each one has hit the additional qualifying mark for regionals: (<https://www.mhsaa.com/portals/0/documents/BTR/addqual.pdf>)  
You must scratch down to 2 athletes on Friday unless all have hit additional qualifying marks.

**Timing:** FinishLynx timing system with Meetpro/Easy Meet Manager will be utilized with an independent crew for this event.

**Coaches Meeting:** We will have a coaches meeting in the men's locker room, entry is located on the backside of the RAC (Rowan Athletic Complex) located to the North of the concession stands. We hope to communicate everything well enough that the coaches meeting goes quickly, smoothly, and teams can just turn scratch sheets and referee statements.

**Athlete Check In/Chute Procedure:** Athletes for ALL running events will check in at the tent & table at the North end of the track. Athletes should check in no later than the 2nd call (Please have them use a surrogate if they are in Field Events.) If there are scratches beyond the scratch period please communicate these to the clerk so plans can be made.

**Scratches:** Field event scratches and will be due to the men's locker room located at the RAC at 9:00 AM, at the beginning of the coaches meeting. All remaining prelim scratches will be due in the press box at 9:45 (Please see Cindy.) Final Scratches will be due in the press box at 12:30.

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**Field events:** FE finals occur immediately after the top 9 performances (SP, Disc, LJ) are determined. Boys SP will be run in flights (no less than 5) girls to follow 30 minutes after the boys finals. Girls discus will mirror Boys SP. The Boys long jump will begin 30 minutes after the Girls Final. The Boys & Girls HJ will be run in a five alive format. Boys first at 10:30. The girls HJ will follow 30 minutes after the boys are finished.

**Team Parking:** Buses will drop off student-athletes at the entrance to the stadium and will park in the open field located directly in front of the RAC (Rowan Athletic Complex.)

**Spectators Parking:** Parking of all spectators will be in the school lots around the high school building.

**Tent/Team Area:** Please set up camp/tents on the grass to the North end of the track from concessions to the woods or the south end in front of the maintenance barn. Please space them out from other teams. All tent/team areas are to stay outside of the fence surrounding the track.

**Masks and Distancing:** Face masks are no longer required for any outdoor activity. While individuals may opt to wear a face mask, there is no longer a requirement that face masks be worn outdoors by any player, coach, team personnel, official or spectators. Spectators need to be physically distanced from those not in their immediate household as much as possible.

**Admission:** \$7 MHSAA admission. We will be using GoFan. There is a small fee associated with using GoFan. No passes will be accepted: (**Track & Field Meet Region 31 Link:**)  
<https://gofan.co/app/events/610899?schoolId=MI10337>

**Concessions:** Concessions will be available in the building to the left of the gate as you enter

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**Locker Rooms:** Not available

**Warm Up Areas:** Warm ups can be done in the field to the right of the parking lot West of the track, trails in the woods located on the East side of the track past the discus area. The infield is NOT to be used for warm ups.

**Equipment Inspection:** Shot Put & Discus must be inspected before they can be used in competition, inspection will take place in the RAC (Rowen athletic complex) in the girls locker room. Poles will be inspected at the RAC as well.

**Starting Blocks:** Starting blocks are provided. No other blocks will be allowed on the track.

**Spikes:**  $\frac{1}{8}$ " -  $\frac{1}{4}$ " pyramid spikes only allowed.

**Track Marking:** Chalk only, NO marks allowed on runways.

**Infield:** Coaches ONLY will be allowed on the infield. Only athletes in the next event will be on the infield. Please stay away from the finish table and timing systems.

**Field Event Coaches:** These coaches are allowed to coach from the designated area of each field event.

**Pets:** Per MHSAA, no pets will be allowed inside the outer perimeter of the track fence. Service animals with proper vestige and documentation are allowed.

**Emergency Info:** In case of severe weather we will follow MHSAA protocol and postpone the meet. Coaches and athletes, the High School Gym will be made available. All spectators should go to their vehicles.

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**Athletic Trainer:** Certified Athletic Trainer will be on site for this event.

**Finals:** Will begin 1 hour after the finish of the 200 prelims but not before 1:00 PM.

**MHSAA Souvenir Clothing:** Will be available on site, CASH PREFERRED, but checks will be permitted, made payable to: INLAND LAKES SCHOOLS--credit cards will NOT be accepted.

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**MHSAA Track & Field**  
**Division 4 Regional # 31**  
**Inland Lakes Schools**  
**Shanley Field**

On behalf of Inland Lakes Schools and the MHSAA I would like to welcome you to the 2022 Track & Field Regional. As your host we will do everything we can to make this a great experience for you and your athletes. Below is information that should be helpful with your planning.

**Meet Manager:** Lewis Robinson, AD (231-330-4854: [lrobinson@inlandlakes.org](mailto:lrobinson@inlandlakes.org))

**Date:** Friday, May 20, 2022

**Entries:** Due Tuesday, May 17th, 2022 by 8:00pm-Athletic.net

Schedule may be slightly modified once we see the entries. Facility will open at 8am

**Start Times:** **9:00** - Girls PV scratches due; Coaches meeting-Rowan Athletic Complex-Men's locker room; Other field event scratches due  
**9:30** - Girls Pole Vault begins  
**9:45** - Prelim Scratches Due (press box, see Cindy)  
**9:55** - National Anthem  
**10:00** - Field events open for warm up  
**10:30** - All remaining field events (**Girls Shot Put ~about an hour after Girls Discus is completed, Boys Discus ~about an hour after Boys Shot Put is completed.**)

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Boys- High Jump, Shot Put

Girls- Discus, Long Jump

**11:00** - 4 x 800 Relay Finals following Anthem

**Start prelims at the conclusion of the 4 x 800 Relay**

Sprint/Hurdle 1st Round (100 Dash, High Hurdles, 200 Dash)  
(Winner of each heat advances plus best times)

Ex: 5 heats of 100 = 5 heat winners + next 3 fastest times

**12:30** - Final scratches due (press box, see Cindy)

**12:55** - National Anthem

**1:00** - Running Event Finals (or 1 hour after the last 200 Dash prelim,  
whichever is later) – High Hurdles, 100 Dash, 4 x 200 Relay, 1600 Run, 4 x 100  
Relay, 400 Dash, 300 Hurdles, 800 Run, 200 Dash, 3200 run, 4 x 400 Relay

**Implement Weigh-In:** Begins at 8:45, Location: Rowen Athletic Complex-Ladies Locker Room

## **Officials:**

Gordie Richardson - Referee 1

Jerry Cook - Referee 2 and recall starter

Dave Putz- Starter

Rich Robbins - Starter

Frank Wozniak - Clerk

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## **Host: Indian River Inland Lakes**

Location: [Shanley Field - Indian River 31](#)

[Alcona](#)

[Fairview](#)

[Gaylord St Mary](#)

[Hale](#)

[Hillman](#)

[Indian River Inland Lakes](#)

[Johannesburg-Lewiston](#)

[Mio](#)

[Onaway](#)

[Pellston](#)

[Petoskey St Michael Academy](#)

[Posen](#)

[Rogers City](#)

[Wolverine](#)

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