

# MHSAA REGION 45 TRACK FINALS

May 20, 2022

@Pickford High School

333 S. Pleasant St

Pickford, Mi 49774

**Participating Schools: Brimley, Cedarville/Detour, Mackinac Island, Paradise/Whitefish Township, Ojibwe Charter, Pickford, Rudyard**

**1:30pm Coaches Meeting**

**1:30pm Shot Put/Discus Instrument Weigh-Ins**

**1:55pm National Anthem**

**2:00pm Field Events**

**2:30pm Running Events (Boys first in 2022)**

- Tickets - \$7.00 each - Per the MHSAA, digital ticketing through GoFan will be used by spectators for entrance into the event. The link will be posted on the Pickford Public Schools Facebook page. No passes honored. \$7.00 per person
- Concessions - A concession stand will be made available by the Pickford Sports Boosters.
- No Locker rooms available, Port a Johns on site as restrooms.
- Meet Entries - Field and running events are limited to four (4) entries per school for all events. Relays are limited to one (1) team per school, both boys and girls. **Superior Timing** will be administering both timing and results.
- Meet entry submission is included. All entries must be submitted via Athletic.net no later than 8:00pm EST on Wednesday, May 18.
- Scoring – Scoring will be 5-3-2-1 for Individual events and Relays.

## FIELD EVENT INFO

a. Girls Go First... Discus, Pole Vault and Long Jump

b. Boys Go First... Shot Put and High Jump

c. Starting Heights

i. Pole Vault (Girls) 6'6" & (Boys) 9'0"

ii. High Jump (Boys) 5'0" & (Girls) 4'4"

d. Discus / Shot Put...competitors receive three (3) throws each; top five advance to the finals to receive three (3) additional throws; places determined by best distance

e. Long Jump...competitors receive three (3) attempts each; top five advance to the finals to receive three (3) additional throws; places determined by best distance

13. Awards - Medals will be awarded to the top four individual/teams in each event.

14. Meet Manager – If you have any questions please contact Michael Collins @ [mcollins1@eupschools.org](mailto:mcollins1@eupschools.org) or 906-647-6285 (x5)