

MIDLAND HIGH SCHOOL
Athletic Department
Home of the Chemics
www.chemics.net



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MHSAA REGIONAL 1-1 TRACK & FIELD
May 20, 2022

Meet Manager: Eric Albright, 989-923-5217 (office)
989-430-2610 (mobile)

Team Drop Off: Use the following GPS address and the WEST Gates for team drop-off:
2600 Washington St, Midland, MI 48642 (See the map.)
Busses may park in the lot adjacent to the baseball field or on the East side of campus.

Spectators: Parking is available in the large lot on Eastlawn Drive.

Admission: \$7 All spectators.
One ticket booth location will be open for spectators in the Southeast corner of the stadium.

Locker Rooms: Please dress at home. Limited dressing facilities will be available.



Entry Deadline: Your entries must be submitted online to MIDLAND HIGH SCHOOL from athletic.net on or before 11:59 p.m. on TUESDAY, MAY 17, 2022. Eligibility forms may be emailed to albrightet@midlandps.org by Monday, May 14 at 4:00 p.m. Please enter your times as FAT times to the hundredth (.00) or handheld equivalent, adjusted by + .24

Entries: Schools assigned to Regional 1-1 will go to athletic.net to submit entries.
Any school that fails to submit entries by 11:59 p.m. on Tuesday, May 17, will incur a \$50.00 late fee.

Entry Limits: **One relay team is allowed** per school. A maximum of **three individuals** may be listed by a team in each individual event but one must be scratched. If three (3) or more entries by a school team in an event have equaled or bettered the Regional additional qualified standards, these individuals may be entered.

Scratches: Scratches made during the scratch periods will not count in the individual's participation limitations. However, if the competitor is not scratched during these scheduled periods and does not show to the clerking area before that runner's position is set, the competitor will be disqualified from the event and that event will count toward the competitor's personal limit. The clerk of course shall inform heats following the last call for that event. The call system will be first call, second call and final call for each event.

Coaches Meeting: 11:00 located at the finish line

Spikes: Only ¼" or less pyramid spikes or flats are permitted.

Chalk: Chalk will be provided to make marks. Please do not use tape on the track.

Running Track: The track is 400 meter - 8 lanes, all weather surface.

Field Events: High jump pads, long jump runways and pole vault runways are all-weather surfaces. ¼" spikes or less or running flats only. Shot put and discus pads are concrete surfaces: **NO SPIKES.**

SPECIAL NOTICE: All long jump take-off boards are regulation high school boards.

Event Scratches: Scratch forms for the first session events must be handed in before 12:15 p.m.
Scratches for the second session events must be handed in by 2:30 p.m.

Starting Time: The pole vault will start at 11:30 a.m. The other field events will start at 12:30 p.m. The running event Semifinals will start at 1:30 p.m. and the finals at approximately. 3:10 p.m. or 60 minutes after the conclusion of the 200m semi-finals.

Scoring: The scoring is 10-8-6-5-4-3-2-1 in all events.

Awards:

1. Medal for each athlete that scores from first place through eighth place.
2. Medal for each of the four athletes that scores from first to eighth place in the relays.
3. Championship trophy for top boys team
4. Championship trophy for top girls team

Rules: Track and Field Federation Rules will govern the meet and MHSAA limitations of competition will be in effect.

Implement Check: Shot and discus will be weighed measured and marked prior to competition. Implements that do not pass will not be allowed in the stadium. If your implement does not meet standards, it will be stored until you are finished with the event by the inspector of the field events. Please show the judge your verification mark prior to performing the event. **See Map for weigh-in location.**

Starting Blocks: **Midland** will provide all starting blocks. Your blocks WILL be allowed into the stadium BUT MUST BE INSPECTED BY FIELD REFEREE if being used.

Heat Assignments: Heat assignments will be made after all scratches have been completed. No Seed Meeting.

Ties: In the event that there is a tie, team points will be divided and, if necessary, additional medals will be awarded.

Running Event Scoring: Final placement will be based on time when not in the same race. Fastest eight times will be score in all final races.

Regionals using FAT will eliminate one round of competition: There will be semi-final heats in the 100 meter dash, 100 meter high hurdles, 110 meter high hurdles, and 200 meter dash. These events will be held after the 3200 meter relay.

4X800 Meter Relay: The 4X800 meter relay finals will be run BEFORE the semi-final and final heats with the first section beginning no earlier than 1:30 p.m.

Advancing Athletes: **HEAT WINNERS FROM EACH HEAT AND THEN THE FASTEST TIMES TO FILL ALL REMAINING AVAILABLE LANES.**

Circle Races: The 400 meter dash will be run in lanes for the entire distance. The 800, 1600, and 3200 meter runs will began with waterfall starts. In the 800 meter relay, runners from each team will run in their lanes. In the 1600 meter relay, the first runner must run in his/her lane all the way; the second runner will run the curve and breaks in at the top of the back straight away. The 400 meter relay will be run in lanes the entire distance.

Coaches and Spectators: Spectators will **NOT** be permitted on the infield at any time. Please remain in the stands.

Tents: Tents are permitted in grass areas in and around the stadium. No Team tents on the infield. [See Map.](#)

Restrooms: Restroom facilities will be available in the stadium and near the shot put / discus area.

Concession: A concession stand will be in operation.

2022 MHSAA REGIONAL TRACK & FIELD

Midland High School –Friday, May 20, 2022

10:30-12:15 Weigh-In of Shot Put and Discus, Finals weigh in will be announced
11:00 am Pole Vault – Girls Pole Vault Check in
11:30 am Pole Vault – Girls (8'3", 8'9", 9'3", 9'9", 10'3")
Followed by Boys (11'0", 11'6", 12'0", 12'6", 13'0")
12:15 pm First Scratch Session Ends

Field Events Beginning:

12:30 pm Girls Discus followed by Boys
Boys Shot Put followed by Girls
Boys High Jump (5'8, 5'11, 6'1, 6'3)
Followed by Girls High Jump (4'8", 4'10", 5'0", 5'2")
Girls Long Jump followed by boys (Open Order 1.5 hours)

1:30 pm 3200M Relay Finals –
100M Dash Semi Finals - Boys then Girls
110M/100M Hurdles Semi Finals – Boys then Girls
200M Dash Semi Finals - Boys then Girls

2:30 pm Final Scratch Session Ends

3:00 pm National Anthem & First Call of All Final Events

Or 1 hour after the conclusion of the 200M Semi Finals

110 M Hurdles Finals - Boys
100 M Hurdles Finals - Girls
100 M Dash Finals - Boys then Girls
800 M Relay Finals - Boys then Girls
1600 M Run Finals - Boys then Girls
400 M Relay Finals - Boys then Girls
400 M Dash Finals - Boys then Girls
300 M Hurdles Finals - Boys then Girls
800 M Run Finals - Boys then Girls
200 M Dash Finals - Boys then Girls
3200 M Run Finals - Boys then Girls
1600 M Relay Finals - Boys then Girls

Awards & Results will be available at the end of the meet.

Medals: 1st – 8th place Scoring: 1st – 8th Place 10-8-6-5-4-3-2-1

Coaches are allowed on the infield for running events and in boxes at field events.

Spectators are not permitted in coach spaces.

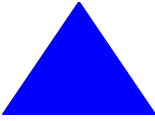



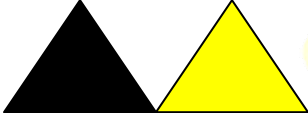

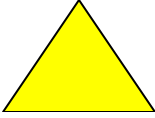

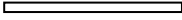

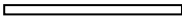
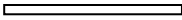
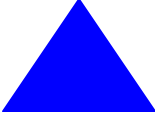


MIDLAND HIGH

TRACK & FIELD

ORDER OF EVENTS & TRACK MARKINGS

MIDLAND HIGH

EXCHANGE COLOR LANE MARKING	EVENT	START LINE
	4 X 800M RELAY	WATERFALL
	100M/110M HURDLES	
	100M DASH	
	4 X 200M RELAY	
	1600M RUN	WATERFALL
	4 X 100M RELAY	
	400M DASH	
	300M HURDLES	
	800M RUN	WATERFALL
	200M DASH	
	3200M RUN	WATERFALL
	4 X 400M RELAY	