



MHSAA Track & Field U.P. Regional 44-2

@ Gwinn - Friday, May 20th 2022

Scratch meeting @ 3:00 PM

Field Events @ 3:30 PM

Running Events @ 3:45 PM

Participating Schools: BR-H, Gwinn, Ishpeming, Newberry, Manistique, St. Ignace

1. **Tickets** - Per the MHSAA, digital ticketing through GoFan will be used by spectators for entrance into the event. The link will be available to AD's at the beginning of this week. No passes honored. Digital tickets - \$7.00 per person
2. **Track Location/Entrance** - Gwinn's track is located at its football field - 50 W M-35.
3. **Spikes** - 1/4" pyramid spike will be allowed
4. **Starting Blocks** - School will be required to bring their own starting blocks.
5. **Concessions** - A concession stand will be made available by the Gwinn All-Sports Boosters.
6. **Restrooms/Locker Rooms** - Restrooms will be available, but showers/locker rooms will not.
7. **Athletic Trainer** - An athletic trainer will be on-site. Located at bib tent on football field.
8. **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.
9. **Meet Entries** - 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 Tuesday, May 17.**
10. **Scoring** - Scoring will be 5-3-2-1 for Individual events and Relays.
11. **Running Events** - Boys run first in 2022.

12. Field Events - Begin at 3:30 p.m.

- a. Girls...Discus, Pole Vault and Long Jump
- b. Boys...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 Rob Soyring @ 906-346-9247.