

**MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION
DIVISION I TRACK AND FIELD REGIONAL MEET #8-1
MILFORD HIGH SCHOOL HIGHLAND, MICHIGAN
FRIDAY - MAY 21, 2021**

SCHOOLS ASSIGNED: Brighton, Detroit Catholic Central, Dewitt, East Lansing, Grand Ledge, Hartland, Holt, Howell, Lansing Everett, Lansing Waverly, Milford, Okemos, Pinckney, South Lyon East, South Lyon, Walled Lake Central, Walled Lake Western

MEET MANAGER: Chris Ceresa (For questions regarding *anything*, contact me!)

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ENTRIES: Entries are due on Tuesday, May 18, 2021 at **8:00 P.M.** Remember that you must be able to print out a version for yourself as proof that the entries were correctly installed. A maximum of **THREE INDIVIDUALS** may be listed in each individual event. However, only **TWO** may compete unless all three have met the additional qualifier standard. Check the March *BULLETIN* for charts of times, heights, and distances for additional qualifiers for Regionals.

PLEASE SEE TRACK AND FIELD REGIONAL ONLINE ENTRIES INSTRUCTIONS BELOW.

LATE ENTRIES: Late entries can be accepted only if accompanied by a check for \$50.00 for each team entered. This is \$50.00 per team, NOT per school. These late entries may only contain times or performances established on or before May 18th. The late entry **MUST NOT** be used to change any time, height, or distance.

Track & Field Regional Online Entries System Instructions for Attending Coaches

Please enter via Athletic.net per MHSAA.

MHSAA Regional 8-1 @ Highland-Milford

Date: 5/21/2021

Host: Milford High School

Location: 2380 S. Milford Rd. Highland, MI 48357

Athletic Director: Jim Marszalek Email: Jim.Marszalek@hvs.org

Meet Director: Chris Ceresa Email: Chris.Ceresa1@gmail.com

ELIGIBILITY: CURRENT ELIGIBILITY MUST BE FAXED TO THE REGIONAL MANAGER, WITH A HARD COPY, PRIOR TO THE DEADLINE. Cross reference Electronic Entry with Eligibility list to insure completeness and accuracy.

FALSE TIMES: All times, distances and heights shall have been achieved prior to 4 p.m. of the Opt-Out Due Date. Times must be entered as FAT times to the HUNDRETH (.00) or handheld equivalent, adjusted by +.24. Confirmed false times will be placed in the last position or first section without seeding consideration.

Field Events Start 1:00 p.m. Pole Vault 2:00 p.m. all other Field Events

Track Start 3:30 p.m. 4X800 Relay

Prelim Start 4:00 p.m. 100 M Dash, 100/110 Hurdles, 200M Dash

FACILITY:

New and properly marked 8 lane Metric Two component Polyurethane (Beynon) surface

1/8" spikes or flats may be used. 1/4" spikes may be used if the shoe has recessed sockets. Use the "2 Quarter Rule" when checking length of exposed spikes. Don't risk your athletes getting disqualified. Please bring your own chalk for marking exchange areas. CHALK MARKS shall be no bigger than 4" x 4". PLEASE, NO TAPE on the track surface. Shot put and discus throwing surfaces are concrete.

SCORING: 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1

STARTING BLOCKS: Furnished by Milford High School. Schools may bring their own starting blocks as per the MHSAA Policy only.

SCHOOL CHECK IN: Coaches must report to the room marked "**Coaches Only**" at the west end of the concession stand to pick up their informational packets. Only athletes in uniform, plus 2 managers, will be admitted to the track with the team. **Athletes not in uniform will pay the full price of admission.**

IMPLEMENT CHECK IN: Athletes will have their shots/discs certified in the shed at the north end of the field beyond the scoreboard.

COACHES' MEETING: 12:45 SHARP at the west end of the concession stand for a short meeting regarding procedures and to answer any questions.

TIME SCHEDULE: A handy, one page time schedule is attached as the last sheet of this information packet

ORDER OF EVENTS: In all running events, the Girls will run FIRST.

4 X 800 RELAY: The GIRLS' relay will be the FIRST final running event of the day. It will be run no earlier than 3:30 P.M.

SCRATCHES: DEADLINE FOR FIRST SESSION SCRATCHES WILL BE **2:30** P.M. DEADLINE FOR SECOND SESSION SCRATCHES WILL BE **5:30** P.M. Because of the "enter 3, run 2" format on the entry list, you must scratch the athlete who is not participating. SHOULD ONE OF THE THREE ENTRIES NOT BE SCRATCHED DURING OR BEFORE THE SCRATCH PERIOD, THE CLERK OF COURSE WILL HAVE THE AUTHORITY TO SCRATCH THE LAST LISTED INDIVIDUAL THAT HAS NOT MET THE ADDITIONAL QUALIFIER STANDARD.

Athletes who are not scratched and fail to report to the clerk will be disqualified from that event with the event counting toward limits of participation.

WARM UP AREA: An identified warm up area will be available on the infield. There will also be a coaches box available on the infield.

ACCESS TO TRACK: Access to the track from the stands will be via gates located at the North and South ends of the straightaway. Athletes are NOT to jump the fence to gain access to the track. Athletes will be called to the bullpen area at the North end of the field, where heats will be set, then led to the track by the clerk. As an added convenience to athletes, a porta-john is located in the bullpen area.

RESTRICTED AREAS: Areas of the start/finish line and all areas nearest the field events are listed as restricted and off limits to coaches. The PRESS BOX is also off limits to coaches and athletes. **Field event areas are off limits and closed before and after the event unless the area is monitored by the event official or adult coach willing to assume responsibility for supervision of the area.**

TRAINER: A certified trainer will be on duty throughout the meet. Please supply your own tape for ankles, etc.

POLE VAULT: 1:00 p.m.

BOYS: (AQ 13'3") Starting height will be 11'3". All raises will be 6". This event will be run in rotation of "five alive".

GIRLS: (AQ 10'3") 45 minutes after completion of the boys' event. Starting height will be 8'3". All raises will be 6". This event will be run in rotation of "five alive"

HIGH JUMP: 2:00 p.m.

GIRLS: (AQ 5'2")

Starting height will be 4'8". All raises will be 2" continually until nine jumpers remain. At that time, the bar will be raised 1".

BOYS: (AQ 6'3") 45 minutes after the conclusion of the girls' event. Starting height is 5'8". First raise will be 3", second raise 2" continually until nine jumpers remain. At that time, the bar will be raised 1".

LONG JUMP: 2:00 p.m.

BOYS: (AQ 21'2")

Preliminary jumps from 2:00 to 3:15. Open order for one hour and fifteen minutes or less. The top nine jumpers will advance to the finals ten minutes after the conclusion of the prelims.

GIRLS: (AQ 16'9") One hour after conclusion of the boys' event. Open order for one hour and fifteen minutes with the top nine advancing to the finals.

SHOT PUT: 2:00 p.m.

GIRLS: (AQ 36'6")

Event will be run in flights, (**best throwers LAST**) each flight taking two trials the first round and one trial in the second round. Top nine advance to the finals (best throwers last) 10 minutes after the finish of the prelims.

BOYS: (AQ 48'6") One hour after conclusion of the girls' finals.

DISCUS: 2:00 p.m.

BOYS: (AQ 145'3")

Event will be run in flights, (**best throwers LAST**) each flight taking two trials in the first round and one trial in the second round. Top nine advance to the finals (best throwers last) 10 minutes after the finish of the prelims.

GIRLS: (AQ 114') One hour after conclusion of the boys' finals.

OFFICIALS: Starters: Jack Hardy and Walt Rickens
Track Referee: John Fundukian Sr.
Field Referee: Dale Kutchey
Clerk of Course: Chris Brewer

JURY OF APPEALS: Chris Ceresa, Meet Manager, John Fundukian Sr. Meet Referee
Dale Kutchey Field Referee, Sonita Harris, Coach - South Lyon East,
Matt Gutteridge, Coach - Hartland

LIMITATIONS: No radios, CD players, balls, Frisbees, or animals allowed.

RESULTS: Available on Athletic.net

AWARDS: Coaches may pick up all awards won by athletes in the press box 20 minutes after the conclusion of the final event. Team trophies will be awarded on the track.

CONCESSION STAND: *NO CONCESSIONS WILL BE AVAILABLE.*

ADMISSION: \$6.00 for students and adults. **NO PASSES ACCEPTED!**

STATE QUALIFIERS: You may confirm state qualifiers at the press box following the presentation of awards after the meet.

PRESS BOX: For exclusive use of officials during the meet.

DRESSING FACILITIES: Please dress at home. There will not be any facilities available. The school is off limits to athletes unless weather threatens.

INCLEMENT WEATHER: Local district policy will govern weather decisions. In the case of severe storms, shelter may be found in the hallways to the north, west and south of the field house. The entrance is located below the aluminum sculptures at the pool/field house doors.

PLEASE READ! Milford High School parking will be a challenge. Buses may drop athletes off at the front gate and proceed to the back of the pool/fitness area. Also, because of school being in session, space in the student parking lot may be scarce until 2:30 pm.

SUGGESTION: Do not plan a drop off between 1:50 and 2:15. You may be sitting in the dismissal "gridlock", going nowhere! Please warn your parents/fans about the traffic situation. ***AND...Please, please inform your athletes to stay out of the school. It is off limits to students.***

DIRECTIONS TO MILFORD HIGH SCHOOL

FROM M-59: Proceed South on Milford Road 1.6 Miles. School is on the West side of the street.

FROM I-96: Proceed North on Milford Road through the village of Milford. The school is two miles North of the village and located on the West side of the street.

NOTE: If you are mapping directions on your computer or phone, please remember to enter **HIGHLAND** as the city.

2021 MHSAA REGIONAL TRACK AND FIELD MEET
TIME SCHEDULE
FRIDAY, MAY 21, 2021

12:45 **COACHES' MEETING**
12:52 **NATIONAL ANTHEM**
1:00 **BOYS' POLE VAULT - RUN TO CONCLUSION**
2:00 **BOYS' LONG JUMP**
Open order until 3:15 p.m. **FINALS FOLLOW IMMEDIATELY**
BOYS' DISCUS **FINALS FOLLOW IMMEDIATELY**
GIRLS' SHOT PUT **FINALS FOLLOW IMMEDIATELY**
GIRLS' HIGH JUMP **RUN TO CONCLUSION**

ONE HOUR AFTER THE CONCLUSION OF THE PREVIOUS COMPETITION

GIRLS' LONG JUMP
Open order for 75 minutes **FINALS FOLLOW IMMEDIATELY**
GIRLS' DISCUS **FINALS FOLLOW IMMEDIATELY**
BOYS' SHOT PUT **FINALS FOLLOW IMMEDIATELY**
BOYS' HIGH JUMP **RUN TO CONCLUSION**
GIRLS' POLE VAULT **RUN TO CONCLUSION**

3:30 3200 RELAY FINALS
4:00 100 PRELIMS
 100 HIGH HURDLE PRELIMS
 110 HIGH HURDLE PRELIMS
 200 PRELIMS

5:52 National Anthem
6:00 100 HIGH HURDLE FINAL
 110 HIGH HURDLE FINAL
 100 METER FINAL
 800 RELAY FINAL
 1600 RUN FINAL
 400 RELAY FINAL
 400 METER FINAL
 300 HURDLE FINAL
 800 METER FINAL
 200 METER FINAL
 3200 RUN FINAL
 1600 RELAY FINAL

10 MINUTES AFTER THE LAST RACE - Presentation of awards