



# 2023 MID MICHIGAN MEGASTAR MEET INFORMATION

Wednesday, May 31<sup>st</sup>, 2023

Shepherd Public School's Track Complex

Regular 17 event format

2:45 PM – Field Events Begin

3:30 PM – Running Events

Site:

Format:

Time:

Qualification:

The Qualifying for the 2023 Mid Michigan MEGASTAR Meet will be based on Qualifying Standards the same as in 2019 & 2022.

There will be different standards for each division and they are based on our results for the last several years. All marks must come from official meets on athletic.net and if meet was hand timed correct conversion should be used. Athletic.net often handles this conversion correctly on it's own. Please make sure the meets you are attending upload results to athletic.net and mark them official.

Cost:

Participations for athletes is FREE with no athlete or team entry fee. Spectators \$5 admission charge.

Divisions:

Teams will be placed Divisions based on enrollment. Schools feeding to D1 & D2 Large School, Schools feeding to D3 & D4 Small School. Team Scoring to 8 places (10-8-6-5-4-3-2-1)

Entry:

Teams need to add the meet to their athletic.net schedule by Monday May 22<sup>nd</sup>, 2023 and then athletes who have met the Qualifying Standards and will compete must be Registered on athletic.net by Friday May 26<sup>th</sup> at 11:59 PM. Entry will not be open until May 1<sup>st</sup>, 2023.

Heats:

The 800m, 1600m, 3200m & 3200m Relay will aim to each have 1 heat with both divisions. All other individual running events will have around 4 heats based on time mixing the divisions.

Awards:

1. Meet Champion T-Shirts to overall Event Champion, 1 per event, combined Divisions.
2. Medals to the top 6 in each Individual event in each Division
3. Medals to the top 3 teams in each Relay event in each Division

Medal Presentation:

Medals are awarded on the infield in front of the bleachers, in the order event results become available. Please ensure your athletes are aware of the importance of staying on schedule for medal presentations. They, and you, need to listen for presentations to be announced. If an athlete does not show up for the presentation, their medal may be requested from the presenter by you or the athlete after presentation. If your athlete will not be attending the presentation, the coach may get the medal from the presenter before presentation. A Medal Presentation schedule will be sent out prior to the meet so that you will have an idea on when to expect Presentations for certain events.

Shirts:

MEGASTAR Meet gear and apparel will be available.

Results:

Live Results: [www.chtiming.com](http://www.chtiming.com)

Live Stream:

[www.freetracklive.com](http://www.freetracklive.com)

Track:

8 Lane Track – Resurfaced in Summer of 2016

Field Events:

High Jump: We have two high jump pits. Boys & Girls will both Jump @ 2:45 PM.

Pole Vault: We have two pole vault pits. Boys & Girls will both Jump @ 2:45 PM.

Long Jump: We will have athletes compete 4 jumps and girls will jump first.

Shot Put: We have athletes make 4 throws and gboys will throw first.

Tent/Team Area:

Please setup camp/tents on the grass south of the visiting side bleachers and headed around the end of the track towards the Long Jump area.

Carey Hammel – Meet Manager & Registration, please contact for all registration, meet entry and event specific questions  
1-989-506-8556, [careyhammel@gmail.com](mailto:careyhammel@gmail.com)

Jeff Moeggenborg – Meet Developer & Fundraiser, please contact regarding meet awards, shirt sales and financial support  
[megastarmeet@gmail.com](mailto:megastarmeet@gmail.com)



# 2023 MID MICHIGAN MEGASTAR STANDARDS

## Large School

| <u>Event</u> | <u>Boys</u> | <u>Girls</u> |
|--------------|-------------|--------------|
| 3200m Relay  | 9:59.99     | 11:19.99     |
| 55m Hurdles  | 9.79        | 10.39        |
| 100m Dash    | 12.59       | 13.59        |
| 800m Relay   | 1:46.99     | 1:59.39      |
| 1600m Run    | 5:11.99     | 5:51.99      |
| 400m Relay   | 49.89       | 55.99        |
| 400m Dash    | 57.39       | 1:06.49      |
| 70m Dash     | 9.19        | 10.09        |
| 800m Run     | 2:22.49     | 2:38.99      |
| 200m Hurdles | 28.89       | 33.79        |
| 200m Dash    | 25.89       | 29.29        |
| 3200m Run    | 11:24.99    | 12:54.99     |
| 1600m Relay  | 4:02.99     | 4:37.99      |
| High Jump    | 5' 3"       | 4' 7"        |
| Pole Vault   | 8'          | 7'           |
| Long Jump    | 16' 11"     | 13' 11"      |
| Shot Put     | 36' 6"      | 30' 6"       |

\* Large Schools are Middle Schools that feed to Division 1 & 2 High Schools

## Small School

| <u>Event</u> | <u>Boys</u> | <u>Girls</u> |
|--------------|-------------|--------------|
| 3200m Relay  | 10:14.99    | 11:39.99     |
| 55m Hurdles  | 10.09       | 10.59        |
| 100m Dash    | 12.89       | 13.89        |
| 800m Relay   | 1:49.79     | 2:01.49      |
| 1600m Run    | 5:19.99     | 5:59.99      |
| 400m Relay   | 50.99       | 56.99        |
| 400m Dash    | 59.19       | 1:07.49      |
| 70m Dash     | 9.29        | 10.19        |
| 800m Run     | 2:22.99     | 2:41.99      |
| 200m Hurdles | 30.09       | 34.09        |
| 200m Dash    | 26.89       | 29.99        |
| 3200m Run    | 11:39.99    | 13:04.99     |
| 1600m Relay  | 4:05.99     | 4:43.99      |
| High Jump    | 5' 3"       | 4' 6"        |
| Pole Vault   | 8'          | 7'           |
| Long Jump    | 16' 8"      | 13' 9"       |
| Shot Put     | 36' 0"      | 30' 0"       |

\* Small Schools are Middle Schools that feed to Division 3 & 4 High Schools