

FOREST HILLS EASTERN HIGH SCHOOL

2200 Pettis Avenue NE, Ada, MI 49301

PH 616.493.8830

FAX 616.493.8839

www.fhps.net



Amy Pallo, Principal,

Kristine Yelding, Assistant Principal,

Ben Sherman, Athletic Director

2021 D2 REGIONAL #13 TRACK & FIELD CHAMPIONSHIPS INFORMATION SHEET FOREST HILLS EASTERN - FRIDAY, MAY 21, 2021

MEET MANAGER: Ben Sherman - bsherman@fhps.net Office -616-493-8838

COMPETING TEAMS: Ada Forest Hills Eastern, Belding, Comstock Park, Grand Rapids Catholic Central, Grand Rapids Christian, Grand Rapids South Christian, Grand Rapids West Catholic, Grand Rapids West Michigan Aviation Academy, Howard City Tri County Ionia, Kentwood Grand River Prep, Wyoming Godwin Heights, Wyoming Kelloggsville, & Wyoming Lee

Entries

All entries need to be made on Athletic.net before 4:00 PM Tuesday, May 18, 2021

- Each team is allowed 3 entries and must scratch down to 2 contestants. A team may enter more than 3 athletes, provided all athletes have met the regional additional qualifying standards.
- All performances shall have been achieved prior to 8 p.m. on May 18.
- Times must be entered as FAT times to the hundredth (.00) or handheld equivalent, adjusted by rounding up to the highest tenth then adding +0.24. (i.e. 12.52 = 12.6 + 0.24 = 12.84)
- Athletes or relay teams that do not have times submitted or with incorrect times submitted, will be placed in the last heat or first section without seeding consideration.
- Late Entries for CLERICAL ERRORS ONLY
 - \$50 must be paid before the contestant or team will be allowed to participate.
 - There are to be no late entries after the Regional individual positions are set.
 - The late fee may not be used to change any time, height or distance.
 - The only changes which are permitted after 8 p.m. the day of the entry date will be scratches, or clerical errors.

Officials

- Craig Hayward - Starter
- Dave Britten - Starter
- Lyle Berry - Referee
- Brian Macomber - Referee

Referee Appeal Committee

- Lyle Berry - Referee
- Brian Macomber - Referee
- Lew Clingman - Meet Manager
- Jackson Fox- Grand Rapids Catholic Central
- John Carlson - Belding
- If an appeal involves one of the committee members, the alternate will be Doug Jager (Grand Rapids Christian).

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Athlete Check-in

- Call system: 1st, 2nd and 3rd (last) call will be used. All athletes must check in by 2nd call.
- Athletes will check-in with the clerks located in the chute at the northwest corner of the stadium. Please use the gate at this location to enter the track.

Warm-up Area

- Track and infield will be available for warm-up activity until 2:00 pm at which time all participants must clear the Track for competition. The Track will be available during the break until 4:45pm.
- Athletes may use the grass field (E8) to the south of the stadium as a warm-up area.

Starting Blocks

- Traditional starting blocks will be provided.
- Non-traditional blocks must be approved by the referee/starter, prior to the event.

Scoring 10-8-6-5-4-3-2-1

Awards/Results

- Team awards packets may be picked up at the scoring table following the conclusion of the meet.
- Results will be posted live online at fatresults.com and on Athletic.net. Results will not be printed.
- MHSAA State Finals qualifier information will be posted on MHSAA.com.

Restricted Areas

- Coaches and non-participating athletes are restricted from the infield and roped off areas at field events.
- Field event coaches will be allowed to coach from designated boxes in each event area.
- Each school will be provided one infield pass. The purpose of the pass is to be able to go down to the infield to briefly communicate with an athlete, but not to stay on the infield the entire meet.

Marking Material

- Chalk is the only acceptable marking material and will be available if needed.
- Long jump and pole vault – chalk marks are to be on the outside of the runway.

Trainer

Will be available on the infield by the finish line.

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Water Water

Will be available in water jugs. Please advise your team to bring their own water bottles.

Masks

Will be required for spectators, we will follow the protocols put forth by the MHSAA and State of Michigan.

Admission **GoFan online ticket sales -Information to come**

Bus Parking

Buses will enter through the Pettis Ave entrance and drop off athletes in the circle drive at the entrance of Hawk Stadium. Buses should park in the Staff Parking lot (2) to the far west of the parking lot, in front of Forest Hills Eastern HS main entrance.

Athlete Parking

All athletes that are driving themselves need to park in the lots (3,4 or 5) on the west of the stadium through the Pettis Entrance.

Timing: Michiana Timing

Team Camps:

Team camps can be set up underneath the home bleachers or west of the long jump pits.

Locker Rooms: Teams should come dressed to compete as there are no locker facilities available.

Security: Remind athletes to keep track of their belongings and they should not leave bags unattended. No bags on the infield.

Restricted Areas:

Coaches boxes will be set up by each Field Event venue for ONE COACH PER ATHLETE AT THE PARTICULAR EVENT COACHES WILL BE ALLOWED IN THE BOXES DURING THE EVENT. Once the running competition starts, coaches are to clear the infield area, unless their athlete is still high jumping. Once the athlete has completed high jump, the coach and athlete must clear the area. (per games committee directive)

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2021 MHSAA REGIONAL TRACK & FIELD SCHEDULE

Gates Open	11:45 PM
Implement Weigh	12:30 PM
Pole Inspection	
Field Event/Prelim scratches due	12:45 PM (at Finish Line Tent)
Field Events	1:00 PM

- Boys Long Jump - Open pit closing at 2:00 PM (3 Jumps). Long jump finals begin at 2:15 PM. Top 9 jumpers advance to finals (3 Jumps). Reverse order for finals.
- Girls Long Jump - Start one hour following the conclusion of boys long jump (Approximately 3:45 PM) open pit closes at 4:45 PM (3 Jumps). Finals begin at 5:00 PM. Top 9 jumpers advance to finals (3 Jumps). Reverse order for finals.

1:30 PM

- Pole Vault -We will run boys and girls at the same time in separate pits.
- Girls Shot Put / Boys Discus
- High Jump - We will run boys and girls at the same time in separate pits.

For all running events in 2021 girls will run first:

Girls 3200m Relay	2:30 PM
Boys 3200m Relay	

Running Semis

Girls 100m Dash
Boys 100m Dash
Girls 100m High Hurdles
Boys 110m High Hurdles
Girls 200m Dash
Boys 200m Dash

Advancing athletes

1. Heat winners from each heat and then the fastest times to fill all remaining available lanes.
2. Heats – 2 heat winners, 6 fastest times to fill available lanes
3. Heats – 3 heat winners, 5 fastest times to fill lanes
4. Heats – 4 heat winners, 4 fastest times to fill lanes

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Remaining scratches due

4:30 PM (at Finish Line Tent)

Finals National Anthem

5:25 PM

Running Finals Begin

5:30 PM

Girls 100m Hurdles/Boys 110m Hurdles

100m dash

800m Relay (4x200)

1600m Run

400m Relay (4x100)

400m Dash

300m Hurdles

800m Run

200m Dash

3200m Run

1600m Relay (4x400)



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