



Michigan High School Athletic Association  
Boys and Girls Division 1  
2022 State Track and Field Finals  
Carlson-Munger Stadium at Rockford High School  
4100 KROES RD, ROCKFORD MI 49341



Welcome to Rockford and this year's Division 1 MHSAA State Track and Field Finals. Congratulations on your season and advancing to the state finals. It is our intention to provide each team the opportunity to perform at their highest level and to enjoy their experience here.

**Please read the following important points of information** regarding our hosting of this year's Division 1 MHSAA State Track and Field Finals. For specifics not covered, please refer to the MHSAA website.

1. Rockford High School and the surrounding campus is a totally tobacco free and alcohol free environment. Please let your fans and spectators know ahead of time to avoid conflicts on game day.
2. The track at Carlson - Munger Stadium is a MONDO surface, metric and eight (8) lanes. For distance races (1600 M and 3200M) we have the Double Waterfall start with a one (1) turn cut in.
3. Please refer to the enclosed map regarding team entrance, team tent area, and team and general parking etc..
4. No radios, footballs, frisbees, etc. will be allowed into the stadium. No spectator Cooler, Purses or Backpacks. Coolers will be allowed only in the team tent area. Only personal music devices used with headphones/earbuds are acceptable. **No sunflower seeds on the artificial turf Football field.**
5. **No pets will be allowed anywhere in the facility. Please inform your spectators.**
6. Results can be found at <http://fatresults.com>
7. Team parking passes (1) will be included in the coach's packets.
8. Spectator Admission - \$11, tickets are to be purchased prior to arrival on GoFan link:<https://gofan.co/app/school/MI10170?activity=Track%20and%20Field>  
Spectator Parking - \$5 for cars - \$10.00 for RV's / Motor Homes - Programs - \$5.00
9. There are restrooms and concession stands located on the North end of the stadium. Restrooms will also be available behind the home team press box on the west side. There are **NO** locker rooms available for contestants or coaches.
10. Once the running events begin, coaches are not allowed on the track or football field at any time except in the case of an injured athlete, to turn in a scratch form, to file an appeal, or if requested. Athletes that are not competing must remain outside the track/football area. Athletes should refrain from removing any part of their uniform while on the track. In the field event areas, please stand by the spectators or in the designated coaches area.

- A. There will be a Coaching Box on the East (visitor side) of the field for the distance events. **One coach** for each participating school will be able to be IN the coaching box during the event.
11. Athletes must be in uniform for admittance. Coaches need to have their coaches passes (wrist band) displayed for admittance. Three coaches passes will be provided per team as according to state policy.
12. Shots and disc's will be weighed and measured in the middle room of the Team rooms located under the scoreboard at the south end of stadium. Weigh in times are 8:00 a.m. to 9:15 a.m. Saturday morning and 11:30 a.m. to 12:15 p.m.
13. The track will be open on Friday, June 3<sup>rd</sup> from 4:00 p.m. to 7:00 p.m. for inspection and practice. Coaches packets will be available for pick up in the FIRST WEST Ticket Booth at the main entrance. They will also be available Saturday morning from 8:00 until 9:00. **All** field event areas will be closed during this time on Friday.  
**Reminder:** Heat sheets will not be given out in your coaches packet. Please print these sheets prior to coming to the meet.
14. An electronic starter gun may be used for the running events.
15. There will be trainers on site.
16. **On Friday, pole vaulting poles can be checked by officials at the site of the event. The poles can also be stored at the field.**
17. We will be running **two pole vaulting pits and two long jump pits and two high jump pits.** The morning field events will begin at 9:30 a.m.
18. Starting blocks are provided. If you are using the stand up blocks, they must be presented for inspection and approval at the clerking station.
19. No tape will be allowed to mark off take off points in any event. Chalk will be provided for this purpose, however, you are encouraged to bring your own.
20. Scratches are due at the clerking tent by 9:00 a.m. for the morning session; 12:00 p.m. (noon) for the afternoon session. All scratches must be written on the official scratch sheet for the session (found at the clerking tent).
21. Spectator seating for the field events will be in the bleachers provided. Please do not enter into restricted areas around the field events.
22. **CHECK-IN & CALLS:** A three-call system will be used (1<sup>st</sup> call; 2<sup>nd</sup> call; final call). Athletes are expected to check-in promptly when first call is given and before final call for that event. Athletes competing in a field event will check in at the site of the field event. The location of the check-in area for all running events is at the tent located near the middle of the football field. The staging area will be located next to the check-in table for all running events except for the 100, 200, and hurdles. These events will check in at their starting line. Hip numbers will be used in the 800, 1600, and 3200 run, and 4 x 100, 4 x 200, 4 x 800, and 4 x 400 relays.

**23. 800 M-1 section if 20 or less runners; two sections if more than 20 runners with 16 (18 on nine lane track) plus ties in the last section.**

**1600 M-1 section if 24 or less runners; two sections if more than 24 runners - 16 (18 on nine lane track) plus ties in fast heat if two sections**

**3200 M run – 1 section**

**3200-M Relay – At Finals two sections if there are 15 or more teams with the last section to include the 12 fastest times plus ties \*regardless of the number of lanes available\*.**

24. With questions or concerns, please contact Cole Andrews, Rockford Athletic Director at [candrews@rockfordschools.org](mailto:candrews@rockfordschools.org) or Randy VanderVeen at [rvanderveen@rockfordschools.org](mailto:rvanderveen@rockfordschools.org)

M.H.S.A.A.  
Division 1  
Track and Field Finals  
2022 Time Schedule

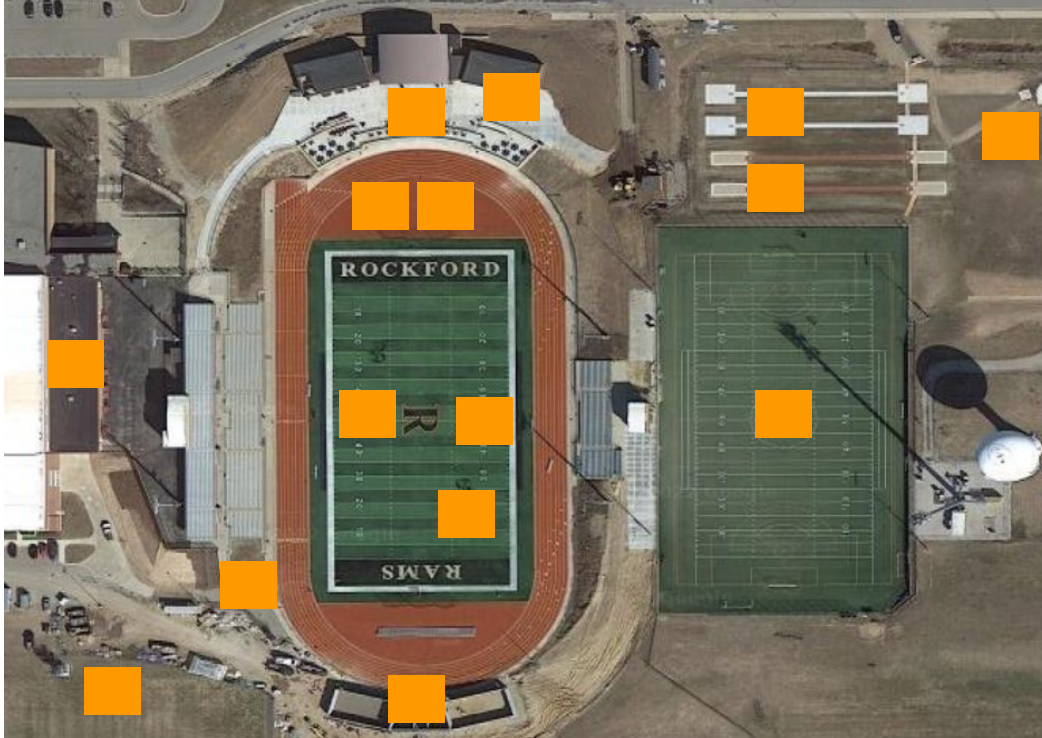
Friday, June 3rd Facilities will be open for inspection from 4:00 p.m. to 7:00 p.m. The track will be available for workouts. The Field Event venues will be closed and there will not be access to any equipment (including Hurdles). (Steps can be measured and marked with chalk). Poles for competition can be inspected and stored if so desired.

\* Tents can be set up in designated areas, however, please use caution if there are high winds.

\* Packet pickup is available for coaches during this time. Packet pickup will also be available starting at 8:00 a.m. on Saturday morning.

Saturday, June 4<sup>th</sup>

8:00 a.m.	Gates Open
8:00-9:15 a.m.	Weigh-in of Shots and Discs (building at south end of football field)
8:00-8:40 a.m.	Pole Inspection
9:00 a.m.	Morning Scratches due
9:30 a.m.	B/G Pole Vault Begins (2 Pits) B/G Long Jump (Open Pit 9:30 – 10:45 a.m.) B/G High Jump (2 Pits) Girls Discus Boys Shot Put
9:55 a.m.	National Anthem
10:00 a.m.	Finals 3200m Relay (4 x 800M)  Semi-Finals 100M, High Hurdles, 200M ● <i>Unified 4 x 100 M Relay (8 Participating Schools)</i>
11:00 a.m.	B/G Long Jump Finals
11:30 a.m.-12:15 p.m.	Weigh-In of Shots and Discs
12:00 p.m.	Afternoon scratches due
12:15 p.m.	Boys Discus (Approx. 1 Hr. after Boys shot is complete) Girls Shot Put (approx. 1 Hr after girls disc is complete)
12:55 p.m.	National Anthem
1:00 p.m.	Running Finals
4:45 p.m.	Awards (Time approximate)



- 1 - Bus/Team Van Parking
- 2 - General Parking
- 3 - Stadium Entrance
- 4 - Bathrooms
- 5 - Packet Pick Up
- 6 - High Jump Pits (2)
- 7 - Athlete Warm Up Field
- 8 - Event Check -in Tent
- 9 - Team Tent Area
- 10 - Athlete Entrance
- 11- Athletic Training Tables
- 12- Distance Coaching Box
- 13- Pole Vault Pits (2)
- 14 - Long Jump Pits (2)
- 15- Throws (Shot & Disc)
- 16 - Weight Scale for Implements

For a digital map click on link below:

<https://www.google.com/maps/d/edit?mid=1n3xFVeHRoH4aYNu3so6jp3w4BwyUG80o&ll=43.091603793029584%2C-85.5644832&z=17>