

LAWTON ATHLETIC DEPARTMENT

101 Blue Pride Dr.
Lawton, MI 49065

Phone: 269-624-7805

Chris Richter – AD crichter@lawtoncs.org
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MHSAA REGION 24-3 TRACK & FIELD CHAMPIONSHIPS

Friday, May 20, 2022

LOCATION: Packer Sports Complex, Lawton High School, 101 Blue Pride Dr., Lawton, MI 49065

ENTRIES: **All entries need to be made on [Athletic.net](https://athletic.net) before 11:59 p.m. on Tuesday, May 17, 2022**

- 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 D3 regional additional qualifying standards.
- *All D3 performances shall have been achieved prior to 11:59 p.m. on Tuesday, May 17.*
 - *ALL times / distances / heights entered MUST BE COMPETITIVE.*
- **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 first heat or first flight (a.k.a. slow heat) 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.

OFFICIALS:

- Mr. Tim Baker – Starter
- Mr. Jim Liroy – Starter
- Mr. Fred Smith – Clerk
- Mr. Fred Smith – Referee
- Ms. Nicci Lycan – Meet Manager

JURY OF APPEALS:

- Nicci Lycan (meet manager), Fred Smith (clerk), Tim Baker (starter), and one boys' and one girls' coach.
- The decision of the Jury of Appeals is final.

ATHLETE CHECK-IN:

- Athletes will check-in with the clerk located in the chute by the flagpole at the northwest corner of the football field (by the concession stand).
- Call system = 1st, 2nd, and 3rd (last) call will be used. All athletes must check in by 2nd call.
 - Athletes that do not check in by 2nd call for an event will be scratched from the event.

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

SPIKES: Please use ¼" pyramid spikes.

STARTING BLOCKS:

- Traditional starting blocks will be provided on both sides (east & west) of the track.
- Non-traditional blocks must be approved by the referee / starter, prior to the event.

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WARM-UP AREA / INFIELD:

- ONLY competitors warming up, coaches, officials, and managers will be allowed on the infield during the track meet.
- The practice football field (*behind home bleachers*) will be used as an additional warm-up area AFTER ALL throwing events have been completed.
- Coaches need to keep their athletes off the infield during the meet unless they are warming up.

SCRATCHES & RELAY SUBSTITUTIONS:

- All scratches must be submitted by the times listed for each session. Scratches made **prior to the scratch deadline** will not count in the individual's participation limitations.
- Two (2) master scratch sheets (*1 – girls, 1 – boys*) will be kept at the finish line for ALL scratches.
 - Field event scratches to be made at each field event location.
- If the competitor is not scratched during the scheduled periods and does not show to the clerking area before that runner's position is set, the competitor will be disqualified from that event and that event will count toward the competitor's personal limit.
- Relay substitutions can be done at any time during the meet by substituting any eligible athlete (*subject to maximum event limits*). However, unless subbed prior to the scratch deadline, the event will count as an event for the athlete being removed.

MARKING MATERIAL:

- Chalk is the only acceptable marking material and will be provided at all 4 corners of the track.
- Long jump and pole vault – chalk marks are to be on the outside of the runway. There are markers to assist with locating starting positions.

CONCESSIONS, ADMISSION, & APPAREL:

- Concession stand and bathrooms will be readily available.
- Admission = \$6 per person
- Locker rooms will NOT be available.
- MHSAA apparel will be for sale.

AWARDS / RESULTS:

- Team awards packets may be picked up in the press box following the conclusion of the meet.
- Trophies will be awarded to the 1st place men & women teams.
- Results will be posted live online at fatresults.com and on Athletic.net. Results will not be printed.

COACHES / WORKER HOSPITALITY:

- Coaches & workers will receive voucher to use at concession stand for food and drink.

BUS PARKING:

- Please drop off athletes at the stadium. Workers will direct buses where to park after drop-off.

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FIELD EVENT DETAILS

Pole Vault:

- Five Alive method will be used for groupings.
- Men and women will vault at the same time on separate pits. Men will vault on pit with the longest runway.
- **Women** – Opening height will be 7' 0". Raises will then be 7' 6", 8' 0", 8' 6", 8' 9".
- **Men** – Opening height will be 10' 3". Raises will then be 10' 9", 11' 3", 11' 9", 12' 0".
 - [Link to Regional raises chart](#)

High Jump:

- Five Alive method will be used for groupings.
- **Men** – Opening height will be 5' 5". Raises will then be 5' 8", 5' 10", 6' 0".
- **Women** – Opening height will be 4' 5". Raises will then be 4' 8", 4' 10", 5' 0".
 - [Link to Regional raises chart](#)
- Girls will start 30 minutes after completion of Boys event.

Long Jump:

- Men and women will jump at the same time on opposite runways.
 - Men will jump on the runway going north.
 - Women will jump on the runway going south (*towards scoreboard*).
- Preliminaries will be open pit for 1 hour. *We will be strict with the 1 hour time limit. Make sure your jumpers get their jumps in and do not wait!*
- Each athlete will get 3 attempts during prelims.
- Finals will be approx. 15 minutes after Preliminaries finish.
- The top 9, plus ties, will advance to Finals, which will be 3 more jumps in reverse order.
 - The best jump of the day (preliminaries jump or finals jump) will determine place.

Shot Put & Discus:

- Flights with 10 minutes between flights for warm-up.
- Preliminaries will be 3 throws (1 + 1 + 1), and Finals will be 3 throws (1 + 1 + 1).
- Finals will be approximately 15 minutes after Preliminaries finish.
- The top 9, plus ties, will advance to Finals, and compete in reverse order.
- Women will throw discus first, followed by men.
 - Men will get 30 minutes to warm up after women finish.
- Men will throw shot put first, followed by women.
 - Women will get 30 minutes to warm up after men finish.

Implement Weigh-In Throwing implements will be weighed in the shed on the practice football field.

Pole Vault Verification Poles must be verified by the coach, athlete with the field event referee.

[Additional Qualifying and Vault / Jump Raise Chart \(link\)](#)

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- 9:00 am** **Gates Open**
- Packet pick-up in press box
 - Implement weigh-in (9:15 – 10:30 in shed on practice football field)
- 9:30 am** **Coaches Meeting** (*finish line*)
- 9:45 am** **Field Event Scratches due** at each field event (*you must officially scratch an athlete*).
- 10:00 am** Pole Vault Using 2 pits See attached sheet for raises per gender (“5 Alive” will be used)
- High Jump Boys 1st Starting Height 5’ 5” (“5 Alive” will be used)
Girls 2nd Starting Height 4’ 5” (“5 Alive” will be used)
(Girls start 30 minutes After Boys Finish)
- 11:00 am** Discus Girls 1st 3 throws (1 + 1 + 1) Top 9 to Finals (1 + 1 + 1)
See FIELD EVENT SHEET for details
- Shot Put Boys 1st 3 throws (1 + 1 + 1) Top 9 to Finals (1 + 1 + 1)
See FIELD EVENT SHEET for details
- Long Jump Using 2 pits 3 jumps – Open Pit Top 9 to Finals (3 more jumps)
11:00 – 12:00 *See FIELD EVENT SHEET for details*
- 12:30 pm** **Prelims and 4 x 800m Relay scratches due** at the finish line.
- 1:00 pm** **4 x 800m Relay Final** – Men followed by women. ([Waterfall start](#) for all events 800m and up).
- 1:30 pm** **Qualifying Heats for Sprints**
- Men’s 100m Dash followed by Women’s 100m Dash
 - Men’s 110m Hurdles followed by Women’s 100m Hurdles
 - Men’s 200m Dash followed by Women’s 200m Dash
- Advancing athletes to the Finals (8 lanes)
- 1 Heat = heat winner + 7 fastest times to fill lanes
 - 2 Heats = 2 heat winners + 6 fastest times to fill lanes
 - 3 Heats = 3 heat winners + 5 fastest times to fill lanes
 - 4 Heats = 4 heat winners + 4 fastest times to fill lanes
- <===== WE WILL TAKE A 60 MINUTE BREAK FOLLOWING COMPLETION OF THE PRELIMS =====>**
- 2:30 pm** **Scratches due** for all running finals. Please turn these into the finish line.
- 2:55 pm*** National Anthem
- 3:00 pm*** **Running Event Finals** (*Boys run first*)
- Boys 110m Hurdles / Girls 100m Hurdles
100m Dash
4 x 200m Relay
1600m Run – 2 heats if entries exceed 24. If 2 heats, then the 2nd heat will have the 16 fastest entries.
4 x 100m Relay
400m Dash
300m Hurdles
800m Run – 2 heats if entries exceed 20. If 2 heats, then the 2nd heat will have the 16 fastest entries.
200m Dash
3200m Run – 1 heat per gender, regardless of number of entries.
4 x 400m Relay

* approximate time

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