

DIVISION I REGIONAL TRACK AND FIELD MEET
THURSDAY, MAY 19, 2022
Hosted by Negaunee High School-Miner Stadium

<i>Scratch Meeting: 3:00 EST</i> <i>Field Events: 3:30 EST</i> <i>Running Events: 4:00 EST</i>
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The following schools will be participating in the Division I Regional Track Meet to be held at the Negaunee High School Stadium on Thursday, May 19th.

Negaunee, Calumet, Houghton, Kingsford, Westwood

1. A scratch meeting will be held at 3:00 p.m. (eastern) at the Miners Dry Locker room.
2. **Starting Blocks**... Teams are required to bring their own starting blocks.
3. **1/4" Pyramid Spikes** will be allowed.
4. **High Jump** – Marking materials which leave permanent marks on the runway are prohibited. Starting height for the high jump will be boys 5'0" and girls 4'0". The bar will be raised 3" until 3 competitors are left, then 2" thereafter.
5. **Pole Vault** – Starting height for the pole vault will be boys 9'0" and girls 6'0". The bar will be raised 6" until 3 competitors are left, then 3" thereafter.
6. **Long Jump**- Each competitor will have 3 jumps in the preliminaries and the top 5 jumpers will advance to Finals (3 jumps each)
7. **Shot Put and Discus** – Each competitor will have 3 throws in the preliminaries and the top 5 throwers will advance to Finals (3 throws each). Rubber soled shoes are required. Shot Puts and Discus will be weighted and inspected in the Miners Dry Building prior to the meet. Do not throw the shot put on the football field.
8. **Scoring will be 5-3-2-1 in all events. Four individuals and 4 relays will qualify for the U.P. Finals.**
9. There will be no preliminaries in any races. Alleys will be used in events where they are applicable.
10. Participants will be seeded by times. Heats will be run from slowest to fastest.
11. Timing and Scoring will be conducted by Sam Graci of Superior Timing.
12. Medal winners will be announced after each final event, but coaches will pick up all medals at the conclusion of the meet.
13. Rain date will be Friday, May 20th at Negaunee.

14. A **concession stand** will be available.
15. Final results will be available online at: www.superiortiming.com
16. If you have any questions, call Paul Jacobson – 475-7861.
17. **All tickets \$7.00 on gofan.co – No passes accepted.**
18. **Locker Rooms** – Please have your athletes dress at home. Locker Rooms are for Negaunee athletes only. Restrooms are available at the concession stand. Showers will not be available.
19. **Valuables:** Please secure your team’s valuables. Negaunee Public Schools is not responsible for lost or stolen items.
20. Athletic Trainer...Nikki Maki (Active Physical Therapy)

Entries – each school can enter a maximum of 4 contestants per event, and 1 relay.

**ENTRIES MUST BE SUBMITTED at
www.athletic.net (instructions are attached)**

MHSAA Required Due Date – No Exceptions.

Regional entries are due no later than Tuesday, May 17th at 11:59 p.m. EST

A complete entry includes the electronic submission (athletic.net) as detailed on the MHSAA website and a complete Master Eligibility List. Send Eligibility List to:

Paul Jacobson, Athletic Director
Negaunee High School
500 W. Arch Street
Negaunee, Michigan 49866
(906) 475-7861
FAX: 475-7989
E-Mail: paul.jacobson@negauneeschools.org

***SUBMITTING TIMES FOR THE REGIONAL MEET**

1) All times submitted for the Regional meet must be entered as FAT times

2) If the times you are submitting are “handheld”, then they must be converted to FAT time before submitting your entries. In order to convert a handheld time to a FAT time, you must do the following: Round the time up to the nearest whole tenth and then add .24

3) Example...Handheld time is 12.73. First round “up” to the nearest whole tenth (12.8) and then add .24 so that the time entered for Regionals should be 13.04

4) This information is also listed online at the MHSAA “Participating Schools” information

TIME SCHEDULE OF EVENTS (All Times Eastern)

Field Events

High Jump (Girls) 3:30 to conclusion
(Boys) 4:45 to conclusion

Pole Vault (Boys) 3:30 to conclusion
(Girls) 4:30 to conclusion

Long Jump (Boys) 3:30 to conclusion (Open Pit)
(Girls) 4:45 to conclusion (Open Pit)

Discus (Boys) 3:30 to conclusion
(Girls) 4:45 to conclusion

Shot Put (Girls) 3:30 to conclusion
(Boys) 4:45 to conclusion

Running Events – Boys First

4:00 3200 Relay
4:30 Boys 110 M HH (Girls 100 HH)
4:45 100 M Dash
5:00 800 M Relay
5:10 1600 M Relay
5:30 400 M Relay
5:35 400 M Dash
5:50 300 M Low Hurdles
6:05 800 M Run
6:20 200 M Dash
6:35 3200 M Run
7:10 1600 M Relay

Management reserves the right to advance all times.