

2024 MHSAA JH/MS Track Regionals Pilot program

A school will use Athletic.net to enter their runners, and they must be an MHSAA member school at the JH/MS level to compete in this MHSAA event. This Regional meet DOES NOT count against their season maximum of 10 regular season meets as this is a post-season MHSAA event.

General Meet information and details for the MHSAA JH/MS Track & Field Regionals

- MHSAA JH/MS Regional races can be hosted from May 13 to May 31, 2024 unless prior permission from the MHSAA. There will be as many as three Regional meets per Zone and as few as one. MHSAA member schools can enter one Regional only, which should be closest to their school.
- There is no cost or entry fee for participation in the MHSAA JH/MS Track & Field Regional.
- The Regional events are set per zone to get meets spread geographically around the state (see map). If a school is close to another site that is not in its Zone, a request can be made to the MHSAA to participate in that closer Zone Regional.
- Athletic.net will be used to “sign up” interested schools, and the first 25 schools to sign up in each region will be allowed to compete. Additional meets may be created if there is interest beyond the 25 schools. Heats and flights based on Athletic.net entries.
- Athletic.net will “create” the Regional meets once the dates are finalized.
- Field size and heats will be determined, and each school will be allowed to bring two athletes per event and one relay per relay. If additional athletes meet the qualification standards beyond the two entries per school, they can also enter the field.
- No more than three competitors from any one school would be able to compete in an event regardless of best times, heights, or distances.
- A JH/MS meet has a philosophy of inclusion and participation. The MHSAA Regional competition is for your team's most competitive athletes in those events.
- **Meet hosts may adjust heats and races to fit the entries best. This may include limited participation by schools, events, or heat size to ensure a meet can be conducted within a weeknight.**
- Heats/Flights will be determined once the field is set.
- Entry deadlines will be no later than three school days before the event, and deadline times will be set locally.
- The MHSAA JH/MS Regional race will NOT be counted against the schools’ MHSAA contest limit in JH/MS Track & Field.
- MHSAA trophies and medals will be awarded for each gender. Team Champion and medals to the top 6 in each event and top 3 in each relay.
- MHSAA host schools will hire at least two MHSAA registered officials to start and officiate the Regional meeting with other workers determined locally.
- MHSAA Admission will be charged for spectators - \$6.00 via GoFan digital ticketing
- While the host school will individually conduct the meets and time schedules determined locally, it is recommended that if a weekday Regional is chosen, Field Events start no later than 2:45 p.m., with Running events starting at 3:30 p.m.
- Regional host schools would complete a financial report form for reimbursement after the event, with the MHSAA covering the costs of conducting the Regional meet.

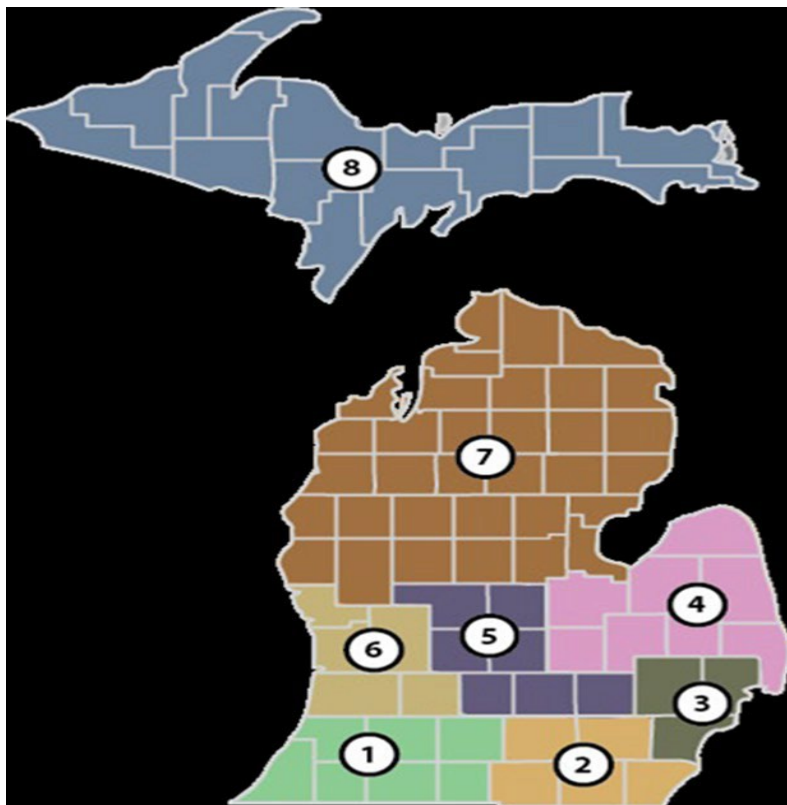
The JH/MS MHSAA Regional Track & Field events will follow the MHSAA JH/MS Order of Events:

Junior High/Middle School Order of Events for Boys and Girls

1. 4 X 800 Meter Relay
2. 55 Meter Hurdles (5 hurdles) (33" boys, 30" girls)
3. 100-Meter Dash
4. 4 X 200 Meter Relay
5. 1600 Meter Run
6. 4 X 100 Meter Relay
7. 400 Meter Dash
8. 70-Meter Dash
9. 800-Meter Run
10. 200 Meter Hurdles (5 hurdles, 35-meter intervals) (30")
11. 200 Meter Dash
12. 3200 Meter Run
13. 4 X 400 Meter Relay

Field Events

1. Pole Vault
2. Shot Put (4 Kg. for boys; 6 lb. for girls)
3. High Jump
4. Long Jump



2024 MHSAA JH/MS Track & Field Regional Sites

Zone 1

Bangor HS– (Small Schools – D3 and D4) – Thursday, May 16
Vicksburg HS – (Big Schools – D1 and D2) – Monday, May 20

Zone 2

Ypsilanti Lincoln HS - Tuesday, May 21
Concord HS - Wednesday, May 29

Zone 3

Woodhaven HS - Thursday, May 30

Zone 4

White Pine MS - Saginaw Township Schools – Thursday, May 16
Caro HS – Friday, May 24

Zone 5

Central Montcalm HS – Thursday, May 30

Zone 6

Grand Rapids Public Schools – Houseman Field – Saturday, May 11

Zone 7

Brethren HS – Tuesday, May 21
Cadillac HS – Wednesday, May 29

Zone 8

Calumet HS – Wednesday, May 29
St. Ignace HS – Wednesday, May 29
Ishpeming Westwood HS – Wednesday, May 29



2024 Junior High / Middle School Track Regional Qualification Standards

	<u>Large School</u>	
<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 JH / MS that feed into Division 1 & 2 High Schools

	<u>Small School</u>	
<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 JH / MS that feed into Division 3 & 4 High Schools