



MHSAA Division 3 Final Meet - Lower Peninsula

Jenison High School

June 5, 2021

GENERAL INFORMATION

1. Stadium Address – 2140 Bauer Rd, Jenison

2. **PACKET PICK UP**

Friday: Located inside the stadium under the Jenison arches

Saturday: Jenison Center of the Arts (JCA)- corner of Bauer Rd & 20th: Under the white 10 x 10 tent: (see site map)

Please note: The coaches packet will have 3 wrist bands and one parking pass. If you have more than 3 coaches or more than one vehicle, you will have to pay for additional tickets.

3. **Team Parking:** All team parking including cars, buses, RV's will park in the JCA parking lot. Parking pass must be visible in the front windshield: (see site map)

4. Gates open at 8:00 on Saturday.

5. Tickets: \$8.00 (\$9.40 with fees), Parking: \$3.00, Programs - online (free)

a. **Tickets can be purchased on GoFan:** <https://gofan.co/app/events/317995>

b. **Do not validate ticket before event. Our gate workers will validate on site. If a ticket is validated before entering, it will not be accepted.**

6. You must have your wrist band on in order to enter the stadium. Wrist bands also gain you access to field event areas.

7. Souvenir shirts will be available inside the main gate. They will also be on sale Friday, June 4 from 4:00 – 7:00 at the same location.

8. Only athletes in uniform are allowed on the infield. Coaches, you **MUST** remain in the stands or along the fencing for running events or in the designated areas for field events.

9. Starting blocks will be provided. If you bring your own blocks, they must be approved by the meet manager or meet referee. You are responsible for your blocks.
10. ¼" spikes only.
11. There are no locker room facilities available – come dressed for competition.
12. Results will be posted online at www.michianatiming.com
13. Formula for advancing from semifinals to the finals will be each heat winner and then the next fastest times as needed to fill the final heat.
14. Tents are allowed along the fence on the south end of the stadium - along the fencing by the pole vault area and on the practice football field in front of the main stadium entrance.
15. Miscellaneous items: No radios, footballs, Frisbees, etc will be allowed into the stadium. Coolers will be allowed in the team tent area only! No sunflower seeds on the artificial turf!
16. There will be an athletic trainer on site throughout the day. Ice and water will be provided.

SPECIFIC TRACK INFORMATION

ENTRIES: A list of entries may be located on the MHSAA website at www.mhsaa.com on the Tuesday following the Regional meet. If you find any errors, or if one of your athletes has been omitted, please call the meet manager by Friday, May 28. Known scratches should be made via athletic.net ASAP after the Regional Meet so heat sizes can be planned. Also, you are asked to declare all four relay athletes expected to compete by Friday, May 28 via athletic.net. This will NOT prohibit day of substitutions for other eligible athletes.

SCRATCHES: 9:00 AM for the morning events and 12:00 for the afternoon events. All scratches are to be written on the official scratch sheet provided at the scorer's table. Scratches must be turned in on time and if you know prior to Saturday, please let the tournament manager know.

BATONS: You must furnish your own batons.

AWARDS: Medals for first 8 places and scoring for all events will be 10-8-6-5-4-3-2-1. Trophies will be awarded to the champion and runner-up at the conclusion of the meet. Please remind your athletes to listen to announcements for when medals for an event are to be presented. As long as we have the event winner present we will go ahead with the awards ceremony.

Uniform Rule: The uniform rule will be strictly enforced – please review this rule with your athletes. **This is your warning for all uniform violations.**

Coaches retain the responsibility to not allow competitors to wear items dangerous to themselves or to equipment, such as the landing system in high jump. Jewelry and hair accessories are no longer illegal but an official may ask a competitor to remove an accessory if it

is not properly secured or could damage equipment. Watches are legal in all events and religious and medical alert tags are no longer required to be taped to the body unadorned.

RELAY CARDS: Relay athletes will be pre-declared via athletic.net. Relay cards will only be used for substitutions on the day of the meet. You need to only list the substituted athlete.

CHECKING IN: All athletes must check in with the clerk of the course in the designated staging area after the 1st call and prior to the final call for that event.

MHSAA PARTICIPATING TEAM INFORMATION

Please read over the information found in the Participating Team Information on the MHSAA website. The following are specific points of emphasis:

1. All shots & discs must be weighed and marked approved before they can be used. Illegal equipment will be held until the end of the day. Weigh in will take place at the ticket booth located at the entrance to the stadium: (see site map)
2. Girls events will be run first
3. 3200 Meter Run/800m Run 20 or less – one section. 21 or more entries – two sections with the 12 fastest times plus ties in the 2nd heat.
4. 1600m two sections when entries exceed 24 with the fastest 16 plus ties in the 2nd heat.
5. One heat of the 3200m Run for each gender.
6. Waterfall Starts: If there are 20 competitors/teams, seeds 1-6 will be placed on the upper waterfall and seeds 7-20 will start on the lower waterfall.
 - a. With 18 competitors/teams place 1-6 seeds on the upper waterfall and 7-18 seeds on the lower waterfall.
7. Open pit will be used in the long jump for Pre-lims AND finals. The top 9 will advance to the finals for three additional jumps.
8. Shot & Disc will be conducted in flights (size depends on number of throwers). Throwers will get 3 warm up throws between flights and will be arranged in reverse order.
9. Time limits for all field events will be enforced. If an athlete must leave a field event for another event, he/she MUST inform the event judge of the situation and return to their field event no longer than 10 minutes after the completion of the previous event.

Pole Vault: The five alive concept will be used until 9 or fewer competitors are at a given height. Girls will start at 8 ft 6 in. Boys start at 11 ft 3 in. The bar will be raised using the MHSAA raises chart (Girls: 9', 9' 6", 10' -- Boys: 11' 9", 12' 3", 12' 9"). When 9 competitors remain, the bar is to be raised in three-inch increments (until one with options to pass).

High Jump: The five alive concept will be used until 9 or fewer competitors are at a given height. Starting height: Girls 4 ft 9 in -- Boys 5 ft 9 in. The bar will be raised using the MHSAA raises chart (Girls: 4' 11", 5' 1", 5' 3" -- Boys: 5' 11", 6' 1", 6' 3"). When 9 or fewer competitors is reached, the bar is to be raised one inch only for each successive jump.

10. The stadium will be open from 4:00-7:00 on Friday June 4 for team inspection. The field event venues will be closed. You may mark your steps but the event will remain closed. Please use chalk to mark steps – no tape! Poles can be inspected in the garage and stored overnight if so desired: (see site map)

11. Finishlynx system will be used by Michiana Timing for the finish line.

Meet Manager: Tim Ritsema: Jenison HS AD - 616-667-3362

2021 TIME SCHEDULE

8:00 AM – Gates Open

-Weigh-in of shots & discs

-Pole Inspection

9:00AM – Morning Scratches Due

9:30 – B/G Pole vault, High Jump, Long Jump (Open pit for LJ: 9:30-10:45)

Boys Discus/Girls Shot

9:55AM – NATIONAL ANTHEM

10:00AM – 3200 M Relay

- Semi Finals: 100M/110-100 M Hurdles/200M

11:30 AM – B/G Long Jump Finals – Open Pit

11:30AM – Afternoon Weigh – In (Shots & Discs)

12:00PM – Afternoon scratches due

12:15PM – Girls Discus/Boys Shot

12:55PM – National Anthem

1:00PM – Running Finals – Finals will begin 1 hour after the completion of the last semifinal race, but not before 1:00

4:30PM – Awards presentation (approximate Time)

MHSAA process for setting heats and sections at MHSAA Track & Field Finals

3200 Meter run - Heats of the 3200m run: 1 heat regardless of how many competitors

1600m run - One section if 24 or less runners; two sections if more than 24 runners with 18 competitors in the fast heat (if 9 lanes) 16 competitors in the fast heat (if 8 lanes).

800m run - One section if 20 or less runners; two sections if more than 20 runners with 18 competitors in the fast section (if 9 lanes) 16 in the fast heat (if 8 lanes). If after scratches there remain 21 – 24 competitors, there would be a fast heat of the best 12 plus ties. If there are 25 or more competitors, a fast heat of 16 plus ties will be conducted.

3200 Meter Relay - One section if 13 or less relay teams; two sections if 14 or more with 12 in the fast heat

Waterfall starts

If there are 20 competitors/teams, seeds 1-6 will be placed on the upper waterfall and seeds 7 – 20 will start on the lower waterfall.

With 18 competitors/teams place 1 - 6 seeds on the upper waterfall and 7 – 18 seeds on the lower waterfall.