



Shepherd High School Athletics

100 Hall Street • Shepherd, Michigan 48883 • 989-828-6601 • Fax 989-828-5452

Ryan Harkrader
Athletic Director

Date: May 3, 2021,
To: Athletic Directors/Boys' and Girls' Track Coaches
From: Ryan Harkrader, Shepherd High School Athletic Director
Re: MHSAA Men's and Women's Track & Field Regional

Welcome to the Division 3 Region 30 Track Meet at Shepherd High School. Enclosed you will find directions for your entries and additional regional information. **Entries are due online on athletic.net no later than Tuesday May 18th, by 8:00pm.** Reminder: **Also, forward a copy of your school's Master Eligibility List** as soon as possible. If you have any questions, please feel free to contact me at (989) 828-6601 or Carey Hammel (Entries) at (989) 506-8556 or careyhammel@gmail.com. We look forward to seeing you on May 21, 2021 at 12:30pm for our regional Coaches meeting in the Pole Barn to the South of the Stadium.

Competing Schools

Carrollton	Central Montcalm
Chesaning	Hemlock
Ithaca	Lakeview
Montrose	Morley Stanwood
Mt. Morris	New Lothrop
Saginaw	Saginaw Valley Lutheran
Sanford Meridian	Shepherd
St. Charles	St. Louis

General Notes regarding Region 30-3

Entries: Please make sure you enter only 3 athletes in each event unless each one has hit additional qualifying mark for regionals. Entries are due by 8PM Tuesday May 18th. You must scratch down to 2 athletes on Friday unless all have hit additional qualifying mark.

FAT Conversion: All times must be entered as FAT times to the hundredth (.00) or hand held equivalent adjusted by rounding to the nearest tenth and adding .24.(done by athletic.net)

Example Hand Time = 11.51

Converted FAT Time = 11.84

(11.51 round to tenth is 11.6 add .24 is 11.84)

Coaches Meeting: If necessary we will have a Coaches meeting in the Pole Barn at 12:30pm. We hope to communicate everything well enough that the Coaches meeting is not necessary and teams can just turn in scratch sheets and referees statements.

Athlete Check In/Bull Pen Procedure: We will be using Athletic.Live and uploading heat sheets there and sending emails out. Please communicate this with your athletes. Athletes should check in no later than 3rd Call. If there are scratches beyond the scratch period please communicate these to the Clerk so plans can be made.

Scratches: Field event and prelim scratches will be due to the pole barn at 12:30pm, at the beginning of the coaches meeting. All remaining scratches will be due to the bullpen at 4:30 PM.

Parking: Buses should park in Parking Lot #3 to the north of the concessions building. 3rd Street is the best Street for buses to take to drop off teams. Spectators can park in Parking Lot #1 east of the Track Complex and, if that fills up, space will be available in Parking Lot #4 & #5 to the north of the High School after 3:30 PM. **See attached map.**

Tent/Team Area: Please setup camp/tents on the grass south of the visiting side bleachers and headed around the end of the track towards the Long Jump area, please do not go past the scoreboard though. Tents might also be able to setup behind the home bleachers up against the Softball Field depending on how dry this area is. Please do not setup or play around on the softball or baseball fields. Additional space will be available behind and between the Shot and Discus areas. Please setup Team Camps spaced out from other teams. **See attached map.**

Masks: Masks are required for all participants, coaches and spectators unless the athlete is in active competition.

Emergency Info: In case of severe weather we will follow MHSAA protocol and postpone the meet. All athletes and coaches should go to their buses. If necessary, the High School Gym will be made available.

Shepherd High School host MHSAA 30-3 Track and Field Meet

At Shepherd High School

Friday, May 21, 2021

Time Schedule

1:00 p.m.	Boys and Girls Pole Vault	
2:00 p.m.	Girls High Jump	
	Boys Long Jump	** In Shot Put, Long Jump & Discus 3 attempts and top 9 get 3 more attempts. 1 Hour between genders for field events.
	Boys Discus	
	Girls Shot Put	
3:00 p.m.	3200 Relay Finals	
3:30 p.m.	100 Dash Round 1	
3:55 p.m.	100 and 110 Hurdle Semi-Finals Round 1	
4:15 p.m.	200 Dash Semi-Finals Round 1	** Girls run first in all running events in 2021
4:30 p.m.	Mandatory 1 hour Break	

Finals

5:25 p.m.	National Anthem	**We will run ahead of schedule if possible and we do plan on being able to. However the Finals will not start earlier than 5:30 p.m.
5:30 p.m.	100 and 110 Hurdle Finals	
5:45 p.m.	100 Dash Finals	
5:55 p.m.	800 Relays	
6:15 p.m.	1600 Runs	
6:35 p.m.	400 Relays	
6:55 p.m.	400 Runs	
7:20 p.m.	300 Hurdles	
7:40 p.m.	800 Runs	
8:00 p.m.	200 Dashes	
8:15 p.m.	3200 Runs	
9:00 p.m.	1600 Relays	

Advancing from Semi-Final Round 1(Prelims) to 1 heat(8 person) Final

Heat winners from each heat and then the fastest times to fill all remaining available lanes.

If 2 Heats – 2 heat winners, 6 fastest times to fill lanes

If 3 Heats – 3 heat winners, 5 fastest times to fill lanes

If 4 Heats – 4 heat winners, 4 fastest times to fill lanes

If 5 Heats – 5 heat winners, 3 fastest times to fill lanes

Awards and Results

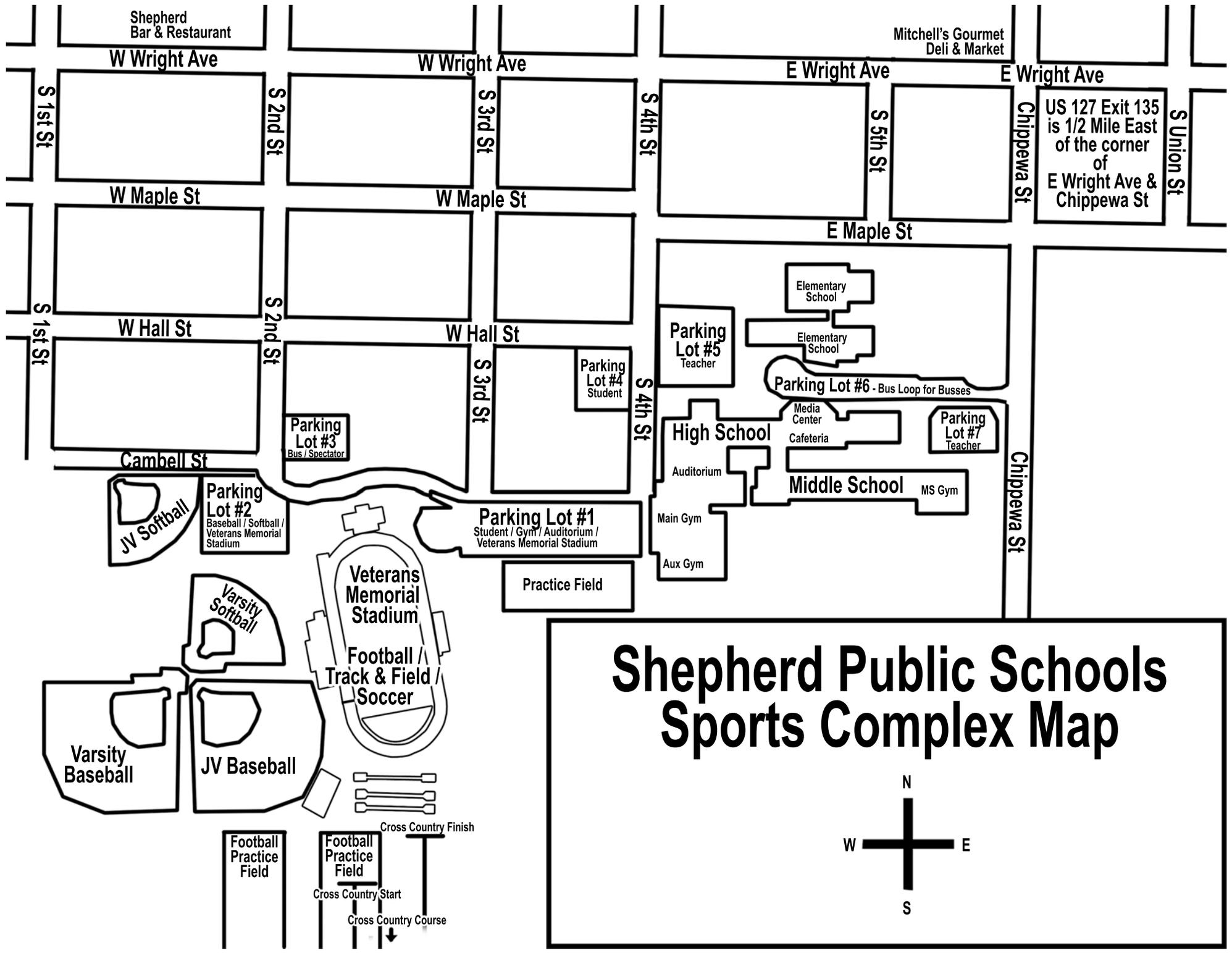
Each head coach will receive an awards packet and complete results as soon as possible after the meet. The results and awards will be available in the press box area. Points and Medals will run through eighth place.

Scoring

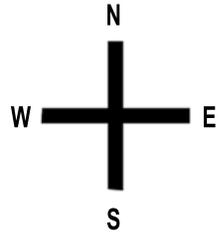
Scoring in all events is done to 8 places:

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

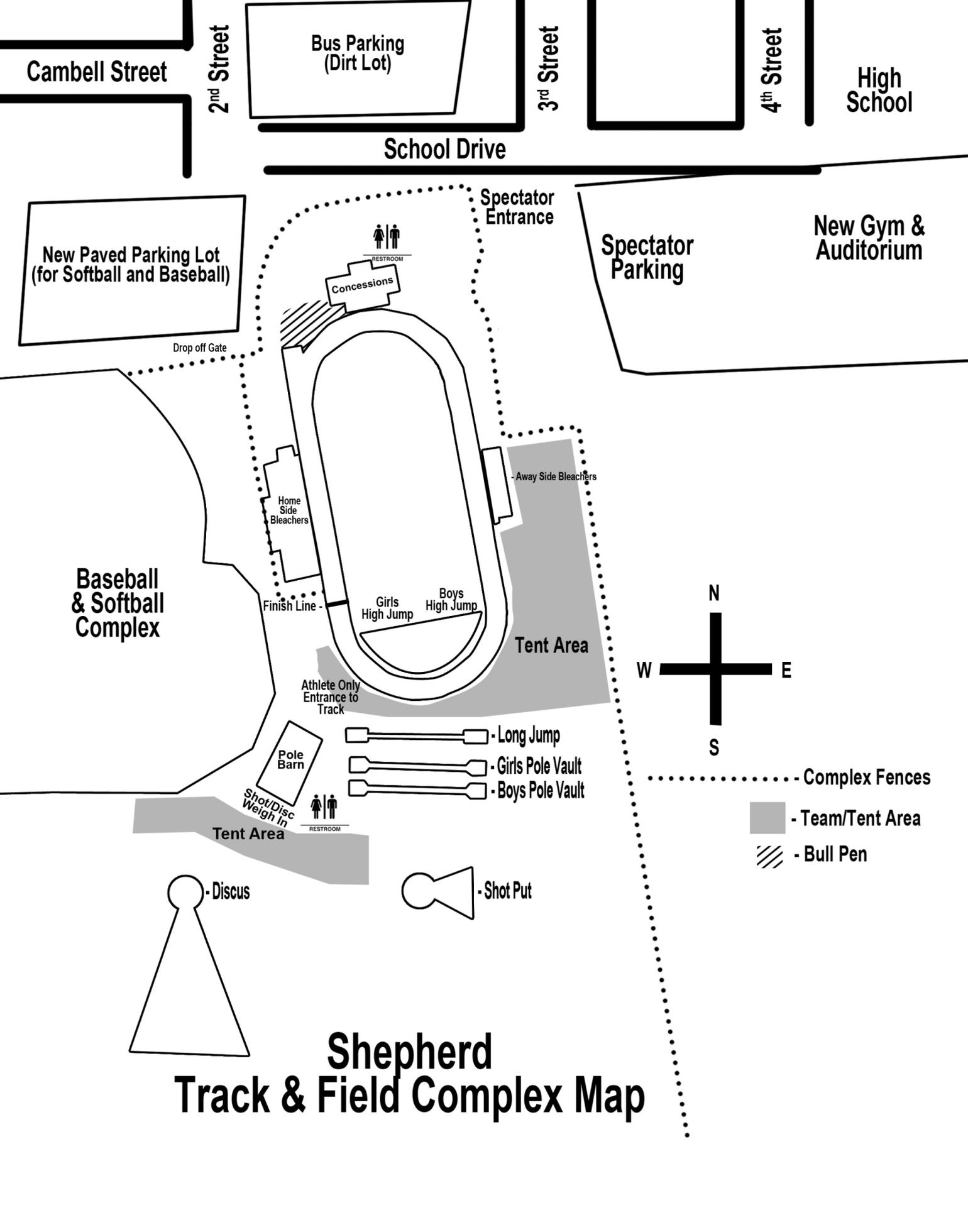
The Top 2 Teams and Individuals qualify for the MHSAA Division 3 State Meet as well as any who qualify using the additional qualifying standards.



Shepherd Public Schools Sports Complex Map



US 127 Exit 135
is 1/2 Mile East
of
E Wright Ave &
Chippewa St



Cambell Street

2nd Street

Bus Parking
(Dirt Lot)

3rd Street

4th Street

High School

School Drive

New Paved Parking Lot
(for Softball and Baseball)

Drop off Gate

Spectator
Entrance

Concessions

Spectator
Parking

New Gym &
Auditorium

Baseball
& Softball
Complex

Home
Side
Bleachers

Away Side Bleachers

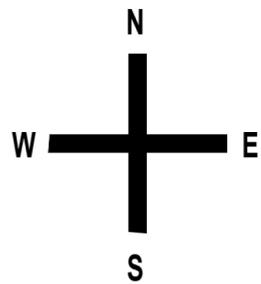
Finish Line

Girls
High Jump

Boys
High Jump

Tent Area

Athlete Only
Entrance to
Track



Pole
Barn

- Long Jump

- Girls Pole Vault

- Boys Pole Vault

Shot/Disc
Weigh In



RESTROOM

Tent Area

- Complex Fences

- Team/Tent Area

- Bull Pen

- Discus

- Shot Put

Shepherd Track & Field Complex Map