



## 2015 MHSAA TRACK AND FIELD REGION (9-1)

Hosted by Bloomfield Hills High School



**Site:** Bloomfield Hills High School (3456 Lahser Road, Bloomfield Hills, MI. 48302)

**Date:** Friday, May 15, 2015

**Time:** Field Events: 1:00 p.m. / Running Prelims: 2:00 p.m. / Running Finals: 5:00 p.m. (see enclosed schedule)

**Spectator Fee:** \$5.00 fee at the gate. League/season passes will NOT be honored.

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**Participating Teams:** Bloomfield Hills, Clarkston, Holly, Lake Orion, Oxford, Pontiac, Rochester, Rochester Adams, Rochester Hills-Stoney Creek, Romeo, Utica Eisenhower, Waterford Kettering, Waterford Mott and West Bloomfield.

**(Total Schools = 14)**

**Parking:** Parking will be limited during normal school hours. School buses are to drop off athletes at Bloomfield Hills H.S. and find an alternative place to park (information to follow).

**Team Tents:** All team tents should be set up in the baseball outfield, behind the bleachers.

**Facility:** We have an 8 lane track with a turf infield. Long jump is located at the north end of the track by the first and second turn. High jump is located on the south end of the track by the third and fourth turns. Throwing areas (discus and shot put) are located outside of the track at the south-east end. Coaches, parents and spectators are NOT allowed in the infield during competition. The track/infield will be available for warm-up activity until 1:40 p.m., at which time all participants must clear the areas for competition. The track will be available, during the break, before finals until 4:40 p.m.

**Clerking:** Clerking will be done in the softball outfield. Only athletes that have checked in with the clerk, and are competing in an upcoming event, may be on the infield.

**Concessions/Restrooms:** There will be a fully stocked concession stand located at the south end of the track. The restrooms are located at the concessions building. There will also be athlete only bathrooms (port-a-johns) located near the clerking area. No locker rooms will be available.

**Trainer:** There will be a trainer (John Ciecko) on site.

**Results:** Results will be provided in the medal packets. They will also be emailed to coaches and AD's.

**Medals/Scoring:** 8 places / 10-8-6-5-4-3-2-1.

**Timing:** The MHSAA Region (9-1) will be F.A.T. (Fully Automated Timing).

### **Entry Due Date/Procedure:**

Eligibility list and Athletic.net electronic entries are due by Tuesday, May 12, 2015 by 4:00 p.m.

Late entries:

- \$50 must be paid before the contestant or team will be allowed to participate
- There are to be no late entries after the above deadline dates
- The late fee may not be used to change any time, height or distance
- The only changes which are permitted after 4 p.m. the day of the entry date will be scratches

Times, heights and distances listed on the entry information are to be for the current outdoor season only. If questioned, each coach must indicate the date, location and opponent (school) when the time was established. Failure to comply shall eliminate the individual as an additional qualifier or shall eliminate the individual from seeding consideration.

**All times, distances and heights shall have been achieved prior to 4 p.m. of the Opt-Out Due Date.**

Regionals using **Athletic.net:**

- FAT entries, please do NOT adjust times. Enter FAT exactly as recorded but place the letter "a" after the time (i.e. 12.83a)
- Hand Timed entries should be rounded up and entered as 12.9 (i.e. 12.83 = 12.9). The coach does not need to add the 0.24 conversion factor, as athletic.net will add the 0.24 for the coach.

**Additional state tournament information can be found on the MHSAA website ([www.mhsaa.com](http://www.mhsaa.com)).**



**2015 MHSAA Region 9-1 Track & Field Meet Time Schedule  
Friday, May 15, 2015 @ Bloomfield Hills High School**



**Spectator Fee:** \$5.00 fee at the gate. League/season passes will NOT be honored.

**Warm-ups:** The track/infield will be available for warm-up activity until 1:40 p.m., at which time all participants must clear the areas for competition. The track will be available, during the break, before finals until 4:40 p.m.

**12:00 - 12:30 p.m. Implement Weigh-in**

**12:15 p.m. Coaches Meeting at the common start/finish line**

**12:15 p.m. All field event and preliminary event scratches are due at the finish line tent.**

**Field Events: Long Jump, Discus and Shot Put: Top nine move on to finals, 3 prelim and 3 final attempts**  
**Discus and Shot Put: Will be run in flights, 2 + 1 format**

**1:00 p.m.**

**Session 1**

<b>Girls Shot Put (AQ = 36'2")</b> .....	Finals Follow Immediately
<b>Girls High Jump (AQ = 5'3")</b> .....	Run to Conclusion
(Opening Height/Raises: 4'8", 4'11", 5'1", <b>5'3"</b> , then 2" raises)	
<b>Boys Long Jump (AQ = 21'2")</b> ( <i>Open order for 75 minutes</i> ) ....	Finals Follow Immediately
<b>Boys Discus (AQ = 145'6")</b> .....	Finals Follow Immediately
<b>Boys Pole Vault (AQ = 12'10")</b> .....	Run to Conclusion
(Opening Height/Raises: 11'0", 11'6", 12'0", 12'6", <b>12'10"</b> , then 4" raises)	

**Session 2: Thirty minutes after the conclusion of the previous competition**

<b>Girls Long Jump (AQ = 16'9")</b> ( <i>Open order for 75 minutes</i> ) .....	Finals Follow Immediately
<b>Girls Discus (AQ = 112'0")</b> .....	Finals Follow Immediately
<b>Girls Pole Vault (AQ = 9'10")</b> .....	Run to Conclusion
(Opening Height/Raises: 8'0", 8'6", 9'0", 9'6", <b>9'10"</b> , then 4" raises)	
<b>Boys Shot Put (AQ = 50'0")</b> .....	Finals Follow Immediately
<b>Boys High Jump (AQ = 6'3")</b> .....	Run to Conclusion
(Opening Height/Raises: 5'8", 5'11", 6'1", <b>6'3"</b> , then 2" raises)	

**Running Prelims (FAT timing): Advancement to semis: Heat winner, plus next fastest times.**

<b>2:00 p.m. 100m Dash</b> .....	Girls/Boys
<b>100m/110m Hurdles</b> .....	Girls/Boys
<b>200m Dash</b> .....	Girls/Boys

**Running Final (FAT timing):**

<b>3:00 p.m. 3200m Relay (4 x 800m) (AQ: G = 9:44.78 / B = 8:07.00)</b> .....	Girls/Boys
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**Running Semi-Finals (FAT timing): Advancement to finals: Top 4 from each heat.**

<b>3:30 p.m. 100m Dash</b> .....	Girls/Boys
<b>100m/110m Hurdles</b> .....	Girls/Boys
<b>200m Dash</b> .....	Girls/Boys

**4:00 p.m. All remaining scratches are due at the finish line tent.**

**4:55 p.m. National Anthem**

**Running Finals (FAT timing):**

<b>5:00 p.m. 100m/110m Hurdles (AQ: G = 15.54 / B = 15.04)</b> .....	Girls/Boys
<b>100m Dash (AQ: G = 12.74 / B = 11.14)</b> .....	Girls/Boys
<b>800m Relay (4 x 200m) (AQ: G = 1:45.86 / B = 1:30.74)</b> .....	Girls/Boys
<b>1600m Run (AQ: B = G = 5:09.24 / 4:26.86)</b> .....	Girls/Boys
<b>400m Relay (4 x 100m) (AQ: G = 50.64 / B = 43.84)</b> .....	Girls/Boys
<b>400m Dash (AQ: G = 59.74 / B = 50.57)</b> .....	Girls/Boys
<b>300m Hurdles (AQ: G = 47.58 / B = 40.14)</b> .....	Girls/Boys
<b>800m Run (AQ: G = 2:20.27 / B = 1:57.75)</b> .....	Girls/Boys
<b>200m Dash (AQ: G = 26.14 / B = 22.73)</b> .....	Girls/Boys
<b>3200m Run (AQ: G = 11:20.00 / B = 9:39.00)</b> .....	Girls/Boys
<b>1600m Relay (4 x 400m) (AQ: G = 4:08.01 / B = 3:27.25)</b> .....	Girls/Boys

**Ten minutes after the last race:**

**Presentation of awards** ..... **Girls/Boys**