

Macomb Area Conference – Red Division
TRACK & FIELD CHAMPIONSHIPS - 2025

- **WHEN:** Tuesday, May 6, 2025
- **WHERE:** Dakota High School
- **ENTRIES DUE:** Monday, May 5th by 9 pm
- **ENTRY INFO:** On-line entry thru www.athletic.net
Substitutions and scratches can be made the day of the meet by 3:15 p.m. at the finish line.
Field Events scratch directly at the event.

- A list of all entries will be available upon arrival to the meet. No additional entries can be made the day of the meet – only substitutions and scratches. Make changes at the finish line by 3:15 p.m. Field Events at the event!
- MHSAA uniform / jewelry rules enforced.
- \$7 Admission will be charged for ALL spectators. Passes will not be accepted.
- Concession stand will be in open. T-shirts will be for sale.
- Dual meet champion team plaque and league meet champion plaque will be awarded at the conclusion of the meet.

We look forward to providing your athletes with an excellent track & field experience. Feel free to email me if you have any questions or concerns. Good luck with the remainder of your season!

Shane Finney-Athletic Director sfinney@cvs.k12.mi.us

Mike Timpa-Head Coach mtimpa@cvs.k12.mi.us

MAC Track & Field Championships
SCHEDULE OF EVENTS

Dakota High School
Tuesday, May 6, 2025

- 3:00-3:30 Implements weighed at the official's room in the tunnel of the stadium.
- 3:15 Coach's meeting at the Finish Line
(All Entry scratches / substitutions DUE at this time.)
- 3:30 Boys Pole Vault, Discus, Long Jump (Open Order-1 hour)
Girls Shot Put, High Jump
- (Girls run 1st in 2025)
- 4:15 4x800m Relay **FINALS**
- 4:55 NATIONAL ANTHEM
- 5:00 100m/110m Hurdle Finals
100m Dash Finals
4x200m Relay Finals
1600m Run Finals
4x100m Relay Finals
400m Dash Finals
300m Hurdle Finals
800m Run Finals
200m Dash Finals
3200m Run Finals
4x400m Relay Finals
- AWARDS / MEDALS

Each school listed oversees the following field event: (3 workers a school)

- High Jump: UTICA – begins at 3:30
- Pole Vault: ROMEO – begins at 3:30
- Long Jump: CHIPPEWA – begins at 3:30
- Discus: FRASER – begins at 3:30
- Shot put: ANCHOR BAY – begins at 3:30

School exchange zone assignments:

- Zone #1: UTICA 4x100
- Zone #2: CHIPPEWA VALLEY 4x100
- Zone #3: ROMEO 4x100
- Zone #1 & #3: FRASER 4x200
- Zone #2: ANCHOR BAY 4x200

STARTING HEIGHTS: PV – Boys: 8'0" / Girls: 6'0" HJ – Boys: 5'0" / Girls: 4'0"
SCORING OPEN EVENTS 10-8-6-4-2-1 RELAYS 10-8-6-4-2

2025: GIRLS RUN FIRST

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FINAL INSTRUCTIONS

- **Scratches / substitutions are due at 3:15 p.m. at finish line. (Field Event scratches should be made at the event.)**
- **Athletes and Relay teams should report to the bullpen on 1st call at the start of the 100m dash.**
- **1/4 inch or 1/8 inch spikes only.**
- **Shot / discus weigh-in will occur in the official's room in the tunnel of the stadium from 3:00 -3:30 p.m.**
- **All warm-ups should be done on the east side of the football field. No coaches, spectators or athletes on the infield unless competing/coaching the high jump.**
- **No radios, Air-pods, Beats by Dre or other listening devices on the infield**
- **Results will be posted on athletic.net.**
- **We will be using our FAT system at the finish line.**
- **3 entries per event, one relay team.**
- **Medals will be awarded to the top 6 finishers in individual events, to the top 2 teams in relays.**
- **For the Boys long jump – open order will occur between 3:30 and 4:30. Each jumper will be given 3 jumps. The top 7 jumpers will move to the finals for 3 additional jumps. 4:30 – 5:00 PM**
- **For the Girls long jump – open order will occur between 5:30 and 6:30. Each jumper will be given 3 jumps. The top 7 jumpers will move to the finals for 3 additional jumps. 6:30-7:00PM**
- **For the shot put and discus there will be two flights with a maximum of 9 throwers per flight. Throw will be 2 and 1. The top 7 throwers will move to the finals and receive 3 more throws. In the finals the throws will be done in reverse order, 2 and 1.**
- **Officials: tbd**
- **Appeals committee: One coach each from Romeo, Utica and Chippewa Valley.**

