



**MHSAA Region 10-1**  
**Track and Field Championship**  
**Friday May 20, 2022**



Dear Track & Field Coach,

You and your track & field team have been selected to attend the M.H.S.A.A. Region 10-1 Track and Field Championship hosted by Macomb Dakota H.S.

The Meet will be held on Friday May 20, 2022, at Macomb Dakota H.S.

Adam Demorest, the Athletic Director at Macomb Dakota H.S. will be Meet Director and Mike Timpa, Track & Field Coach at Macomb Dakota H.S. will be the Meet Manager.

Bob Busquaert from Eastside Racing Company will be doing the Finish line.

Again, this year we will be using Athletic.net for entries. **Entries are due before 11:59PM, Tuesday, May 17, 2022.**

**ON THE DAY OF THE REGIONAL MEET**

**PLEASE DO NOT ARRIVE AT MACOMB DAKOTA BEFORE 2:30PM**

For any general questions or comments, please call Adam Demorest at 586- 723-2802.

All questions concerning entries should be directed to Mike Timpa at 586-723-2951 or Bob Busquaert at 586-882-3608.

Adam Demorest

Athletic Director - Macomb Dakota H.S.

21051 Twenty-One Mile Rd

Macomb, MI 48044

[ademorest@cvs.k12.mi.us](mailto:ademorest@cvs.k12.mi.us)

Mike Timpa

Track & Field Coach -Dakota H.S.

21051 Twenty-One Mile Rd

Macomb, MI 48044

[mtimpa@cvs.k12.mi.us](mailto:mtimpa@cvs.k12.mi.us)



**MHSAA Region 10-1**  
**Track and Field Championship**  
**Friday May 20, 2022**



Site: Macomb Dakota H.S. – 21051 21 Mile Road, Macomb MI 48044

Host school: Macomb Dakota H.S. Adam Demorest, Athletic Director - Meet Director  
Mike Timpa, Track & Field Coach - Meet Manager

**NOTICE: PLEASE DO NOT PLAN TO ARRIVE AT MACOMB DAKOTA H.S. UNTIL AFTER 2:30PM. THIS WILL ALLOW SOME TIME FOR THE SCHOOL PARKING LOT TO CLEAR. WE HAVE LIMITED PARKING AND YOUR COOPERATION IS REQUIRED.**

Entries: **All entries need to be made on Athletic.net by 11:59pm, Tuesday, May 17, 2022.**  
Each team is allowed 1 relay per team and 3 entries per event and must scratch down to 2 contestants. A team may enter more than 3 athletes, provided all athletes have meet the regional additional qualifying standards. (Overrides are not accepted)  
All performances shall have been achieved prior to 11:59 pm on May 17, 2022.  
Times must be entered as FAT to the hundredth (.00) or the handheld adjusted to the FAT equivalent. The handheld times shall first be rounded up to the slower one tenth of a second (10.42 rounded to 10.5) then a conversion factor of .24 must be added (10.5 + .24 = 10.74)  
Athletes or relay teams that do not have times submitted or with incorrect times submitted, will be placed in the slow heat without seeding consideration.  
Please do not wait until the last minute to work on your entries.  
Late Entries for CLERICAL ERRORS ONLY

- \$50 must be paid before the contestant or team will be allowed to participate.
- There are to be no late entries after the Regional individual positions are set.
- The late fee **may not** be used to change any time, height or distance.
- The only changes which are permitted after 11:59 pm, May 17, 2022, will be scratches or clerical errors
- [ADDITIONAL QUALIFIER and Vertical Jumps chart \(Link\)](#)

Scratches: We will not be having a scratch session. You will scratch your athletes at the field event or in the bull pen for running events. You do not need to turn in a scratch sheet.

Notice: Coaches and athletes are not allowed in the press box; only meet personnel are allowed entry. Non-participating athletes and coaches are not allowed on the infield, everyone must stay outside the fence.

The Track: The track is an eight-lane 400-meter synthetic rubber surface. Spikes that are no longer than 1/4" will be allowed.

Warm-up: Once the meet starts, all warm-ups must be done outside the track fence.

Concessions: Concessions will be available at the stadium. Souvenir T-shirts and programs will also be sold at the meet.

Results: We will try to make results available to you as soon as possible after the meet is over. Results will be posted on Athletic.net

Information: If you have any questions, please call Adam Demorest at Macomb Dakota at 586- 723-2802 or Mike Timpa at 586-723-2951



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**Time Schedule**

3:15pm Discus and Shot Weigh-In (Track Storage under the grandstands)

3:45pm Coaches Meeting (at the Finish line)

4:00pm Field Events Men's Shot Put - 3 Attempts  
 Qualifying: Women's Discus - 3 Attempts  
 Women's Long Jump – 3 Attempts (90 min)  
 Women's High Jump (East Pit) 4-8, 4-10, 5-0, **5-2**  
 Men's High Jump (West Pit) 5-8, 5-11, 6-1, **6-3**  
 Women's Pole Vault 8-3, 8-9, 9-3, 9-9, **10-3**

In the Field Events: The opposite gender will follow as soon as possible after the completion the finals of the first gender is completed.  
 Men's Pole Vault 11-3, 11-9, 12-3, 12-9, **13-3**  
 The Men's and Women's High Jump will compete at the same time.  
 In Shot Put, Discus and Long Jump: The top 9 plus ties from prelims will advance to finals which will immediately follow the prelims.

On the Track Advancing to the finals (8 lanes) Heat winners plus next fastest times

4:30pm 4 X 800 Meter Relay Final

5:00pm Prelims: 100m Dash - High Hurdles - 200m Dash

6:00 pm or 30 Minutes after the completion of the prelims:

National Anthem

Finals: High Hurdles  
 100 Meter Dash  
 4 X 200 Meter Relay  
 1600 Meter Run-2 heats if entries exceed 24, if 2 heats; 2<sup>nd</sup> heat will have the 16 fastest  
 4 X 100 Meter Relay  
 400 Meter Dash  
 300 Meter Hurdles  
 800 Meter Run-2 heats if entries exceed 20, if 2 heats; 2<sup>nd</sup> heat will have the 16 fastest  
 200 Meter Dash  
 3200 Meter Run-1 heat regardless of the number of entries  
 4 X 400 Meter Relay

Presentation of Trophies and Medal

**Scoring:** 10-8-6-5-4-3-2-1 in all events



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**Officials**

James Cleverley-Referee  
Daswell Campbell- Field Referee  
Tom Eschmann-Starter  
Ken Siedenwand-Starter  
Beth Reinhold-Clerk  
Tony Pankowski-Clerk

**Appeals Committee**

James Cleverely-Referee  
Daswell Campbell- Field Referee  
Mike Timpa -Meet Manager  
George Woods-L'Anse Creuse  
Mike Jenkins-Stevenson  
If an appeal involves a committee member, the alternate will be Megan Berry (Utica)

**Athlete Check in**

Athletes will check in with the clerk located in the bullpen located in northwest corner of the track (by the 100m start).

Call System: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> (last) call will be used. Athletes should check in early and use a teammate as a stand in if they are at a field event.

Athletes that do not check in will be scratched.

**Starting Blocks**

Traditional Starting blocks will be provided.

Non-traditional blocks must be approved by the referee/starter, prior to the event.

**Awards/Results**

Team awards packets may be picked up at the press box after the conclusion of the 4x400m relay.

Results will be posted to athletic.net. Results will not be printed but may be posted during the meet in the tunnel of the stadium.

MHSAA State Finals qualifier information will be posted on [www.mhssa.com](http://www.mhssa.com)

**Marking Material**

Chalk is the only acceptable marking method and will be provided.

**LJ and PV**-chalk marks are to be on the outside of the runway lines. Runways are marked and a tape will be laid.

**HJ**-chalk marks are limited to 2 per athlete and no marks should be made near the takeoff area. Marks should be no more than 6" and identifying marks should be reasonable.

**Relays**-chalk marks should be reasonable in size and considerate of others who will be making marks after your heat.

**Warm up area**

Athletes may use the infield provided that they stay clear of the finish line area. There is another track on campus if needed. Athletes not warming up will be asked to leave the infield area.

**Restricted Areas**

Field Events coaches will be allowed to coach from a designated coaching box.

Coaches actively coaching will be allowed on the infield.



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**Admission:** will be \$7 using GoFan, no cash

**Concessions:** will be available

**MHSAA Merchandise:** will be sold by EA graphics.

**Spikes:** Please use ¼” pyramid or needle spikes or shorter

**Trainer**

Melissa Vincke, the Dakota H.S. trainer will be on site for injury. If your athlete needs to be taped, please bring your own tape for the trainer to use.

**Bus parking**

The buses may drop off athletes near the main spectator entrance, then will be asked to park in the Seneca Middle School parking lot.

**Restrooms**

Athletes and spectators may use the restrooms under the grandstands, the team rooms are off limits to spectators and visiting teams. There are also restrooms in the East concessions building and there may be Portable Bathrooms near the Discus.



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**Important Notice**

**Because Safety and Communication Concerns:**

**The use of Air Pods, Ear Buds, or any other listening device is NOT ALLOWED for:**

**Athletes that are on the Track Infield**

**Athletes in the High Jump, Long Jump, or Pole Vault Area**

**Athletes that are in the Bullpen**

**Athletes in the marked area by the Shot Put and Discus**

**Athletes that are using the devices will be asked to remove them or leave the area. **And could result in disqualification from the meet****

**Please Make Your Athletes Aware of This Guideline**

**Your Cooperation is GREATLY Appreciated**



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**DAKOTA HIGH SCHOOL**  
**21051 21 MILE ROAD**  
**MACOMB, MI 48044**







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## TRACK AND FIELD APPEAL FORM

**THE APPEAL PROCESS**

1. Appeal is to reverse a ruling or correct an error.
2. Protest is to express dissatisfaction with a decision or procedure.
3. The rules address the appeal process, not "the protest."

**WHAT IS SUBJECT TO APPEAL?**

1. Misapplication of a rule.
2. Clerical errors in placing (30 min. Limit).
3. Team scoring errors (48 hour limit).
4. Misapplication or failure to follow a procedure in the terms and conditions of competition announced in advance.

**WHAT IS NOT SUBJECT TO APPEAL?**

1. Judgment.
2. Decision by finish judges/timers that does not involve misapplication of a rule.

**WHAT IS THE APPEAL PROCESS?**

1. Head coach shall verbally inform meet monitor.
2. Head coach shall file in writing on the appeal form.
3. Include competitor name, school, number, and specific event.
4. The specific rule.
5. A brief description.
6. Give form to meet monitor.

**IS JURY OF APPEALS REQUESTED TO**

- REVIEW THIS ISSUE?**  NO  
 YES

The Jury of Appeals shall have the final  
 Coach \_\_\_\_\_  
 authority.

PLEASE PRINT EVENT _____ LANE _____  INDIVIDUAL _____ # _____  RULE REFERENCE _____  DESCRIPTION OF THE APPEAL:          
--

Signature of Head





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**MHSAA**

**POLE VAULT CONTESTANT CARD**

BOYS    (Circle One)    GIRLS

SCHOOL \_\_\_\_\_

VAULTERS NAME \_\_\_\_\_

WEIGHT \_\_\_\_\_

I CERTIFY THAT THE WEIGHT OF THE ABOVE LISTED ATHLETE IS CORRECT FOR THE POLES THIS VAULTER WILL USE DURING THIS COMPETITION.

COACHES SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**MHSAA**

**POLE VAULT CONTESTANT CARD**

BOYS    (Circle One)    GIRLS

SCHOOL \_\_\_\_\_

VAULTERS NAME \_\_\_\_\_

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