

**Michigan High School Athletic Association  
Boys and Girls Division 1  
State Track and Field Finals  
2019**

**Falcon Stadium at East Kentwood High School**

Welcome to East Kentwood and this year's MHSAA State Track and Field Finals. Congratulations on your season and advancing to the state finals. It is our intention to provide each team the opportunity to perform at their highest level and to enjoy their experience here.

Please read the following important points of information regarding our hosting of this year's Division 1 MHSAA State Track and Field Finals. For specifics not covered, please refer to the MHSAA website.

1. East Kentwood High School and the surrounding campus is a totally tobacco free and alcohol free environment. Please let your fans and spectators know ahead of time to avoid conflicts on game day.
2. The track at Falcon Stadium is a full-pour polyurethane surface, metric and **nine (9)** lanes. All nine lanes will be used for each race. Races using alleys starts will be set up using 3 lane alleys.
3. Please refer to the enclosed map regarding team entrance, team tent area, and team parking.
4. No radios, footballs, Frisbees, etc. will be allowed into the stadium. Coolers will be allowed only in the team tent area. Only personal music devices used with headphones/earbuds are acceptable. **No sunflower seeds on the artificial turf Football field.**
5. Team parking passes (1) will be included in the coach's packets.
6. Spectator Admission - \$8. Spectator Parking - \$3.
7. There are restrooms and concession stands located on both sides of the stadium. There are **no** locker rooms available for contestants or coaches.
8. Once the running events begin, coaches are not allowed on the track or football field at any time except in the case of an injured athlete, to turn in a scratch form, to file an appeal, or if requested. Athletes that are not competing must remain outside the track/football area. Athletes should refrain from removing any part of their uniform while on the track. In the field event areas, please stand by the spectators or in the designated coaches area.
9. Athletes must be in uniform for admittance. Coaches need to have their coaches passes displayed for admittance. Three coaches passes will be provide per team as according to state policy. Receipts will be available for

reimbursement of ticket cost at the ticket booths.

10. Shots and discuses will be weighed and measured in the garage of the restroom near the competition area from 8:00 a.m. to 9:15 a.m. and 11:30 a.m. to 12:15 p.m.
11. The track will be open on Friday, May 31<sup>st</sup> from 4:00 p.m. to 7:00 p.m. for inspection and practice. Coaches packets will be available for pick up at this time as well on Saturday at the pass gate by the team parking lot. **All** field event areas will be closed during this time on Friday.  
  
**Remainder:** Heat sheet will not be given out in your coaches packet. Please print these sheets prior to coming to the meet.
12. Measurements at discus, long jump and shot put will be taken using a laser measuring device. Also, an electronic starter gun maybe used for the running events.
13. There will be trainers on site.
14. **On Friday, pole vaulting poles can be checked by officials at the site of the event. The poles can also be stored at the field.**
15. We will be running **two pole vaulting pits** and **two long jump pits**. The morning field events will begin at 9:30 a.m.
16. Starting blocks for the competition will be Gill Fusion G10 starting blocks with adjustable pedals. If you are using the stand up blocks, they must be presented for inspection and approval at the clerking station.
17. No tape will be allowed to mark off take off points in any event. Chalk will be provided for this purpose, however, you are encouraged to bring your own.
18. Scratches are due at the clerking tent by 9:00 a.m. for the morning session; 12:00 p.m. (noon) for the afternoon session. All scratches must be written on the official scratch sheet for the session (found at the clerking tent).
19. Spectator seating for the field events will be in the bleachers provided. Please do not enter into restricted areas around the field events.
20. If you have any questions or concerns, please contact  
Blaine Brumels, East Kentwood Athletic Director, 616-698-6700 ext. 74560

M.H.S.A.A.  
Division 1  
Track and Field Finals  
Time Schedule  
2019

Friday, May 31<sup>st</sup>      Facilities will be open for inspection from 4:00 p.m. to 7:00 p.m. The Field Event venues will be closed and there will not be access to any equipment (including Hurdles). (Steps can be measured and marked with chalk) Poles for competition can be inspected and stored if so desired.

Saturday, June 1<sup>st</sup>

8:00 a.m.	Gates Open
8:00-9:15 a.m.	Weigh-in of Shots and Discs
8:00-8:40 a.m.	Pole Inspection
9:00 a.m.	Morning Scratches due
9:30 a.m.	B/G Pole Vault Begins
	B/G Long Jump (Open Pit 9:30 – 10:45 a.m.)
	Boys Discus
	Girls Shot Put/High Jump
9:55 a.m.	National Anthem
10:00 a.m.	Finals 3200m Relay
	Semi-Finals 100m, High Hurdles, 200m
11:00 a.m.	B/G Long Jump Finals
11:30 a.m.-12:15 p.m.	Weigh-In of Shots and Discs
12:00 p.m.	Afternoon scratches due
12:15 p.m.	Girls Discus
	Boys Shot Put/High Jump
12:55 p.m.	National Anthem
1:00 p.m.	Running Finals
4:30 p.m.	Awards (Time approximate)



## Seeding at MHSAA Finals – 9 Lane

1. East Kentwood is a nine lane track. For all events 400 meters and less as well as the 4x100 relay, 4x200 relay and the 4x400 meter relay the preferred lane order will be:

5, 6, 4, 7, 3, 8, 2, 9 and 1

This puts the fastest seed in the middle lane of each event and it allows them to see the second fastest runner.

2. First round sprint events will run using as few heats as possible, so divide the field by nine and the fewest heats possible will be formed to get all athletes into a first round event.
  - a. Heat winners plus next 6 fastest times
  - b. Heat winners plus next 5 fastest times
  - c. Heat winners plus next 4 fastest times
3. For events 800 meters or longer, except as noted above, all seeding will be done by alleys from the inside out. There are THREE ALLEYS with six people per front row in each alley.

Alley 1 (lane 1 – 3) will have seeds # 3 6 9 12 15 18; 21 24 . . . in row two

Alley 2 (lane 4 – 6) will have seeds # 1 4 7 10 13 16; 19 22 . . . in row two

Alley 3 (lane 7 – 9) will have seeds # 2 5 8 11 14 15; 20 23 . . . in row two

4. Heats of the 3200 run: 1 heat no matter what
5. Heats of the 1600 run: one section if 24 or less runners; two sections if more than 24 runners with 18 in the fast heat.
6. Heats of the 800 run: one section if 20 or less runners; two sections if more than 20 runners with 18 in the last section.
7. Heats of the 3200 Meter Relay: one section if 13 or less teams; two sections if 14 or more with 12 in the fast heat.

## East Kentwood Stadium Parking Map



### **From the North:**

Take US 131 south to M-6. Take M-6 East to exit 11, Kalamazoo Ave. Take Kalamazoo Ave. north.

### **From the South:**

Take US 131 north to M-6. Take M-6 East to exit 11, Kalamazoo Ave. Take Kalamazoo Ave. north.

### **Parking:**

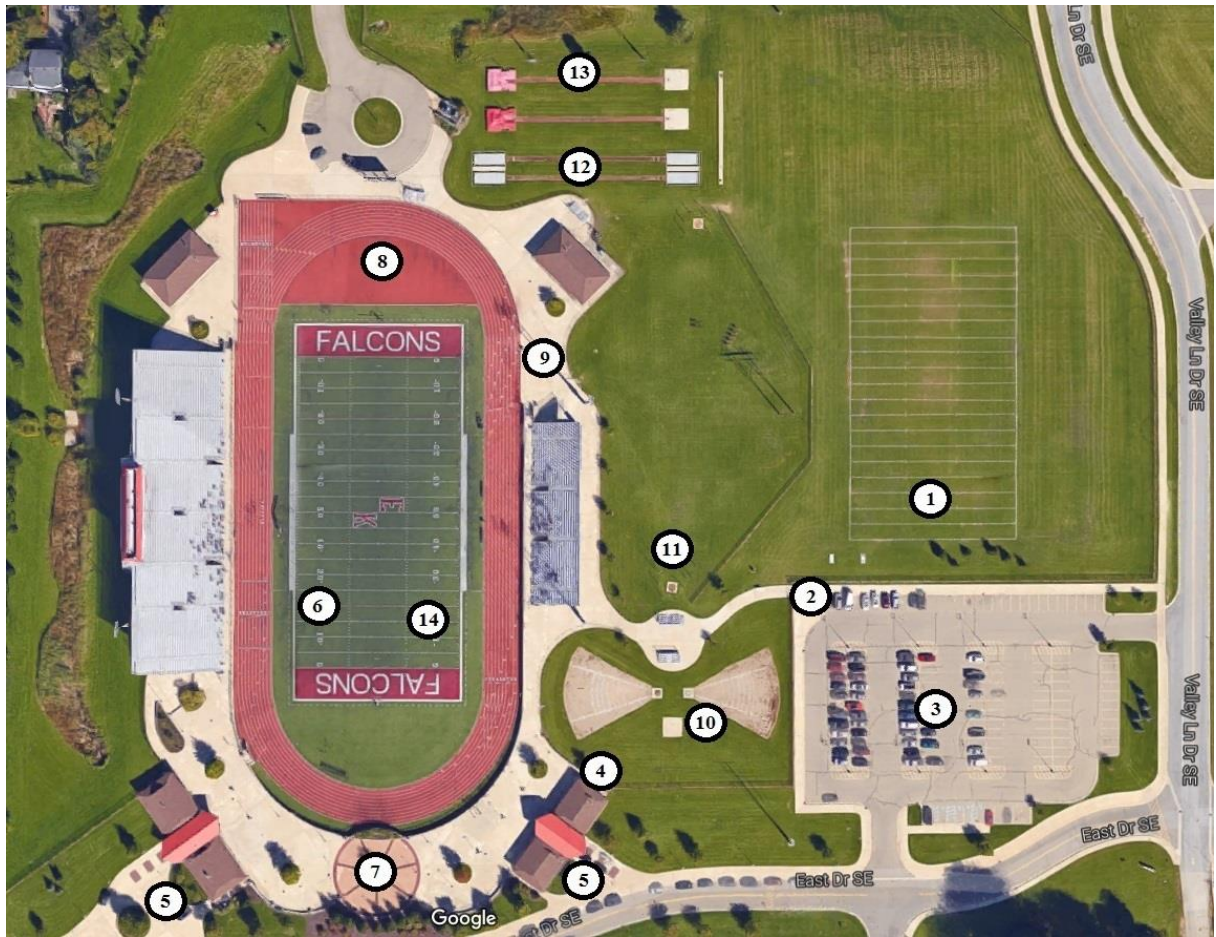
There will be a parking fee of \$3. Parking is available off Kalamazoo Ave. by M-6 and off 60<sup>th</sup> St. east of Kalamazoo Ave.

### **Important Note:**

Traffic will be heavy off M-6. We encourage you to follow the yellow path north on Kalamazoo and then east on 60<sup>th</sup> Street.



## Falcon Stadium Site Directions



1. Team Tent Area
2. Pass Gate (open 8:00 am - 10:00 am)
3. Team Parking
4. Weigh-in for Field Event
5. Entrances
6. Start-Finish Line/Check In/Clerking Area/Meet Monitor
7. T-shirts and Programs Sales
8. High Jump
9. Entrance onto Track for participants
10. Shot Put area
11. Discus area
12. Long Jump area
13. Pole Vault area
14. Trainer Tent