

2017 MEGASTAR MEET SHEPHERD PUBLIC SCHOOLS



WEDNESDAY May 31, 2017

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MEET INFORMATION

Date: Wednesday, May 31st, 2017
Site: Shepherd Public School's Track Complex
Format: Regular 17 event format
Time: 2:45 PM – Field Events Begin
3:30 PM – Running Events

Qualification: In 2017 we will have 2 Divisions, a large school division and small school division. Coaches who submit their best performances throughout the season will have their athletes times/and marks ranked on a Top Times list. There will be a Top Times list for each Division. For every individual event the Top 16 performances from each division will be invited to compete in the meet. For each relay event the Top 8 performances from each division will be invited to compete in the meet. Some events will now have a minimum standard to qualify and all participants must meet that standard even if they are in the Top 16/8. If they are ranked in the Top 16/8 but have not met the standard they will not be invited.

3200M Run: Boys 12:20, Girls 14:00 - 1600M Run: Boys 5:40, Girls 6:15 - 3200M Relay: Boys 10:30, Girls 12:00

Divisions: Teams will be placed Divisions based on enrollment. Schools feeding to D1 & D2 Large School, Schools feeding to D3 & D4 Small School. *New* Team Scoring to 8 places (10-8-6-5-4-3-2-1)

Top Times List: The Top Times List will be updated for each division each Sunday, throughout the season this will be an ongoing list of the top Track & Field performers in the area. A final Top Times List will be published Friday May 26th at 8:00 AM and that list will be the basis for qualifying to compete in the MEGASTAR Meet. All of the Top Times Lists will be E-Mailed to coaches and can be found here: http://www.shepherdcrosscountryandtrack.com/mega_star_meet.html

Entries: See Page 5 for Entry Information and also look closely at Page 7 for the Entry Timeline

Heats: The 800m, 1600m, 3200m & 3200m Relay will each have 1 heat with both divisions. All other individual running events will have 4 heats based on time mixing the divisions.

Awards: 1. Meet Champion T-Shirts to overall Event Champion, 1 per event, combined Divisions.
2. Medals to the top 6 in each Individual event in each Division
3. Medals to the top 3 teams in each Relay event in each Division

Medal Presentation: Medals are awarded on the infield in front of the bleachers, in the order event results become available. Please ensure your athletes are aware of the importance of staying on schedule for medal presentations. They, and you, need to listen for presentations to be announced. If an athlete does not show up for the presentation, their medal may be requested from the presenter by you or the athlete after presentation. If your athlete will not be attending the presentation, the coach may get the medal from the presenter before presentation. A Medal Presentation schedule will be sent out prior to the meet so that you will have an idea on when to expect Presentations for certain events.

Shirts: MEGASTAR Meet T-shirts and sweatshirts will be available.

Results: Meet will feature F.A.T. timing through use of Finishlynx.
Hy-Tek software scoring will be used.
Coaches will receive times for all heats of all races at the conclusion of meet.
<http://www.ShepherdCrossCountryandTrack.com>

Track: 8 Lane Track – Resurfaced in Summer of 2016

Field Events: High Jump: We have two high jump pits and will jump both genders at the same time.
Pole Vault: We have two pole vault pits so boys and girls will be vaulting at the same time.
Long Jump: We will have athletes compete 4 jumps and girls will jump first.
Shot Put: We have athletes make 3 throws and boys will throw first.

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.

See attached map on page 8.

Carey Hammel – Meet Manager & Registration, please contact for all registration, meet entry and event specific questions
1-989-506-8556, careyhammel@gmail.com

Jeff Moeggenborg – Meet Developer & Fundraiser, please contact regarding meet awards, shirt sales and financial support
megastarmeet@gmail.com

2017 MEGASTAR Entry Instructions

For 2017 we will be doing the ranking for the 8th annual MEGASTAR Meet on athletic.net. Throughout the season please enter the best times for your athletes and relays as they occur and keep it updated, each Sunday starting Sunday April 23rd the "Top Times" list will be published on athletic.net and on <http://shepherdcrosscountryandtrack.com>.

To qualify for the meet Individuals must be in the Top 16 of their event in their division and relay teams must be in the Top 8 on the Final Top Times List.

The Final Top Times List will be published on Friday May 26th. From that list if your team has athletes or relay teams that have qualified you will be invited to a new meet on athletic.net and MUST re-enter your athletes in only the events they plan on competing in, keeping in mind that Middle School athletes are only allowed to compete in 3 events.

In addition if you have athletes ranked 17th to 22nd who would compete if there are late scratches please enter them in the NEW meet as well and they will be alternates. Enter them only with the time or mark they had earned from the Final Top Times List.

Athletes must be re-entered by Sunday May 28th by 11:59PM. On Monday May 29th the Meet Program will be published and will list the names of athletes being invited to the meet. If there are late scratches we will ask the alternates to fill in based on who has the highest ranking, so alternates are encouraged to attend the meet since there is a chance they will be competing. Some alternates entered on Sunday will now qualify since all qualified athletes may not participate in every event they are qualified in.

Below is the process for creating an athletic.net account, entering your athletes in the meet for ranking and finally re-entering the athletes that have qualified into the meet for the events they will actually compete in.

1. If you do not have an athletic.net account follow these instructions. Locate your team and sign up for a free coach account. Skip to 2. if you already have an athletic.net account.
 - Go to www.Athletic.net
 - Go to the appropriate level under Track & Field (HS, MS, College, or Club)
 - Locate your state, then your team
 - On your team page, click "**Sign Up Here**" in the "Info for Coaches" box
 - After receiving the confirmation email, proceed to step 2
2. Add the "Mid Michigan MEGASTAR Meet Ranking" to your meet calendar on athletic.net. If you already have the meet on your calendar skip to step 3. Sign into www.Athletic.net with your email and password, and click your team name in the left navigation menu.
 - Click "**Edit Calendar**" on the Coach Tools bar near the top of your team page
 - Next to "T&F Meet" select the date **5/31/2017** and click **Add Meet by Date >**
 - For Region, select: **Michigan**
 - Click **Select** on line that says: **Shepherd HS , Shepherd, Mid Michigan MEGASTAR Meet Ranking**
 - Review the information and click **Save**
 - Repeat for the rest of your calendar
 - Verify meets on the "Edit Calendar" page. Click "Edit" next to a meet to correct.

3. Register athletes for the “Mid Michigan MEGASTAR Meet Ranking”

- Back on your team page, click "**Mid Michigan MEGASTAR Meet Ranking**" in the calendar.
- Click **Register Athletes**
- Add additional athletes at the bottom of the page
- Click on either an Athlete or an Event
- Select the athletes you want to enter and verify seed mark. Enter each athletes best performance in the “Override Seed” section if an accurate mark is not already listed.
- Click the Update button to save changes
- It may be easier to add your entire roster at the beginning of the season under the “Edit Athletes” section from your team pages.

4. From those entries the Top Times List will be created and published each Sunday. Schools with qualifying athletes or relay teams will be invited to a new Meet and have to enter the athletes that plan on competing in ONLY the events they will be competing in. This is so we can be fair and have each event be full. The top 16 athletes in individual events qualify per division and the top 8 relay teams qualify per division.

A Few Notes on Entries

1. You can check on athletic.net to see if your entries were accepted, please double check here:

<http://shepherdcrosscountryandtrack.com/MegaStarEntries.html> to make sure your entries were received. If your athletes are listed on that list then they will make the weekly Top Times List. THIS IS NOT THE TOP TIMES LIST HOWEVER IT WILL JUST LET YOU KNOW IF YOUR ENTRIES HAVE BEEN RECEIVED. IF YOUR ATHLETE IS NOT LISTED HERE THEY WILL NOT BE ON THE TOP TIMES LIST. THE TOP TIMES LIST CAN BE FOUND HERE:

http://www.shepherdcrosscountryandtrack.com/mega_results.html

2. To be fair we must take into consideration Fully Automatic Timing(FAT) when doing our entries. When FAT timing is used times can be up to .24 slower compared to hand times. Middle School teams will have meets that are both Hand Times and FAT timed throughout the season.

If the time you entered is from a FAT meet add an “a” after the mark.

Example: 12.76 for the 100m Dash gets entered as 12.76a

If the time you entered is from a Hand Timed meet DO NOT add an a

Example: 27.34 for the 200m Dash gets entered as 27.34 and athletic.net will convert it to 27.64

This means hand times you enter will be converted and show up on the Top Times List slightly slower than what you entered,

THIS IS CORRECT.

2017 MEGASTAR MEET ENTRY TIMELINE

April 16th – Entries open for the Top Times List on athletic.net

April 23rd – Week 1 Top Times List Published

April 30th – Week 2 Top Times List Published

May 7th – Week 3 Top Times List Published

May 14th – Week 4 Top Times List Published

Teams must make entries by this week to be eligible for the meet.

May 21st – Week 5 Top Times List Published

This week only enter athletes in the events they would participate in at the MEGASTAR Meet. For example you have a sprinter who was in the Top 16 of the 100, 200, Long Jump and is on your 4x100m Relay and your 4x200m Relay, only enter them in the three(3) events you plan on them doing at the MEGASTAR Meet, if they have been entered in more than three(3) events in the Week 1-4 Top Times List they need to be REMOVED now so they are only in three(3). If you are still unsure of what events they will participate in you may leave them on the lists but remember you will need to remove them at some point and they may only do three(3) events at the meet.

May 25th – Final Top Times Entries due

Entries for the Final List are due MIDNIGHT Thursday May 25th , this gives you a chance to use times from your meets that take place early that week. Only enter athletes in the three(3) events they will compete in. If you are sure they will not compete in an event and they are currently on the list PLEASE REMOVE them!

May 26th – Final Top Times Published

The Final List will be published by 8:00 AM Friday May 26th and the Top 16 for each division in each individual event and the Top 8 relays will qualify to compete at the MEGASTAR Meet.

May 26th– May 28th – Meet Entries are open in NEW athletic.net Meet

If you had athletes qualifying on the Final Top Times List then they must be re-entered into the NEW athletic.net meet using the same times/marks in order to let us know that they plan to compete. In addition any athletes ranked 17th to 22nd or relays ranked 9th to 12th who would compete should also be entered as alternates. From these entries the Top 16 individuals and the Top 8 relays in each event will be who participates. It does not matter what you were ranked on the Final list if you do not enter the athletes here they will not participate. These entries must be made in the NEW athletic.net meet by MIDNIGHT Sunday May 28th.

May 29th – Final Meet Program Published

The will include the Top 16 individuals and Top 8 relays that indicated they would participate as well as any alternates in each event. If we have scratches after May 29th then the next highest ranking alternate will fill in.

SCHEDULE

2:45 PM	Field Events Begin Boys & Girls Pole Vault Boys & Girls High Jump Boys Shot Put Girls Long Jump
3:30 PM	3200m Run (Girls Run First) 55m Hurdles 800m Relay 800m Run 1600m Run MEGASTAR Open 1600m Run (Open to all including youth runners, no results) 100m Dash 400m Dash 3200m Relay 70m Dash 200m Hurdles 200m Dash 1600m Relay 400m Relay

Field Events:

High Jump: There are two high jump pits, so boys and girls will be jumping at the same time, starting at 2:45 PM.

Pole Vault: There are two pole vault pits so boys and girls will be vaulting at the same time, starting at 2:45 PM.

Long Jump: Girls long jump is first in 2017, starting at 2:45 PM. Girls will have 1.5 hours to get 4 jumps in. Pit will be open from 4:15 PM to 4:45 PM for Boys warm ups. Boys have 1.5 hours to get 4 jumps in starting at 4:45 PM. Boys will start earlier if possible.

Shot Put: Boys are first in 2017. We will do shot weigh in upon team arrival.

Pole Vault & High Jump Raises

Tentative starting heights, expect these to change, we will publish them mid season. Please expect them to be higher starting heights compared to past years.

	Opening	1 st Raise	2 nd Raise	3 rd Raise	4 th Raise	5 th Raise	After
Girls HJ	4'2"	4'4"	4'6"	4'8"	4'10"	5"	+ 2"
Boys HJ	5'	5'2"	5'4"	5'6"	5'8"	5' 10"	+ 2"
Girls PV	6'	6' 6"	7'	7' 6"	8'	8' 6"	+ 6"
Boys PV	7' 6"	8'	8' 6"	9'	9' 6"	10'	+ 6"

DIVISIONS

NEW IN 2017

There will be a Large School & Small School Division.

Schools feeding to D1 & D2 High Schools will be in the Large School Division.

Schools feeding to D3 & D4 will be in the Small School Division

Team Scoring

Teams will be scored to 8 places in each division and we will have a champion for each division. Scoring will be 10-8-6-5-4-3-2-1

If your team is planning on attending the meet please fill out the form found at: <http://shepherdcrosscountryandtrack.com/megastar/>

Shepherd Middle School Girls MEGASTAR Meet Records

Event	Name	School	Record	Date
Pole Vault	Jael Wood	Mason County Central	9' 4"	2016
High Jump	Morgan Witzgall	Bay City Western	5'	2015
Long Jump	Jorgia Nye	Northeast (Midland)	16' .75"	2015
Shot Put	Sheridan Dinsmore	Caro	37' 4.5"	2016
55 M. Hurdles	Moira Joiner	Saginaw Arts	9.17	2015
200 M. Hurdles	Brittany Bowman	Kingsley	30.28	2016
70 M. Dash	Erica Sheahan	Beal City	9.37	2012
100 M. Dash	Qe'neisha Young	Pinewood	12.93	2016
200 M. Dash	Melia Williams	Ypsilanti Lincoln	26.44	2016
400 M. Run	Jayden Williams	Northeast (Midland)	1:00.04	2013
800 M. Run	Sydney Nesbitt	Bay City Western	2:19.9	2015
1600 M. Run	Anna Jensen	Jefferson (Midland)	4:50.87	2016
3200 M. Run	Adelyn Ackley	Hart	11:02.37	2015
400 M. Relay	Qe'neisha Young Helina Corcino Reagan Culver Kate Hudkins	Pinewood	52.38	2016
800 M. Relay	Genesia Thompson Adaeze Okoro Isabella Rhee Anna Jensen	Jefferson (Midland)	1:52.73	2016
1600 M. Relay	Brecquel Kilgore Kristen Thompson Reagan Fazekas Judy Rector	Hanover Horton	4:16.40	2015
3200 M. Relay	Andrea Crowe Maggie Samanich Shelia Magnan Alexa Spaanstra	Scranton (Brighton)	9:43.56	2013

Shepherd Middle School Boys MEGASTAR Meet Records

Event	Name	School	Record	Date
Pole Vault	Colton Emeott	Pinewood	12' 1"	2016
High Jump	Demetri Griffin	Mt. Pleasant	6'	2016
Long Jump	Colton Emeott	Pinewood	19' 5.75	2016
Shot Put	Robi Stuart	St. Thomas Aquinas	50' 9.5"	2013
55 M. Hurdles	John Wixon / Trey Chapin	Chippewa Hills / Breckenridge	8.41	2012 / 2014
200 M. Hurdles	Logan Chilman	Beal City	27.04	2016
70 M. Dash	DeQavion Holmes	Pinewood	8.35	2016
100 M. Dash	DeQavion Holmes	Pinewood	11.52	2016
200 M. Dash	Junie Hie	Pinewood	23.86	2016
400 M. Run	Ethan Champney	Saginaw Swan Valley	53.16	2016
800 M. Run	Brendan Nesbitt	Bay City Western	2:09.18	2013
1600 M. Run	Aiden McLaughlin	Morley Stanwood	4:39.46	2016
3200 M. Run	Zac Benham	North Muskegon	10:25.32	2012
400 M. Relay	Camren James Zachary Earle Junie Hie DeQavion Holmes	Pinewood	46.99	2016
800 M. Relay	Mylek Edwards Myles Edwards Torion Jones Malachi Locke	Ypsilanti Lincoln	139.35	2016
1600 M. Relay	Joe Hickson Cameron Terrill Anthony Ammori Patrick O'Hara	St. Regis	3:50.42	2016
3200 M. Relay	Trevor Bishop Aaron Milley Spencer Leslie Robbie Felton	Saline	9:09.04	2013

SWEATSHIRTS & T-SHIRTS

(Available for sale + Event Champions get Champion T-Shirts)



MEDALS



