



**2026 MHSAA Region 3-7A & Super Regions 4-3A / 3-4A  
Track and Field Championships  
Information Sheet**

Meet Date: **Thursday, April 16**

Site: Woody Barnett Track & Field Complex, Pearl, Mississippi

Times:	<b>Coaches Meeting</b>	<b>10:15</b>
	Field Events	11:00
	4 x 800 m Relays & Boys 3200 m Runs	11:15
	All Other Track Events	2:30

Entry Fees: Region 3-7A \$300/School

Super Regions 4-3A & 3-4A \$10/Athlete

**Note:** A completed MHSAA Track & Field Team Roster Form must be turned in with the entry fee!

Bring entry fee to the meet, **Do Not Mail!** Make checks payable to: **Pearl High School**

Entry

Deadline: **Tuesday, April 14, Noon (Region 3-7A Only!!!)**

Meet

Admission: \$10.00

Notes: Top four (4) participants in each event will qualify for south state!

Awards: Team trophies to winning teams & ribbons to top four in each event

Region 3-7A: Brandon, Meridian, Northwest Rankin, Oak Grove, Pearl, Petal

Super

Region 4-3A: Crystal Springs, Franklin, Hazelhurst, Jefferson County, Port Gibson, Presbyterian Christian, St. Patrick, St. Stanislaus, Tylertown, West Marion

Super

Region 3-4A: Choctaw Central, Leake Central, Newton, Northeast Lauderdale, West Lauderdale, Forest, Mendenhall, Morton, Raymond, Richland

Meet

Assistance: **Each school will provide one adult to assist in running a field event!! These individuals should report to their respective assigned event area 30 minutes prior to the start of their event!!!**

Assignments will be emailed to each school early next week!!! Please check your email!

For further information contact Chris Barnett, Meet Director at: [cbarnett@pearlk12.com](mailto:cbarnett@pearlk12.com) or 601-573-3047

## 2026 MHSAA REGION 3-7A & SUPER REGIONS 4-3A / 3-4A SCHEDULE OF EVENTS

### FIELD EVENTS

11:00	Pole Vault (PV Pit 1)	-	All Girls -> All Boys
	Long Jump (LJ/TJ Pit 1 or 2*)	-	3A Boys -> 4A Boys -> 7A Boys
	Long Jump (LJ/TJ Pit 2 or 3*)	-	3A Girls -> 4A Girls -> 7A Girls
	Triple Jump (LJ/TJ Pit 4 or 5*)	-	7A Boys -> 3A Boys -> 4A Boys
11:15	High Jump	-	3A Boys -> 7A Boys -> 4A Boys
	High Jump	-	3A Girls -> 7A Girls -> 4A Girls
	Shot (Shot Ring 2)	-	7A Boys -> 3A Boys -> 4A Boys
	Shot (Shot Ring 1)	-	7A Girls -> 3A Girls -> 4A Girls
	Discus (Discus Ring 2)	-	3A Boys -> 4A Boys -> 7A Boys
	Discus (Discus Ring 1)	-	3A Girls -> 4A Girls - 7A Girls
1:30	Triple Jump (LJ/TJ Pit 1 or 2*)	-	7A Girls
	Triple Jump (LJ/TJ Pit 4 or 5*)	-	4A Girls
	Triple Jump (LJ/TJ Pit 2 or 3*)	-	3A Girls

**\*Note:** Pits to be used will be determined by wind direction!

### RUNNING EVENTS

11:30	3A Boys 4x200 Meter Relay	3A Girls 800 Meter Run
	4A Boys 4x200 Meter Relay	4A Girls 800 Meter Run
	7A Boys 4x200 Meter Relay	7A Girls 800 Meter Run
3A Girls 4x800 Meter Relay	3A Girls 1600 Meter Run	3A Boys 800 Meter Run
4A Girls 4x800 Meter Relay	4A Girls 1600 Meter Run	4A Boys 800 Meter Run
7A Girls 4x800 Meter Relay	7A Girls 1600 Meter Run	7A Boys 800 Meter Run
3A Boys 4x800 Meter Relay	3A Boys 1600 Meter Run	
4A Boys 4x800 Meter Relay	4A Boys 1600 Meter Run	3A Girls 200 Meter Dash
7A Boys 4x800 Meter Relay	7A Boys 1600 Meter Run	4A Girls 200 Meter Dash
3A Boys 3200 Meter Run		7A Girls 200 Meter Dash
4A Boys 3200 Meter Run	3A Girls 4x100 Meter Relay	3A Boys 200 Meter Dash
7A Boys 3200 Meter Run	4A Girls 4x100 Meter Relay	4A Boys 200 Meter Dash
	7A Girls 4x100 Meter Relay	7A Boys 200 Meter Dash
2:30	3A Boys 4x100 Meter Relay	
3A Girls 100 Meter Hurdles	4A Boys 4x100 Meter Relay	3A Girls 3200 Meter Run
4A Girls 100 Meter Hurdles	7A Boys 4x100 Meter Relay	4A Girls 3200 Meter Run
7A Girls 100 Meter Hurdles		7A Girls 3200 Meter Run
3A Boys 110 Meter Hurdles	3A Girls 400 Meter Dash	
4A Boys 110 Meter Hurdles	4A Girls 400 Meter Dash	3A Girls 4x400 Meter Relay
7A Boys 110 Meter Hurdles	7A Girls 400 Meter Dash	4A Girls 4x400 Meter Relay
	3A Boys 400 Meter Dash	7A Girls 4x400 Meter Relay
3A Girls 100 Meter Dash	4A Boys 400 Meter Dash	3A Boys 4x400 Meter Relay
4A Girls 100 Meter Dash	7A Boys 400 Meter Dash	4A Boys 4x400 Meter Relay
7A Girls 100 Meter Dash		7A Boys 4x400 Meter Relay
3A Boys 100 Meter Dash	3A Girls 300 Meter Hurdles	
4A Boys 100 Meter Dash	4A Girls 300 Meter Hurdles	<b>*If field events are complete or close to becoming complete, teams should be ready to start running events prior to 2:30!!</b>
7A Boys 100 Meter Dash	7A Girls 300 Meter Hurdles	
	3A Boys 300 Meter Hurdles	
3A Girls 4x200 Meter Relay	4A Boys 300 Meter Hurdles	
4A Girls 4x200 Meter Relay	7A Boys 300 Meter Hurdles	
7A Girls 4x200 Meter Relay		



- **All** field events are contested inside the fenced area of the Pirate Track & Field Facility. **NO ONE WILL BE ALLOWED INSIDE THE INFIELD FENCED AREA, EXCEPT ATHLETES PARTICIPATING IN AN EVENT AND COACHES. AFTER THE CONCLUSION OF THE FIELD EVENTS, THE INFIELD WILL BE CLEARED OF ALL ATHLETES AND COACHES!**

- **Spikes: ANY ATHLETES COMPETING WITH THE WRONG SPIKES WILL BE DISQUALIFIED!!!** Only 1/8" or 3/16" pyramid or hex-head spikes are allowed (NO CHRISTMAS TREE or PIN SPIKES)!



- Starting Blocks will be provided! Schools will NOT be allowed to use their own blocks!
- **Implement Weigh In:** All throwing implements must be weighed in and approved. The weigh-in area will be in front of the track field house located at the south end of the track facility! Only marked implements that meet the required specifications will be allowed in competition! Implements that do not meet specifications will be impounded during the meet. Impounded implements may be picked up after the conclusion of the field events.

- **The stands are for coaches and spectators only. Teams should bring a tarp and some type of shelter!!! Stands are handicap accessible!**

- Pole Vault Starting Heights: 6" below lowest qualifying height (**6' girls / 8' boys minimum!!!**)

- High Jump Starting Heights: 2" below lowest qualifying height!

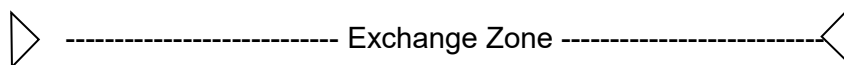
- Meet Awards:
 

Ribbons	–	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> & 4 <sup>th</sup> Places in all Events
Trophies	–	1 <sup>st</sup> Place Teams

- Starting / Break Lines (color-coded): **Blue:** 110 Hurdles, 4 x 400; **Green:** 4 x 200, Break Line; **White:** 100, 200, 800, 1600, 3200, 100 Hurdles, 300 Hurdles, 4 x 800; **Yellow:** 400, 4 x 100 Relay; **Black:** Reverse 200 Start

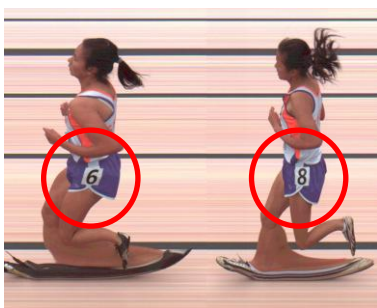
- Exchange Zones (color-coded) :
 

30 Meters	-	4 x 100 & 4 x 200 m Relays
20 Meters	-	4 x 400 & 4 x 800 m Relays

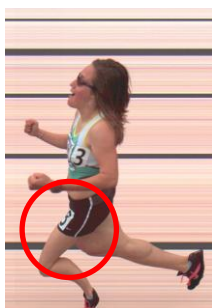


<u>Relay</u>	<u>4 x 100 m Relay</u>	<u>4 x 200 m Relay</u>	<u>4 x 400 m Relay</u>	<u>4 x 800 m</u>
1st Exchange	Yellow/Yellow	Green/Green	Blue/Blue	Blue/Blue
2nd Exchange	Yellow/Yellow	Green/Green	Blue/Blue	Blue/Blue
3rd Exchange	Yellow/Yellow	Yellow/Yellow	Blue/Blue	Blue/Blue

- A FinishLynx Timing System will be used to time the meet. Hip numbers will be used for all races. These numbers **MUST** be placed on the **LEFT HIP**, **NOT** the thigh and also must be visible (not covered by a jersey)! Also, numbers will be issued to be placed on the **LEFT SHOULDER** In all distance races 800 & over and to each anchor leg of the 4 x 400m & 4 x 800m Relays.



Correct

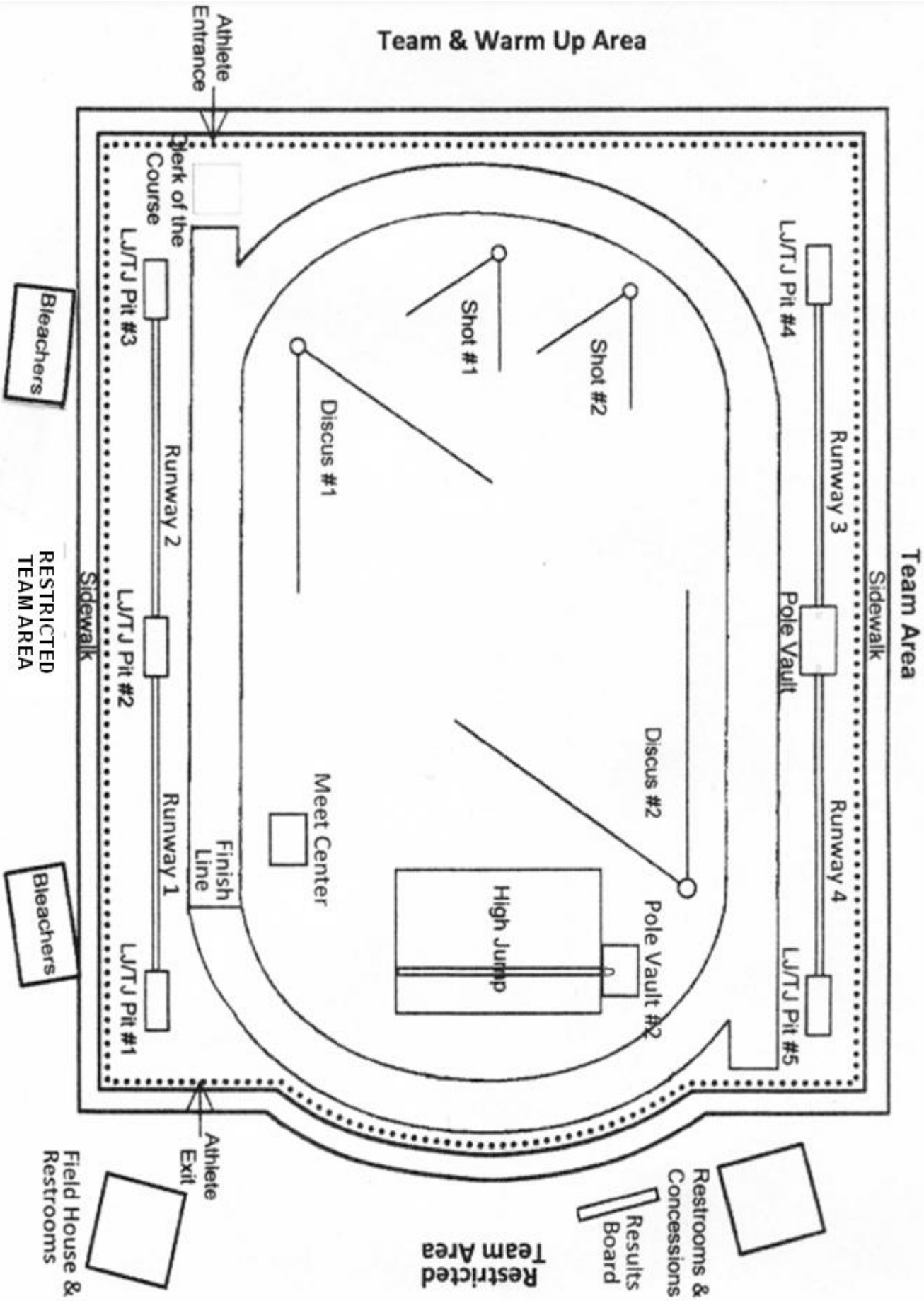


Incorrect



Correct

**Woody Barnett Track & Field Complex – Pearl High School, Pearl, Mississippi**





## Relay Entry Confirmation Sheet

School \_\_\_\_\_ Boys \_\_\_\_\_ Girls \_\_\_\_\_

Invitational \_\_\_\_\_ Region \_\_\_\_\_ Super Region \_\_\_\_\_ North/South \_\_\_\_\_ State \_\_\_\_\_

According to the National Federation Track & Field Rule 4-2-1, a competitor shall not compete in more than four events including relays. Before each relay a copy of this confirmation sheet must be given to the Clerk of the Course before participating in every track meet.

### Entries

#### 4 x 100 Meter Relay

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### 4 x 200 Meter Relay

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### 4 x 400 Meter Relay

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### 4 x 800 Meter Relay

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

This list becomes certified when the head coach signs and delivers this form to the Clerk of the Course. Any changes made during the meet **MUST** be updated on this form prior to the end of the meet!

\_\_\_\_\_  
Signature of the Head Coach



## Pole Vault Confirmation Sheet

Host School \_\_\_\_\_ Date of Meet \_\_\_\_\_

Invitational \_\_\_\_\_ Region \_\_\_\_\_ Super Region \_\_\_\_\_ North/South \_\_\_\_\_ State \_\_\_\_\_

According to the National Federation Track & Field Rule 7-4-5

*It is the responsibility of the coach to verify that the vaulter will use a pole rated at or above the vaulter's weight and that legal poles have been provided for that competitor.*

Each competition shall affirm by his/her signature that he/she will use the properly rated pole throughout the competition.

Vaulter's Name	Vaulter's Initials	Current Weight	Pole Rating	Coach's Signature

This form must be presented to the event judge before vaulter is eligible to participate.

School \_\_\_\_\_

District \_\_\_\_\_ Region \_\_\_\_\_

Athletic Director \_\_\_\_\_

Principal \_\_\_\_\_

**Super Region – North/South Meet**

**Super Region – North/South  
MHSAA TRACK AND FIELD MEET**

**TEAM ROSTER**

School \_\_\_\_\_

Class – 1A, 4A, 3A, 1A, 4A, 6A, 7A (circle one)

Boys \_\_\_\_\_ Girls \_\_\_\_\_

Super Region \_\_\_\_\_ North/South \_\_\_\_\_

Please print or type entire team in alphabetical order.

Last Name	First Name
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	
21.	

Total number of athletes \_\_\_\_\_ X \$10.00 = \$ \_\_\_\_\_ total entry fee.  
Please make copies of this form if necessary.

**For the *Super Region* and *North/South* track meets:  
Make check payable to HOST SITE  
Bring this form and check to the MEET, Do not mail!!!**