

SAGINAW VALLEY STATE UNIVERSITY

MITS Indoor High School Track Meets

CONTACT: Grant Wall - Office (989) 964-7322 - Fax (989) 964-7389

DATES: **Boys:** Wednesday, January 14 & Wednesday, February 4
Girls: Wednesday, January 21 & Wednesday, February 11

TRACK: 200 Meter Mondo-Rubber- 6 lanes on curve, 8 lanes on straightway. Ryder Athletic Center
ENTRANCE: Use the north ramp (2nd floor) entrance to be admitted to the meet.
SHOES: Racing flats or spikeless racing shoes. NO SPIKES will be allowed.
RACE: All races will be seeded and will be run against time. There will be NO Preliminaries. The 60 meter dashes and hurdles will be Photo Timed.

FIELD EVENTS: Long Jump, Triple Jump and shot put - 4 jumps or throws. No finals.

ENTRY FEE: \$5.00 fee will be charged for all participants and spectators at the door.

ENTRIES: Each participant may participate in as many events as he or she wants. Sign up sheets will be available for coaches at 5:00 p.m. Entries will be closed 30 minutes prior to the scheduled starting time of each event. See tentative time schedule enclosed. Participants must be represented by a coach or another adult. Students WILL NOT BE ALLOWED to enter themselves. Entries limited to high school grades 9 - 12. Our meets usually conclude near 8:00 p.m.

MERCHANDISE: T-shirts will be on sale for \$10 each.

5:00 - Registration begins

Entries close 30 minutes before each scheduled event. Late entries will not be accepted.

6:00 - Field Events

1. Shot Put
2. Long Jump
3. High Jump
4. Pole Vault
5. Triple Jump to follow long jump

6:00 - Running Events

3200 Run - Maximum 2 heats - Lapped runner must move to Lane 2 and may continue their race to completion in this lane

3200 Relay - Same format as 3200 Run

60 Meter Hurdles

60 Meter Dash

Distance Medley Relay

(1200 - 400 - 800 - 1600)

400 Meter Dash

800 Meter Run

800 Meter Relay

1600 Meter Run

1600 Meter Relay