

## HIGH SCHOOL INDOOR TRACK & FIELD CHAMPIONSHIPS 2015

When: Wednesday, April 1, 2015

Where: Macomb Community College – South Campus Sports & Expo Center

Dressing: Dressing and shower facilities are available in the locker room.

We are not responsible for valuables.

Track Surface: Surface is Herculan except for shot put (wood).

SPIKES MAY NOT BE WORN IN SHOES.

Awards: Medals for first THREE places in both individual and relay events.

Entries: Each school may enter 2 athletes per event regardless of ability.

Each school may enter only one team per relay. **ENTRIES THIS YEAR WILL BE DONE ON ATHLETIC.NET AND MUST BE IN BY 6 PM ON MONDAY, MARCH 30.**

Performance List: All coaches will be given a performance list at coaches meeting.

Team Score: No team score will be kept.

Note: A coach must be present at the coaches meeting for that team to compete. Coaches meeting is 3:45 to 4:00 in room 143.

Admission: There will be a \$6 charge for anyone entering (parents, friends, etc.)

Rules: MHSAA rules on limitation of competition apply. Make sure your Athletes do not violate any rules on uniform.

Who: Any high school in Macomb, Oakland, Wayne, and St. Clair counties may compete.

Shot Put: Each contestant will be given three attempts. The top seven will go to the finals for three more attempts. Everyone will have their first throw measured. After that, puts will not be measured if under 38' for boys and 26' for girls.

Long Jump: Each contestant will be given three jumps. The top seven will go to the finals for three more jumps. It will be in open order with boys and girls jumping together. Everyone will have their first jump measured. After that, only jumps over 18' for boys and 14' for girls will be measured.

High Jump: Starting height for the boys will be 5' 6" with 2" raises until three jumpers, then 1" raises. Starting height for the girls will be 4' 6" with 2" raises until three jumpers, then 1" raises.

Pole Vault: Starting height for the girls will be 6' 6" with 6" raises. Starting heights for the boys will be 9' with 6" raises.

Heats: Fast heats in running events will be first. Girls will be first this year.

Results: Results will be available 15 minutes after the last event.

Entry Fee: \$6 per athlete. Maximum of \$80 per team per gender. Teams will not be allowed to compete if entry fee is not paid by start of meet. Entry fee will be determined by number of athletes entered on athletics.net by 6 pm Monday, March 30.

TENTATIVE SCHEDULE

**MONDAY, MARCH 30**

**ENTRIES DUE ON athletic.net BY 6 PM**

**WEDNESDAY, APRIL 1**

3:45 – 4:00	Coaches meeting in room 143
4:30	Field Events
	Long Jump (open order – boys and girls)
	Shot Put (girls first)
	High Jump (girls first)
	Pole Vault (boys first)
4:50	Running Events – Girls First
	4:50 60m Hurdle (prelims)
	5:10 60m Dash (prelims)
	5:37 One Mile Run – start at mile line
	6:12 60m Hurdle (semis – boys first)
	6:27 60m Dash (semis)
	6:40 600m Dash
	7:08 300m Dash
	7:34 3200m Relay – 2 turn stagger
	8:05 60m Hurdle (final)
	8:13 60m Dash (final)
	8:18 3200m Run
	8:53 800m Relay – 3 turn stagger, open-end exchange, 2 <sup>nd</sup> runner cuts after 1 <sup>st</sup> turn
	9:13 1600m Relay – 4 turn stagger, 2 <sup>nd</sup> runner cuts

Note: Fast heats are run first in all running events. We will run one event after the other. Time schedule is tentative. Please have your athletes ready. Any questions, contact [renask@macomb.edu](mailto:renask@macomb.edu)