

Macomb > Community > Athletics > High School Indoor Track Championships  
HIGH SCHOOL INDOOR TRACK & FIELD CHAMPIONSHIPS

When: Wednesday April 2nd, 2014

Where: Macomb Community College – South Campus Sports & Expo Center – Phone: 586.445.7512

Entry Cards: This year, we are using the same format. Coaches must have 3x5 index cards filled out prior to the meet. These must be turned in between 3:15-3:45 pm in room 143.

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 the 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.

Team Score: No team score will be kept.

Note: A coach must be present at the coaches meeting for that team to compete.

Admission: There will be a \$6 charge for anyone entering (parents, spectators, athletes, ect.).

Rules: Michigan High School Athletic Association rules on limitations of competition apply. Make sure your athletes do not violate any rules on uniform or jewelry.

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

Shot Put: Each contestant will be give three attempts. The top seven performers will go to the finals for three more attempts. 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 performers will go to the finals for three more jumps. Long jumps will not be measured if under 18' for boys and 14' for girls.

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

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

Heats: Fast heats in running events will be first.

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

*COST \$8000 / PER TEAM MAX*

Tentative Schedule

3:15-3:45	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 (girls first)
4:50	Running Events - Boys 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, GIRLS 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, 2nd runner cuts. 9:13 1600m Relay – 4 turn stagger, 2nd runner cuts.

Note: Fast heats are run first in all running events. We will run one event after the other. Please have your athletes ready. Time schedule is tentative.