

HIGH SCHOOL INDOOR TRACK & FIELD CHAMPIONSHIPS 2017

When: Monday, March 27, 2017 **(NON-MACOMB COUNTY SCHOOLS)**

Tuesday, March 28, 2017 **(MACOMB COUNTY SCHOOLS ONLY)**

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

FRIDAY, MARCH 24

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: Open only to high school athletes competing for their team.

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.

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.

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 28.

TENTATIVE SCHEDULE
MONDAY, MARCH 27th AND TUESDAY, MARCH 28th
ENTRIES DUE ON athletic.net BY 6 PM
FRIDAY, MARCH 24

3:45 – 4:00 Coaches meeting in room 143

4:30 Field Events

Long Jump (open order – boys and girls)

First jump measured for everyone

Shot Put (boys first) – First put measured

Pole Vault (girls first)

4:50 Running Events – Girls run first

4:50 60m Hurdle (semis) top 16 to finals

5:12 60m Dash (semis) top 16 to finals

5:41 One Mile Run – start at mile line

6:18 60m Hurdle (2 heat final – boys first)

6:35 60m Dash (2 heat final)

6:45 600m Dash (2 turn stagger)

7:20 300m Dash

7:48 3200m Relay – 2 turn stagger

8:22 3200m Run

9:13 800m Relay – 3 turn stagger, open-end
exchange, 2nd runner cuts after 1st turn

9:33 1600m Relay – 4 turn stagger, 2nd runner cuts

Results will be available 15 minutes after the last event.

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