

MACOMB COMMUNITY COLLEGE

HIGH SCHOOL INDOOR TRACK & FIELD CHAMPIONSHIPS 2019

- When: Thursday, March 28, 2019 **(ALL SCHOOLS)**
Where: Macomb Community College South Campus Sports & Expo Center
(P-Building) 14500 E. 12 Mile Rd, Warren, MI 48088
Who: Open only to high school athletes competing for their team.
Dressing: Dressing and shower facilities are available in the locker room.
We are not responsible for valuables.
Track Surface: Surface is Herculon except for shot put (wood).

SPIKES ARE ALLOWED ¼" PYRAMID ONLY

- Awards: Medals for first FIVE places in individual events and top THREE in relay events.
Entries: Each school may enter 3 athletes per event regardless of ability.
Each school may enter only one team per relay.

ENTRIES WILL BE DONE ON ATHLETIC.NET AND MUST BE IN BY 1 PM ON MONDAY, MARCH 25th.

- 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 4:15 to 4:30 in the Macomb Room adjacent to the track.
Admission: There will be a \$6 charge for any spectators (parents, friends, etc.)
Rules: MHSAA rules on limitation of competition apply.
Make sure your athletes do not violate any rules on uniform.
Shot Put: Each contestant will be given three attempts. The top seven will go to the finals for three more attempts. Everyone's first put will be 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 open order with boys and girls jumping together. All first jumps will be 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' 0" with 6" raises. Starting heights for the boys will be 8' 0" 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 \$90 per team per gender. Entry fee will be determined by number of athletes entered on athletic.net by 1pm Monday, March 25th.

**TEAMS WILL NOT BE ALLOWED TO COMPETE IF ENTRY FEE IS NOT PAID BY START OF MEET.
PLEASE MAKE CHECKS OUT TO MACOMB COMMUNITY COLLEGE AND BRING THE CHECK TO THE MEET.**

**THERE IS ONLY ONE INDOOR CHAMPIONSHIP MEET THIS YEAR. ALL SCHOOLS ARE INVITED
– BOTH IN MACOMB COUNTY AND OUTSIDE MACOMB COUNTY.**

TENTATIVE SCHEDULE

THURSDAY, MARCH 28th

ENTRIES DUE ON athletic.net BY 1PM MONDAY, MARCH 25th

- 4:15 – 4:30 Coaches meeting in Macomb room
- 4:30 Field Events
Long Jump (open order – boys and girls)
Shot Put (girls first)
Pole Vault (boys first)
- 5:30 Running Events – Girls run first
60M Hurdle (semis) top 16 to finals (if # dictate)
60M Dash (semis) top 16 to finals (if # dictate)
4 x 800M Relay—2 turn stagger
60M Hurdle (2 heat final – (boys first)
60M Dash (2 heat final)
3200M Run
300M Dash
600M Dash (2 turn stagger)
4 x 200M Relay – 3 turn stagger, open-end exchange, 2nd runner cuts after 1st turn (5 teams per heat)
One Mile Run—start at mile line
4 x 400M Relay – 3 turn stagger

Results will be available 15 minutes after the last event.

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

Any questions, contact renask@macomb.edu