

Macomb County Indoor Championships 2023

Meet Day Information Date: Tuesday, March 28th 2023

Place: Macomb Community College (South Campus P Building) 14500 E. 12 Mile Rd Warren, Michigan

Time Schedule: Track opens at 2:30pm for warm up and weigh-ins. Field Events Start at 3:30pm and Running Events at 4pm.

Entries: Please make entries on athletic.net

ENTRIES DUE: Friday, March 24th by 6:00 PM * each team is allowed 3 entries per event, along with 1 relay.

AWARDS: Awards will be a presented to the top 6 individuals and relays in each event. Team Champions and Runner-Up award presented at the conclusion of the meet. * Please note that we will not be dividing up awards into different divisions.

Entry Fee: \$125.00 for each team or \$10 per individual whichever is the least amount

Make all checks payable to: **Macomb Community College Athletics (Checks can be mailed to the address above)**

Spectators: There will be a \$5 fee to enter the meet

Timing and Results: will be taken care of by Eastside Racing Company will be available shortly after each race.

Running events will be a rolling schedule

Seed times will be used to create heats for each event. Event heats will be run slowest to fastest. All events, however, are a timed final. There are no semifinals!

Concessions: We will have light offerings available

Team Camps: Please do not set up camp on the infield of the track.

Also spikes are only to be worn on the track surfaces please stay off the basketball court with your spikes. Failure to do so may result in being disqualified from your race.

For more information please contact:

Head Men's & Women's Cross Country Coach Matt Fecht 810-610-3501
fechtm382@macomb.edu



Order of Events (Girls will compete first)

60M Hurdles

60M Dash

Mile

4 x 200 Meter Relay

600M

200M Dash

DMR (1200-400-800-1600)

4 x 400 Meter Relay

Field Events

Long Jump (Boys First)

High Jump (Girls First)

Pole Vault (Boys First)

Shot Put (Girls First)

