

MITCA Division 1 Team State Championship

May 25th 2019

Lansing Waverly High School
160 Snow Road, Lansing, MI 48917

Meet Management: Scott Castele AD, Rex Wilkes (Girls HC), David Pike (Boys HC)

Athletic Trainer On Site: Jessica Gude (Located under Main Bleachers)

NOTE: Schools are Responsible for Preventative Care & Treatment of their Athletes, including Taping

Schedule:

8:00 AM

Coaches Packet Pickup at Athlete/Coach entrance at southeast side of track.

8:30-9:55 AM

Implementation Weigh-In at Track Shed on southeast corner of track.

9:15 AM

Coaches Meeting in Locker Room beneath home stands.

9:00 AM

Boys Pole Vault (10'0 START) (Girls to follow 6'09" START) (One Pit)

10:00 AM

Boys Discus (Girls to follow) (4 Attempts, NO FINALS)

Boys Long Jump (Open Pit 10:00am - 11:30am) (4 Attempts, NO FINALS)

Girls Long Jump (Open Pit 12:00pm - 1:30pm) (4 Attempts, NO FINALS)

Girls Shot Put (Boys to follow) (4 Attempts, NO FINALS)

Girls High Jump (4'05" START) (Boys to Follow 5'04" START) (One Pit)

(When the first session concludes the next will start 30 minutes after)

10:30 AM

All Running Scratches are due to Timers. Make Field event scratches at the event.

11:00 AM

3200 M Relay (Girls and then Boys)

11:30 AM

Parade of Athletes (Get this script turned in ASAP)

12:00 PM

Running Finals starting with Girls 100m Hurdles etc.

Results and Awards can be picked up from the Press Box at the conclusion of the Meet.

LIVE RESULTS CAN BE FOUND at attiming.net

Admission:

\$7.00 at the gate on the Northside of the Track and Southeast corner by the Track Shed.

Concessions:

Will be available through the meet on the Northside of the Track.

T-Shirts/Merchandise:

Addix will be located near the Northside of the Track with Team State Meet T-Shirts and more.

Parking Information:

- Bus Drop Off for Athletes is at the Southeast Corner of Track in the Main Student Parking Lot.
- (\$5) Spectator Parking is located off of Snow Road in the High School Parking lot, Middle School parking Lot off of St. Joseph St.

Team Camps:

- Team camps are to be only set up in the Northeast and Northwest areas of the track between the outside fence and the track edge fence.

Infield Reminders:

- Only Athletes warming up and Coaches are allowed in the designated half of the field. Remember to keep good distance away from events that are running.

Athlete Check In Procedure:

- Bull Pen for all races will be at the North West Side of track infield. (200 and 300m Hurdles will be down at start)
- There will be 1st, 2nd and Final calls made through out the meet. Please report and checking before second call. If you are competing in a field event please check out and promptly report back to field event at conclusion of the race.

Substitutions:

- Day of substitutions will be allowed one-for-one without reseeding until the scratch deadline at 10:30 (30 minutes before the 4x800 relay). After this time each team may exercise up to four substitutions in individual events because of injury or illness. Substitutions are not for the purpose of strategic moves. Relay legs can be substituted at any time and do not count against the above limits.