MITS Meet #2
Saturday, February 1st, 2020
Alksnis Athletics and Recreation Building
Aquinas College

ENTRIES: Meets held at Aquinas offer advance online registration: 
http://michianatiming.com/registration (use correct link for the particular meet 
you are attending). You will get a bib number when you arrive and select events. 
Pre-registration will close at 6:00 PM on January 31st.

TIMING: Finish Lynx with video board display and live results

RESULTS: Hard copy posted after each event and available live online and posted online at 
conclusion of the meet.

LOCKERROOMS: No locker rooms or showers available

SPIKES: ¼ inch spikes or shorter. No CHRISTMAS TREE or NEEDLE/PIN spikes 
allowed. Spikes allowed on track level only. No spikes in viewing areas, hallways 
or gym. Shoes will be checked and tagged when you pick up your competitor #. 
Competing while wearing improper spikes will result in disqualification and 
being omitted from meet results.

ADMISSION: $10 for all pre-registered athletes, $20 for non pre-registered athletes, $5 for coaches 
and spectators. Cash only, no checks or credit cards. Doors open at 9:00 AM. No 
one will be admitted earlier.

FOOD: No food or drinks (except water) are allowed on the track/turf level.

ATHLETE CAMPS: No backpacks or duffle bags or team camps allowed on the turf area. This 
includes pole vault, throws and high jump area. Only spike bags.

FIELD EVENTS

10:00 AM  Boy’s Long Jump - Open Pit – Girls to follow
10:00 AM  Girl’s High Jump - Bar Progressions – 4-4, 4-6, 4-8, 4-10 (subsequent raises 2”)
10:00 AM  Boy’s to follow - Bar Progressions – 5-4, 5-6, 5-8, 5-10, 6-0 (subsequent raises 2”)
10:00 AM  Girl’s Pole Vault – Bar Progressions – 7-0, 8-0, 9-0, 9-6, 10-0 (subsequent raises 6”)
10:00 AM  Boy’s to follow - Bar Progressions – 10’, 11-0, 12-0, 12-9, 13-3 (subsequent raises 6’)
10:00 AM  Boy’s Shot Put – Girl’s to follow
RUNNING EVENTS
All running events are timed finals. Girls run first.

11:00 AM
4x200m
1600m
60m Hurdles
400m
60m Dash
800m
4x400m