MITS Meet #4
Saturday, February 15th, 2019
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 February 14th.

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”)
   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”)
   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  DMR
           1600m
           60m Hurdle
           400m
           60m Dash
           800m
           4x400m