Central Michigan University

Hosts

2020 Michigan Indoor Track Series

On

Friday, January 10th, 2020

Site: Indoor Athletic Complex (IAC) at the Jack Skoog Indoor Track
Parking: Lot #62 North of the Kelly-Shorts Football Stadium
Time: North Indoor Athletic Complex entrance doors open at 3:45 pm
Fee: $10.00 per athlete
Admission: $5.00 per spectator/Coach – Spectators must remain in the stands for safety purposes.

WAIVER OF LIABILITY:
Every participant MUST complete the Waiver of Liability Release in order to participate.
*The Central Michigan University Waiver of Liability is located on the MITS website. Print the form, add the required signatures and bring the form with you to the meet.*

FIELD EVENTS
(All field events will run simultaneously on separate runways, pits or rings unless noted below)
5:00pm
High Jump: Boys followed by Girls (30mins between genders)
Long Jump: Boys and Girls concurrent on separate runways
Shot Put: Boys followed by Girls

TRACK EVENTS
(Girls precede Boys events on the track)
(The track is on a rolling schedule)
4:30pm
Distance Medley Relay: Timed Sections
400 Meter Hurdle Final: Timed Sections
Sprint Medley Relay: Timed Sections
1600 Meter Final: Timed Sections
60 Hurdles Final: Timed Sections
60 Meter Final: Timed Sections
800 Meter Final: Timed Sections
400 Meter Hurdle Final: Timed Sections
4 x 400 Relay: Timed Sections