UPDATED – VENUE INFORMATION – UPDATED
EASTERN MICHIGAN MITS MEET ON SUNDAY, FEBRUARY 02, 2020
BOWEN FIELD HOUSE
UPDATED TO REFLECT EARLIER TIME SCHEDULE DUE TO SUPER BOWL SUNDAY
We plan on getting everyone home on time to watch the game!
Note: Event schedule has been altered slightly.
HOSTED BY MICK’S MEET MANAGEMENT

IMPORTANT GENERAL INFORMATION

BOWEN FIELDHOUSE IS LOCATED ON THE CAMPUS OF EMU.  914 CIRCLE DRIVE, YPSILANTI 48197

PARKING IS ALWAYS AN ADVENTURE ON ANY COLLEGE CAMPUS.
IT IS WHAT IT IS AND PLEASE NOTE THAT MITS HAS NO CONTROL OVER PARKING FEES.
PLEASE DO NOT PARK ILLEGALLY OR YOU WILL BE TICKETED OR TOWED.
THERE IS FREE PARKING ON THE SURFACE / SIDE STREETS TO THE WEST OF BOWEN.
PARKING FEES APPLY TO ALL OTHER AREAS.
PLEASE READ ALL PARKING SIGNS CAREFULLY!

THE PARKING STRUCTURE FEE IS $10.00 FOR THE DAY.
The Bowen Lot is $1.50 per hour to park.

Bitte enter at the main entrance.  Other entrances will be locked.

*******************************************************************************

ADMISSION

ATHLETES, COACHES, PARENTS, SPECTATORS - $10.00 AT THE DOOR
EVERYONE WILL GET AN ADMISSION WRISTBAND AFTER PAYING THE FEE.
EVERYONE PAYS – NO PASSES.
Children under 4 years old will be allowed in free.
CASH ONLY AT THE DOOR.
PLEASE TRY TO HAVE CORRECT AMOUNT OF CASH READY
This really will help speed up the entry!
NO CHECKS, CREDIT CARDS, ETC.
DOORS OPEN AT NOON!

*******************************************************************************

ADDITIONAL IMPORTANT NOTES:

THE EMU FACILITY HAS A 200 METER TRACK
SIX LANES ON THE OVAL – 8 LANES ON THE STRAIGHT - AWAYS.
SPIKES ALLOWED BUT ONLY 1/4 INCH PYRAMID SPIKES.

Athletes must first pay admission at the front door and then proceed to the registration tables.
On the day of each event, All ATHLETES will have to check in at our wristband tables and obtain a second competitors wristband in order to compete.  Please allow time for this to happen.

IMPORTANT!!!!  ATHLETES MUST FILL OUT A CONSENT / RELEASE WAIVER IN ORDER TO COMPETE.
YOU ONLY NEED TO FILL THIS WAIVER OUT ONCE EACH INDOOR SEASON.
The waiver is available on the mitstrack.org web site.
We will also have copies of the waiver form available at the registration tables.

BLOCKS WILL ONLY BE ALLOWED FOR THE 60 DASH AND 60 HURDLES.
TIME RESTRAINTS PREVENT US FROM USING THEM IN THE 200 & 400 DASHES.
NO EXCEPTIONS....PLEASE UNDERSTAND!

TERRIFIC MITS T-SHIRTS WILL BE ON SALE AT THIS EVENT.
LIMITED CONCESSIONS WILL ALSO BE AVAILABLE.
SUNDAY, FEBRUARY 02, 2020.

DOORS OPEN AT 10:30 AM

Meet Director – Tom (Mick) Micallef
tommicallef@gmail.com

Field Events – Begin at 12:00 NOON

MEN WILL CONTEST THE SHOT PUT FIRST – WOMEN TO FOLLOW MEN.
WOMEN WILL CONTEST THE POLE VAULT FIRST – MEN WILL FOLLOW WOMEN.
MEN WILL CONTEST THE HIGH JUMP FIRST – WOMEN TO FOLLOW MEN.
MEN AND WOMEN WILL LONG JUMP SIMULTANEOUSLY – TWO PITS.

TRIPLE JUMP to follow the Long Jump. ONE PIT. Genders will jump simultaneously

WEIGHT THROW WILL NOT BE CONTESTED.

WEIGHT THROW WILL NOT BE CONTESTED ON THIS DATE

Track Events – 12:00 NOON

Events will roll quickly in this order.

NOTE! We may run up to 24 per heat in the 1600 run and we may box slower heats of the 400 Dash.

2020 INDOOR SEASON – MEN will run first on the track!
RELAY TEAMS MUST HAVE MATCHING TOPS. PLAIN WHITE T-SHIRTS NOT ACCEPTABLE.

Distance Medley Relay (1200 – 400 – 800 – 1600)
Sprint Medley Relay (400 – 200 – 200 – 800)
60 Meter Hurdles – Timed Finals
60 Meter Dash – Timed Finals

1600 Meter Run

ELITE 400 METER RUN – INVITATION ONLY!!

THREE INVITATIONAL HEATS PER GENDER. MUST BE PRE REGISTERED.

ELITE – MIDDLE SCHOOL 1600 METER RUN – INVITATION ONLY!!
ONE HEAT PER GENDER. MUST BE PRE REGISTERED.

ELITE 800 METER RUN – INVITATION ONLY!!
ONE HEAT PER GENDER. MUST BE PRE REGISTERED.

800 Meter Run
400 Meter Dash
200 Meter Dash

3200 Meter Relay (800 – 800 – 800 – 800)
800 Meter Relay (200 – 200 – 200 – 200)
1600 Meter Relay (400-400-400-400)

RESULTS WILL BE POSTED QUICKLY ON LINE AT DLProtiming.org

PLEASE REMEMBER – THIS IS A TRACK MEET, NOT PARADISE.

EMU, MICK’S MEET MANAGEMENT AND MITS ARE NOT RESPONSIBLE FOR THEFT OR INJURY.
PLEASE RESPECT THE EMU FACILITIES. IT IS GRACIOUS OF THEM TO ALLOW US TO HOST EVENTS AT THEIR FACILITIES.
EMAIL COACH MICK – tommicallef@gmail.com with questions, comments or concerns.