SAGINAW VALLEY STATE UNIVERSITY

MITS Indoor High School Track Meets

Contact: Rod Cowan – Office (989) 964-7322, Email rmcowan@svsu.edu

Dates:
- December 7, 2019 @ 2pm
- January 11, 2020 @ 11am
- January 18, 2020 @ 11am
- February 1, 2020 @ 11am
- February 8, 2020 @ 11am
- February 15, 2020 @ 12pm *DISTANCE FEST

Location: SVSU Fieldhouse. Located on the corner of Davis Rd and Campus Dr.

Track: 300 Meter Beynon surface, 8-lanes on straightaway, and 6-lanes on the oval.

Entrance: Using parking lot E, Use the north ramp (2nd floor) entrance.

Spikes: ONLY ¼ inch SPIKES allowed. While supplies last we sell ¼ inch spikes...$3.00 for 12.

Events: The 60 meter dash and 60 meter hurdles will take the top 8 times to the finals.

Field Events: Long Jump, and Shot Put, get 4 attempts, NO FINALS!

Entry Fee: $10.00 fee will be charged for all participants. Use the north ramp (2nd floor) entrance.

Admission: $5.00 for all spectators and coaches. Use the north ramp (2nd floor) entrance.

Consent: All participants must complete a parental/consent release waiver 24hrs prior to your first meet at our facility. It only has to be completed once a year. This waiver is also your registration. You MUST complete the waiver online 24hrs before your first visit. We NO LONGER accept walk-up registration.
http://www.svsucardinals.com/sports/mtrack/Medical_Waiver_Concussion_Form

Registration: Field event athletes will report directly to the field event. Athletes in running events will report to the instructed staging areas throughout the track...clear instructions will be given prior to each running event.

Merchandise: T-Shirts will be on sale for $10.00 each.

Food/Drinks: No food is allowed in the track. Water is the only beverage allowed in the track. Food and drinks are both allowed in the stands and mezzanine area.
SAGINAW VALLEY STATE UNIVERSITY

MITS Indoor High School Track Meet

December 7, 2019

***This waiver also serves as your Registration***

http://www.svsucardinals.com/sports/mtrack/Medical_Waiver_Concussion_Form

You Only Have To Complete This Form Once A Year

ROLLING TIME SCHEDULE

2:00pm – Field Events

Shot Put – 2 pits...4 throws per athlete (Genders will throw at the same time)

High Jump – 2 pits (Genders will jump at the same time)

Pole Vault – 2 pits (Genders will jump at the same time)

3:00pm – Field Events

Long Jump – 2 pits...4 jumps per athlete (Genders will jump at the same time)

3:00pm – Running Events – Boys will run 1st in all running events

1600 Meter Run

400 Meter Dash

60 Meter Hurdles – Prelims...Top 8 Times advance to Finals

60 Meter Dash – Prelims...Top 8 Times advance to Finals

60 Meter Hurdles – Finals

60 Meter Dash – Finals

800 Meter Run

1600 Meter Relay
SAGINAW VALLEY STATE UNIVERSITY

MITS Indoor High School Track Meet

January 11, 2020

***This waiver also serves as your Registration***

http://www.svsucardinals.com/sports/mtrack/Medical_Waiver_Concussion_Form

You Only Have To Complete This Form Once A Year

ROLLING TIME SCHEDULE

11:00am – Field Events

Shot Put – 2 pits...4 throws per athlete (Genders will throw at the same time)

High Jump – 2 pits (Genders will jump at the same time)

Pole Vault – 2 pits (Genders will jump at the same time)

12:00pm – Field Events

Long Jump – 2 pits..4 jumps per athlete (Genders will jump at the same time)

12:00pm – Running Events – Boys will run 1st in all running events

Sprint Medley Relay (400-200-200-800)

400 Meter Dash

1600 Meter Run

200 Meter Dash

60 Meter Hurdles – Prelims...Top 8 Times advance to Finals

60 Meter Dash – Prelims...Top 8 Times advance to Finals

60 Meter Hurdles – Finals

60 Meter Dash – Finals

1600 Meter Relay

Distance Medley Relay (1200-400-800-1600)
SAGINAW VALLEY STATE UNIVERSITY

MITS Indoor High School Track Meet

January 18, 2020

***This waiver also serves as your Registration***

http://www.svsucardinals.com/sports/mtrack/Medical_Waiver_Concussion_Form

You Only Have To Complete This Form Once A Year

ROLLING TIME SCHEDULE

11:00am – Field Events

Shot Put – 2 pits...4 throws per athlete (Genders will throw at the same time)

High Jump – 2 pits (Genders will jump at the same time)

Pole Vault – 2 pits (Genders will jump at the same time)

12:00pm – Field Events

Long Jump – 2 pits..4 jumps per athlete (Genders will jump at the same time)

12:00pm – Running Events – Boys will run 1st in all running events

3200 Meter Run
800 Meter Relay
800 Meter Run

60 Meter Hurdles – Prelims...Top 8 Times advance to Finals
60 Meter Dash – Prelims...Top 8 Times advance to Finals
60 Meter Hurdles – Finals
60 Meter Dash – Finals
1600 Meter Run
1600 Meter Relay
400 Meter Dash
SAGINAW VALLEY STATE UNIVERSITY

MITS Indoor High School Track Meet

February 1, 2020

***This waiver also serves as your Registration***

http://www.svsucardinals.com/sports/mtrack/Medical_Waiver_Concussion_Form

You Only Have To Complete This Form Once A Year

ROLLING TIME SCHEDULE

11:00am – Field Events

Shot Put – 2 pits…4 throws per athlete (Genders will throw at the same time)

High Jump – 2 pits (Genders will jump at the same time)

Pole Vault – 1 pit (Boys followed by Girls)

12:00pm – Field Events

Long Jump – 2 pits..4 jumps per athlete (Genders will jump at the same time)

12:00pm – Running Events – Boys will run 1st in all running events

1600 Meter Run
200 Meter Dash
3200 Meter Relay
400 Meter Dash

60 Meter Hurdles – Prelims…Top 8 Times advance to Finals
60 Meter Dash – Prelims…Top 8 Times advance to Finals
60 Meter Hurdles – Finals
60 Meter Dash – Finals

1600 Meter Relay

1600 Meter Relay – Mixed Gender (2 Boys and 2 Girls in any order)
SAGINAW VALLEY STATE UNIVERSITY

MITS Indoor High School Track Meet

February 8, 2020

***This waiver also serves as your Registration***

http://www.svsucardinals.com/sports/mtrack/Medical_Waiver_Concussion_Form

ROLLING TIME SCHEDULE

11:00am – Field Events

Shot Put – 2 pits...4 throws per athlete (Genders will throw at the same time)

High Jump – 2 pits (Genders will jump at the same time)

Pole Vault – 1 pit (Boys followed by Girls)

12:00pm – Field Events

Long Jump – 2 pits..4 jumps per athlete (Genders will jump at the same time)

12:00pm – Running Events – Boys will run 1st in all running events

1000 Meter Run – Invite only Event

Sprint Medley Relay (400-200-200-800)

400 Meter Dash

1600 Meter Run

200 Meter Dash

60 Meter Hurdles – Prelims...Top 8 Times advance to Finals

60 Meter Dash – Prelims...Top 8 Times advance to Finals

60 Meter Hurdles – Finals

60 Meter Dash – Finals

1600 Meter Relay

1600 Meter Relay – Mixed Gender (2 Boys and 2 Girls in any order)

Distance Medley Relay (1200-400-800-1600)
ROLLING TIME SCHEDULE

12:00 pm - Running Events – Boys will run 1st in all running events

Distance Medley Relay (1200-400-800-1600)
Middle School 1600 – Boys
5000 Meter Run
800 Meter Run
Mile Run
Middle School 1600 – Girls
3200 Meter Run
3200 Meter Relay