



SATURDAY, MARCH 8, 2025

SUNDAY, MARCH 9, 2025

Jack Skoog Indoor TF Complex
Central Michigan University

SPECTATORS, NON-COMPETING ATHLETES & COACHES

ONLINE TICKET SALES:

There are two options to purchase spectator/coaches admission tickets.

Single Day Ticket - \$10

Two Day Ticket - \$18

All guests will be provided a wristband that will allow you entry throughout the day(s)

***PER CMU REQUEST: ALL COACHES THAT EXPECT TO BE ON INFIELD MUST
HAVE PROOF OF A BACKGROUND CHECK COMPLETED.
READ COACHES TICKETING RULES WHEN PURCHASING THIS TICKET.***

Tickets are non-refundable and can be purchased here:

<https://runsignup.com/TicketEvent/MITSMITCAIndoorTFChampionships>

or by using this code:



All Non-Competing visitors are expected to purchase admission tickets. This includes Coaches, non-competing high school students. Seniors 60+ and Children 10 and under may enter the meet at no charge.

REGISTRATION INFORMATION

Registration Window Opens: Monday, February 10th @ Noon

Registration Window Closes: Tuesday, March 4th @ 8:00 PM

LATE FEES APPLY - NO EXCEPTIONS - FOR ENTRIES SUBMITTED AFTER MARCH 4TH @ 8:00pm

NO REFUNDS FOR ANY ENTRIES

INDIVIDUAL ATHLETE REGISTRATION FEE: \$10, RELAY TEAM REGISTRATION FEE: \$40

***Athletes may compete as Unattached or as a Club - NOT as part of a High or Middle School Team**

***Athletes must meet the qualification standards available at mitstrack.org**

***All performance marks must be made during MITS Indoor Events. Out of state competitions do not count**

All registration is done through Athletic.Net.

Registration and Meet Info can be found here:

<https://www.athletic.net/edit/track/meet/register/5982949/overview>



We encourage all coaches, athletes and parents to communicate regarding WHO is completing the registration. Often, a club coach will register an athlete, but then a parent or athlete will also complete the registration creating a double registration.

In the event of a double registration of an athlete, there will be NO REFUNDS.

PARTICIPATION RULES

Athletes may compete in a maximum of 4 events

Athletes may compete in a maximum of 2 RUNNING Events

ANY OTHER COMBINATION OF FOUR EVENTS IS ALLOWED. So.....

Can I do 3 field events? YES

Can I do 2 running events and 2 field events? YES

Can I do 3 field events and a relay? YES

Unfortunately, the registration system **DOES NOT** prevent coaches, athletes from registering improperly so it is important to understand which events you are registering for.

If an athlete is improperly registered, Meet Management will make attempts to contact whoever completed the registration. However, if these attempts fail, Meet Management reserves the right to adjust the registration.

YOU CANNOT REGISTER IMPROPERLY WITH THE EXPECTATION OF SCRATCHING ON MEET DAY. ALL IMPROPERLY REGISTERED ATHLETES WILL BE ADJUSTED PRIOR TO THE MEET BEGINNING.

SCHEDULE OF EVENTS

Saturday, March 8, 2025

7:00am - Doors Open

7:30am – Implement Inspection/Weigh-In Begins in Turf Room

9:00am - Field Events

- Pole Vault - Boys First - Opening Height 12'
- Pole Vault – Girls compete following boys – Opening Height 9'
- Shot Put – Girls First (Competed in Turf Room)
- High Jump – Girls First – Opening Height 4'8"
- High Jump – Boys compete following girls - Opening Height 5'8"
- Weight Throw – Boys First (Competed in Turf Room)

11:55am – National Anthem

12:00pm - Running Events

- 60m Hurdle Prelims - 24 Athletes Advance to Semis (Heat Winner + Next Fastest)
- 60m Prelims – 24 Athletes Advance to Semis (Heat Winner + Next Fastest)
- DMR (1200-400-800-1600) - Timed Final
- 60m Hurdle Semis - 3 Heats - Top 8 to Final (Heat Winners + 5 Fastest Times)
- 60m Semis - 3 Heats - Top 8 to Final (Heat Winners + 5 Fastest Times)

~ AWARDS BREAK ~

Boys/Girls Pole Vault, Boys/Girls Weight Throw, Girls/Boys Shot Put, Girls High Jump, Boys/Girls DMR

- 200m Semis - Top 10 to Final
- MS 200m - Timed Final
- MS 800m - Timed Final
- SMR (400-200-200-800) - Timed Final
- 3200m - Timed Final
- 4 x 200m Relay - Timed Final

~ FINAL AWARDS DAY #1

Boys High Jump, MS 200, MS 800, Boys/Girls SMR, Boys/Girls 3200m and Boys/Girls 4x200

Sunday, March 9, 2025

7:00am - Doors Open

7:30am – Implement Inspection/Weigh-In Begins in Turf Room

9:00am - Field Events

- Long Jump - Boys on backstretch side, Girls on home straight side
- Triple Jump (*upon completion of LJ*) - Boys First
- Discus - Boys First – (Competed in Turf Room)

11:55am – National Anthem

12:00pm - Running Events

- 4 x 800m Relay - Timed Final
- 60m Hurdle Final - 1 heat
- MS 60m - Timed Final
- 60m Final - 1 heat

~ AWARDS BREAK ~

Boys/Girls Discus, Boys/Girls Long Jump, Boys Triple Jump, Boys/Girls 4x800, Boys/Girls 60m Hurdles, Boys/Girls MS 60m Dash, Boys/Girls 60m Dash

- MS 1600m - Timed Final
- 1600m - Timed Final
- MS 400m - Timed Finals
- 400m - Timed Final

~ AWARDS BREAK (approx. 30 minutes)

Boys/Girls MS 1600m, Girls Triple Jump, Boys/Girls 1600m, MS400, Boys/Girls 400m

- 800m - Timed Final
- 200m Final - 2 heats
- 4 x 400m - Timed Final

~ FINAL AWARDS DAY #2 ~

Boys/Girls 800m, Boys/Girls 200m, Boys/Girls 4x400m

FIELD EVENT INFORMATION

NO WARMUPS WITHOUT A MEET OFFICIAL PRESENT IN ANY FIELD EVENT

THE ONLY ACCEPTABLE MARKING MATERIAL IS TAPE

MAXIMUM SPIKE LENGTH IS 1/4 " ON ALL JUMPING/RUNNING SURFACES

THROWING EVENTS

All three throwing events will take place in the newly updated Turf Room.

Weigh Ins and Implement Inspection will occur inside the Turf Room 7:30-11am daily

Athletes are responsible for claiming unusable implements at the CONCLUSION of the event.

<p align="center">SHOT PUT</p> <p>Saturday - March 8 @ 9:00am Girls Throw First 3 Attempts in Prelims Top 9 qualify to Finals 3 Attempts in Finals</p> <p>Boys Warmup begins Approx. 30 minutes after girls finish</p> <p align="center">Awards:</p> <p>Girls – Awards Session 1 Boys – Day 1 Final Awards Session</p>	<p align="center">WEIGHT THROW</p> <p>Saturday - March 8 @ 9:00am Boys Throw First 3 Attempts in Prelims Top 9 qualify to Finals 3 Attempts in Finals</p> <p>Girls Warmup begins Approx. 30 minutes after boys finish</p> <p align="center">Awards:</p> <p>Boys – Day 1 Final Awards Session Girls – Day 1 Final Awards Session</p>	<p align="center">DISCUS</p> <p>Sunday - March 9 @ 9:00am Boys Throw First 3 Attempts in Prelims Top 9 qualify to Finals 3 Attempts in Finals</p> <p>Girls warmup begins Approx. 30 minutes after boys finish</p> <p align="center">Awards:</p> <p>Boys – Day 2 Awards Session 1 Girls – Day 2 Awards Session 2</p>
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NOTES ON THROWING EVENTS:

There will be a ring for Shot Put and Weight Throw separately at 9am.

POLE VAULT

<p align="center">BOYS POLE VAULT</p> <p>Saturday, March 8, 2025 – 9:00am Opening Height – 12' 1st Raise to 12'6" 2nd Raise to 13' 3rd Raise to 13'6"</p> <p>Following raises will be determined by officials based on the number of competitors remaining.</p> <p align="center">Awards:</p> <p>Awards Session 1</p>	<p align="center">GIRLS POLE VAULT</p> <p>Saturday, March 8, 2025 – Following Boys Opening Height – 9' 1st Raise to 9'6" 2nd Raise to 10' 3rd Raise to 10'6"</p> <p>Following raises will be determined by officials based on the number of competitors remaining.</p> <p align="center">Awards:</p> <p>Awards Session 1</p>
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NOTES ON POLE VAULT:

All poles used for competition will be inspected by the official
Poles deemed illegal/unusable may be picked up at the conclusion of the event

HIGH JUMP

<p>GIRLS HIGH JUMP Saturday, March 8, 2025 – 9:00am Opening Height – 4’8” 1st Raise to 4’10” 2nd Raise to 5’0” 3rd Raise to 5’2” Following raises will be determined by officials based on the number of competitors remaining. Awards: Awards Session 1</p>	<p>BOYS HIGH JUMP Saturday, March 8, 2025 – Following Girls Opening Height – 5-8” 1st Raise to 5’10” 2nd Raise to 6’0” 3rd Raise to 6’2” Following raises will be determined by officials based on the number of competitors remaining. Awards: Awards Session 1</p>
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LONG JUMP & TRIPLE JUMP

<p>LONG JUMP Sunday - March 9 @ 9:00am Boys & Girls 3 Attempts in Prelims Top 9 qualify to Finals 3 Attempts in Finals Awards: Boys – Day 2 Awards Session 1 Girls – Day 2 Awards Session 1</p>	<p>TRIPLE JUMP Sunday - March 9 - After Boys LJ Completes Boys Jump First 3 Attempts in Prelims Top 9 qualify to Finals 3 Attempts in Finals Girls Warmup begins Approx. 30 minutes after boys finish Awards: Boys – Day 2 Awards Session 1 Girls – Day 2 Awards Session 2</p>
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AWARDS PRESENTATION INFORMATION

The Top 8 individual and relay teams will be awarded medals and will be considered MITCA Indoor All-State Track & Field

There will be five separate awards ceremonies throughout the weekend:

Saturday, March 8th, 2025

AWARDS SESSION #1

Following the Semi Finals of the HS 60 Meter Dash

Pole Vault (B/G), Shot Put (B/G), Weight Throw (B/G), High Jump (G), DMR (B/G)

AWARDS SESSION #2

Following the final running event of the day

High Jump (B), MS 200 (B/G), MS 800 (B/G), SMR (B/G), 3200m (B/G), 4x200 (B/G)

Sunday, March 9th, 2025

AWARDS SESSION #1

Following the Semi Finals of the HS 60 Meter Dash

*Discus (B/G), Long Jump (B/G), Triple Jump (B), 4x800 (B/G), 60m Hurdles(B/G),
MS 60m Dash (B/G), 60m Dash (B/G)*

AWARDS SESSION #2

Following the 400 Meter Dash

MS 1600m (B/G), Triple Jump (G), 1600m (B/G), MS400 (B/G), 400m (B/G)

AWARDS SESSION #3

Following the final running event of the day

800m (B/G), 200m (B/G), 4x400m (B/G)

ATHLETE CHECK-INFORMATION

WILL BE PROVIDED AT A LATER DATE

REMINDERS:

- 1. Athletes may NOT compete in school issued uniforms.*
- 2. All Relay athletes must wear matching tops and their club affiliation must be identifiable. I.e. Plain white tshirts/tank tops with no logo are not allowed*
- 3. All athletes must be registered as Unattached or with a club. No school affiliations are allowed.*

HOTEL INFORMATION

MITC Indoor State Championship @ Mt. Pleasant Hotel Info

MITCA/MITC is happy to have worked with the Mount Pleasant Conventions & Visitors Bureau to secure rooms at a discounted rate at several local hotels. Each location has a different rate, process and reservation deadline so we encourage you to reserve your rooms as soon as possible. The rates/blocks are all for Friday March 7th and Saturday March 8th but dates can be booked individually.

Comfort Inn & Suites

2424 South Mission Street

Mt. Pleasant, MI 48858

989-772-4000

Group Rate Reservation Deadline - Wednesday February 5th, 2025

Reservation Link: <https://www.choicehotels.com/reservations/groups/YN52D5>

Holiday Inn & Suites

5278 East Pickard

Mt. Pleasant, MI 48858

989-317-8686

Group Rate Reservation Deadline - Friday February 14th, 2025

Reservation: https://www.holidayinn.com/redirect?path=rates&brandCode=HI&localeCode=en®ionCode=1&hotelCode=MPTPS&checkInDate=07&checkInMonthYear=022025&checkOutDate=09&checkOutMonthYear=022025&_PMID=99801505&GPC=HIT&cn=no&viewfullsite=true

Courtyard by Marriott

2400 East Campus Drive

Mt. Pleasant, MI 48858

989-773-1444

Group Reservation Deadline - Wednesday February 5th, 2025

Reservation Process: Guests must call 989-773-1444 and identify themselves as members of the group "High School Indoor Track & Field State Championship" to reserve rooms.

Reservation: <https://www.marriott.com/event-reservations/reservation-link.mi?id=1735912185286&key=GRP&questreslink2=true&app=resvlink>

Baymont Inn & Suites

5858 E. Pickard Street

Mt. Pleasant, MI 48858

989-775-5555

Group Reservation Deadline - Friday February 14th, 2025

Reservation Process - Please call the hotel directly at 989-775-5555 to speak with one of our friendly front desk team members. Please be sure to mention that you are with the Indoor Track and Field State Championship Group.

CHUCK JANKE MITS/MITCA SENIOR RECOGNITION AWARD

sponsored by Hanson's Running Shop

In 2025, MITCA and MITS are excited to announce an increase in the annual award provided to seniors who compete in the MITS Indoor TF Series. Four awards of \$750 each will be provided to seniors who have competed during the 2024-2025 indoor season.

APPLICATIONS WILL BE AVAILABLE SHORTLY

PARKING INFO

WILL BE UPDATED SHORTLY

FACILITY PICS AND INFO

The Jack Skoog Indoor Track was part of the Indoor Athletic Complex construction in 1999, and is one of the finest indoor facilities in the Midwest.

The facility has a 200-meter track that features six running lanes, an elevated pole vault runway, and dual pole vault and long jump/triple jump runways. The track, which hosted the 2005 and 2010 Mid American Conference Indoor Track and Field Championships, has bleachers to seat up to 650 fans.

The track also hosts several college and high school meets each year and offers a convenient place to practice for the Central Michigan track and field program. It is also utilized for camps and physical education courses.

The facility also houses the offices for the CMU track and field coaching staff, as well as a meeting room and a scorekeeper's booth.

The facility is named for Jack Skoog, who was a member of the Central Michigan College track and field program in the 1950's and earned the opportunity to participate in the Olympic qualifiers. The Cadillac, Mich., native was a successful businessman, serving as the owner of American Bumper Manufacturing for over 35 years. When he retired in 1997, his company employed over 1,800 people in both Michigan and Indiana and produced 87 percent of the Ford Motor Company's global front and rear end bumper systems.