

# MITCA STATE TEAM CHAMPIONSHIPS

May 24-25, 2019

## All Divisions Information

1. **Entries:** Three entries per individual event. Preliminary entries must be received by Tuesday at 8:00 p.m. Preliminary seeding will be sent to schools and adjustments may be made until Wednesday at 12:00 noon. All Divisions will be hosted through athletic.net.
2. Report to the coaches room or other designated area upon arrival to make scratches/substitutions. Reasonable one-for-one substitutions are permitted until the scratch deadline, but the meet will not be reseeded.\*
3. **Shot Put/Discus**—Weigh-in shots and discs between 9:00 and 10:00 a.m. Illegal implements will be impounded until after the competition.
4. **Long Jump**—Open pit with a 90 minute time limit.
5. **Pole Vault**—Coaches must initial sheets for weight verification of their athletes.
6. **Spikes must be ¼” pyramids only.**
7. **Starting blocks** will be furnished. Any non-traditional blocks must be approved by the referee or his/her designee official before being used.
8. **Concessions** will be available all day long.
9. **Locker rooms** will not be available.
10. No one, except coaches, will be allowed on the football field during the meet unless you are warming up for the next event. Team tents must be in designated areas at each venue. Ask before setting up!
11. The press box is a **restricted area**. If you have any questions, address them to the clerk, the finish line judge or the meet manager. Always approach the timing area from the REAR!!
12. Radios etc. will not be permitted. Only personal music devices are allowed however no ear buds may be worn inside the track. No frisbees, footballs etc.
13. **Admission** for spectators is \$7.00. There may **ALSO** be \$3 parking charge at some venues. Carpool!
14. **Scoring**—All athletes score. Points in the individual events will have the number of teams times three for the winning performance and a one point reduction for each successive place. Example: 10 teams would score 30-29-28-27.....-3-2-1. Eight teams would be 24-23-22-21....-3-2-1. Relays are scored by taking the individual event winner points times two and then subtracting six points for each successive place. Example: 10 teams would be 60-54-48-42-....-12-6. Eight teams would be 48-42-36-....-12-6.
15. **Results** will be picked up at the designated location after the meet. Medals for the winning and runner-up teams and the team trophies will be awarded on the field at the completion of the meet. There are no individual event medals as this is a team competition.
16. **Event calls** will be first call, second call, and last call. If the athlete has not reported when the heats or sections are formed, he/she will be scratched.
17. If an athlete is not scratched prior to an athlete's position being set in a field or running event, then the athlete will be disqualified from that event and it will count toward his/her 4-event limit.
18. **Chalk** is to be used for marking on the track and all field event areas. No other items will be allowed on the runways or track.
19. Any athlete leaving an event to go to another event must check out with the event official. The athlete is expected back to the event after the running event finishes using the following guidelines:  
3200 meter run            20 minutes -- All other events 10 minutes
20. Any medically dependent substance used (asthma or such) needs an approved doctor's statement and must be approved by the meet referee.
21. **MITCA Team Invitational T-shirts** and merchandise will be on sale. Please notify your athletes.

## TIMELINES:

**9:00** Boys Pole vault for ALL locations.

*If a venue has 1 pit, the starting time must be verified with Dave Lustig & Carey Hammel*

**10:00**

Girls HJ (Boys to follow)

Boys Long Jump ,Girls to follow

Girls Shot Put, Boys to follow

Boys Discus, Girls to follow

(The second session of a field event will begin 30 minutes after completion of the first session)

**11:00** 3200 Relay—Girls then Boys

**11:30** Parade of Athletes

**12:00** All finals beginning with the Girls 100m High Hurdles.

**ENTRY TIMES:** Times from this MHSAA season only. No relay splits as individual seeds.

**ENTRY FEE:** None.

**AWARDS:** MITCA will provide trophies and 30 medals to the winning and runner-up teams.

**MEET FORMAT:** **All Running Events**----No preliminaries. Final places will be based totally on time from heats. Fully automatic timing (FAT) will be used. Heats will be slowest to fastest.  
**Shot Put/Discus**----Four throws, no finals. Flights will be arranged in reverse order of entered performances.

**Long Jump**----Four jumps in open order. 90 minute time limit. No finals.

**Pole Vault & High Jump**----See chart below for heights and raises.

**Relay Entries**----4 athletes must be specified on entries, but may be substituted day of.

**3200m. Run**----Each school is asked to count laps on their runners to avoid miscount.

**Hip Numbers**----will be used for non-lane races and two longer relays. If timing company provides

**The 3200 relay, 1600 and 3200 will finish in lane three if there are any lapped runners in the heat to assist the FAT operator.**

## ***MITCA TEAM STATE—Starting Heights & Raises***

### **1. POLE VAULT**

#### **A. Starting Heights**

Division                                      Boys                                      Girls

1	10-0	6-9
2	9-9	6-6
3	9-0	6-0
4	8-0	5-9

B. First raise is 1'. (All hosts with one pit will do an additional 1' raise)

C. The next two raises are 9".

D. All successive raises are 6".

### **2. HIGH JUMP**

#### **A. Starting Heights**

Division                                      Boys                                      Girls

1	5-4	4-5
2	5-3	4-2
3	5-3	4-2
4	5-0	4-0

B. First two raises are 4".

C. Each successive raise will be 2".

Team Information: you will be provided with a link to provide information about your team.

**\*Day of Substitutions:** Day of substitutions will be allowed one-for-one without reseeding until the scratch deadline at 10:15 (45 minutes before the 4x800 relay). After this time each team may exercise up to four substitutions in individual events because of injury or illness. Substitutions are not for the purpose of strategic moves. Relay legs can be substituted at any time and do not count against the above limits.