

**MIT S Meet**  
**Saturday, January 24, 2015**  
**Alksnis Athletics and Recreation Building**  
**Aquinas College**

- ENTRIES:** Meets held at Aquinas **REQUIRE** advance online registration: <http://michianatiming.com/registration> (use correct link for the particular meet you are attending). You will get a bib number when you arrive and select events, **but only pre-registered athletes may compete! You must register by 11:59 PM on January 23.** There is no fee to pre-register, but please carefully read the instructions on the registration website.
- TIMING:** Finish Lynx with video board display and live results
- RESULTS:** Hard copy posted after each event and available live online and posted online at conclusion of the meet.
- LOCKERROOMS:** No locker rooms or showers available
- SPIKES:** ¼ inch spikes or shorter. No **CHRISTMAS TREE** or **NEEDLE/PIN** spikes allowed. Spikes allowed on track level only. No spikes in viewing areas, hallways or gym. Shoes will be checked and tagged when you pick up your competitor #. Competing while wearing improper spikes will result in disqualification and being omitted from meet results.
- ADMISSION:** \$5 for all athletes, coaches and spectators. Cash only, no checks or credit cards. Doors open at 9:00 AM. No one will be admitted earlier. **NO SPECTATORS OR COACHES ON TRACK LEVEL.**
- FOOD:** No food or drinks (except water) are allowed on the track/turf level.

**FIELD EVENTS**

- 10:00 AM Boy's Long Jump - Open Pit – Four Jumps Only – pit closes at 11:30 AM
- 10:00 AM Girl's High Jump - Bar Progressions – 4-4, 4-6, 4-8, 4-10 (subsequent raises 2")  
Boy's to follow - Bar Progressions – 5-4, 5-6, 5-8, 5-10, 6-0 (subsequent raises 2")
- 10:00 AM Girl's Pole Vault – Bar Progressions – 7-0, 8-0, 9-0, 9-6, 10-0 (subsequent raises 6")  
Boy's to follow - Bar Progressions – 10', 11-0, 12-0, 12-9, 13-3 (subsequent raises 6")
- 12:00 PM Girl's Long Jump - Open Pit – Four Jumps Only – pit closes at 1:30 PM
- 10:00 AM Boy's Shot Put – Four Throws, Girl's to follow

# **RUNNING EVENTS**

All running events are timed finals. Girls run first

12:00 PM      Distance Medley Relay  
                    1600m  
                    400m  
                    60m Hurdle  
                    60m Dash  
                    800m  
                    200m  
                    4x400m Relay