

MITCA D3 TEAM STATE CHAMPIONSHIP

May 27, 2023

Clare High School

Directions: 670 Ann Arbor Trail, Clare, MI 48617

Meet Management: Rob Wise, AD

Officials: Starters, Hugh Matson/Phil Ouillette; referee, Dale Brecht; clerk, Rudy Godefroidt

Running Schedule:

8:00 AM – Coaches packets available in the Alternative Building--behind home side bleachers. Complimentary breakfast provided.

8:30 AM to 9:55 AM – Shot/Discus weigh-in (Green Barn/Visitor's Side)

9:00 AM – Coaches Meeting/Alternative Building

9:30 AM – HJ Starts (One Pit) (Girls opening at 4-2—first two raises are 4", then 2")
(Boys opening at 5-3—first two raises are 4", then 2")

10:00 AM –	Boys/Girls Vault (Two Pits)	(Boys opening at 9-0—first raise is 1 foot, then two at 9", then 6") (Girls opening at 6-0—first raise is 1 foot, then two at 9", then 6")
	Girls Shot Put	4 total throws—no finals (Boys begin 30 minutes after girls)
	Boys Discus	4 total throws—no finals (Girls begin 30 minutes after boys)
	Boys Long Jump	4 total jumps—no finals (Open pit 10 AM—11:30 AM)
	Girls Long Jump	4 total jumps—no finals (Open pit 12PM—1:30 PM)

**FIELD EVENT SCRATCHES – IMMEDIATELY UPON ARRIVAL
ONCE SHEETS HAVE BEEN SENT DOWN AND THERE'S A LATE SCRATCH, DO AT EVENT**

10:30 AM—ALL RUNNING SCRATCHES DUE TO PRESSBOX

11:00 AM—3200 Relay (Girls, then Boys)

11:30 AM—Parade of Champions—Team Flags and Mascots welcome

11:55 AM—National Anthem

12:00 PM—Finals Begin

12:00 PM—Complimentary lunch for coaches: Alternative Building/Pavilion area

Timing: FAT, Finish Lynx/Hy-Tek

Live Results: TBD

Admission: \$7.00 at the gate

Parking: we will not be charging. Buses will be given prime parking in case of inclement weather.

Concession: Clare Sports Boosters

T-Shirts: Traditional wear via Sports Addix

Scoring:

The team state format is a unique format for any new teams. Everyone who competes matters. Clear a bar or hurdle, make a throw or jump, cross the finish line—you are scoring for your team. Individual point finishes are determined by the number of teams times three entries. Finishers descend by one to last place, which earns one point.

Example: 12 teams = 36 points is given to individual event firsts, then 35 for second, then 34, etc. Relays are double scored, then descend by increments of 6. Example: in a 12-team format, 72 is for relay firsts, then 66 for second, 60, etc.

Day-of Substitutions

Day-of substitutions will be allowed for a one-for-one without reseeding until the 10:30 AM scratch deadline. After this deadline, each team may exercise up to four substitutions in individual events because of injury or illness. Relay legs can be substituted any time and do not count against the above limits. WE MUST BE NOTIFIED IN THE PRESSBOX PRIOR TO THE START OF AN EVENT.

Check-In's/Check-Out's

We will allow ample time for check-in's/check out's. We will try to re-seed when we can. No guarantees. Late scratches may result in empty lanes.

Coaches Boxes for Photo/Video Review Between Trials:

Look for the endzone markers or areas near a respective field event—

- *Opposite ends of vault runways
- *Opposite ends of long jump runways
- *Near HJ on infield
- *Between visitor's bleachers for throws

Team Camps/Safe Distance Zones: Pending

Bus Drop/Off – Parking

Buses will be parked in the Visitor's parking lot.

Spectator Parking

Visitor's/Home side parking lots

Track and Turf

In-field/Track surface: No tape of any kind. No seeds. No clear plastic bottles. They act as magnifying glasses on our turf. **IMPORTANT**—Saturday is traditionally one of the hotter days of the season. It is imperative that the kids stay hydrated. . . and with hydration comes empty bottles everywhere. We are also going to be generous with people on the infield—if they can handle the heat. Our turf holds heat well, and for safety purposes announcements may be made to clear it out for your own good. **Coaches may give water to their athletes during the distance races without fear of infractions by the officials.**

Misting/Water Station.

North end of the track by bullpen. Use frequently if needed.

Trainer:

On-site.

