

MITCA Division II

Team State Championships

Friday, May 24, 2024 @ BERRIEN SPRINGS HIGH SCHOOL

SCHEDULE:



10:30am Gates open – Team check-in, weigh-in for shot put & discus in Track Barn

11:00am Coaches Meeting at Finish Line (Located across from stadium)

11:30am All scratches due (POLE VAULT SCRATCH @ EVENT)

12:00pm Girls Pole Vault (Boys to follow at conclusion of Boys)

1:00pm Field events – Boys Shot Put, High Jump, Long Jump

Girls Discus and Long Jump

2:00pm 3200m Relay (Boys First)

2:30pm Parade of Athletes

2:55pm National Anthem & opening announcements

3:00pm Finals in the running events, starting with 100/110 hurdles. All heats will be slow to fast. The State order will be followed, with boys running first.

OFFICIALS: David Waaso and Chuck Jager

TIMING SYSTEM: Michiana Timing

TEAM CHECK-IN: Opens at 10:30a

SCRATCHES: Directions for scratches will be given to coaches upon check-in.

All scratches are due by 11:30am

FACILITIES: Please dress before you come. We do not have dressing facilities for 20 teams. Standard starting blocks will be available. Please advise your athletes to wear racing flats or 1/4" spikes maximum.

FIELD EVENTS: GIRLS POLE VAULT AT 12:00PM. ALL OTHER FIELD EVENTS STARTING AT 1:00PM.

Shot/Discus will be run in flights with the higher seeds competing in the later flights. Throwers will be given four (4) attempts, 2 and 2. Please have throwers weigh in their implements as soon as you get to the track. In 2024 Girls throw the disc at 1:00p followed by the Boys. Boys throw the shot at 1:00p followed by the Girls. NO FINALS.

Long Jump will be run as an open-pit 90-minute event. We have two pits, one for girls, one for boys. Pit time will be 1:30pm to 3:00pm. Jumpers will be given four (4) attempts. NO FINALS.

High Jump will start for Boys first at 1:00p. Starting height will 5'3" for Boys, 4'2" for Girls. First TWO (2) raises will be 4". Each successive raise will be 2". Girls will follow immediately after.

Pole Vault will be run as efficiently as possible—please tell your athletes to be ready! Starting height will be 9' 9" for Boys and 6' 6" for Girls. First TWO (2) raises will be 1'. The next TWO (2) raises will be 9". All successive raises will be 6". Coaches, please sign in your vaulters and initial that they are using a legal pole for their weight. Girls at 12:00p, Boys to follow.

CONCESSIONS: A concession stand will be available. Provided by the Berrien Springs Track Boosters. Food Trucks

EVENT-SHIRTS: MITCA Team Invitational T-shirts and merchandise will be on sale.

APPEALS: The appeals committee will be made up of the officials, Jon Rodriguez (Head Boys & Girls Track & Field Coach – Berrien Springs HS) and coaches selected at the coaches meeting.

INFIELD: Only athletes in the upcoming events should be on the infield grass. All others should please remain in the stands or team area for running events and outside rope-off areas for field events. Your assistance in policing this would be greatly appreciated. Radios etc. will not be permitted. Only personal music devices are allowed. No frisbees, footballs etc.

TRAINER: Will be on-site for the duration of the meet. The training room is located in the stadium tunnel.

TENTS: Tents may be set-up outside the track on the east side of the track. Areas will be assigned in advance. **See Map**

BUSES: Buses are to drop off students in the parking area to the east of the track. Teams will enter the facility through the west gate and head to the Team Area on the east side of the track. Buses will be parked in the AAC and need to be ready for use in the case of inclement weather. **See Map**

ADMISSIONS: Under 5/Senior Citizens – Free Adults \$7.00

RESULTS/AWARDS: Results will be available for pick up in the Press Box 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.

LIVE SCORING & RESULTS CAN BE FOUND AT: live.athletic.net

HOTELS & ACCOMMODATIONS:

Please contact Ryan Mohney rmohney@homeoftheshamrocks.org if you would like to receive information on Hotels/Accommodations that are near the track & field complex.

QUESTIONS, COMMENTS, CONCERNS??

Email me, text, or call me if there is anything I can do. The community of Berrien Springs can't wait to host you and your teams!

Best of luck!