

PRELIMINARY VENUE INFORMATION

EASTERN MICHIGAN MITS MEETS - BOWEN FIELD HOUSE
HOSTED BY MICK'S MEET MANAGEMENT & DL PRO TIMING.

UPDATED INFORMATION WILL BE POSTED ON THE WEBSITE: DLPROTIMING.ORG

ALWAYS CHECK THIS WEBSITE PRIOR TO THE EVENT FOR UPDATED INFORMATION.

AT ALL EMU EVENTS WE ENCOURAGE PARTICIPATION OF MIDDLE SCHOOL AND ELEMENTARY ATHLETES!

If participation warrants, we will run separate heats of track events for elementary and middle school participants.

**ADDITIONALLY, MICKS MEET MANAGEMENT WILL BE HOSTING TWO ALL COMERS MEETS INDOORS
AT EMU ON SUNDAY, APRIL 2 AND SATURDAY, APRIL 8.
INFORMATION REGARDING THESE EVENTS WILL BE POSTED UP ON ATHLETIC.NET**

IMPORTANT: WE WILL NOT BE USING MILE SPLIT AS A REGISTRATION TOOL
WE WILL NOT BE PRE SEEDING.....JUST SHOW UP AND RUN, THROW, JUMP, AND VAULT!
WE WILL SEED TRACK EVENTS ON THE DAY OF EACH EVENT.

PLEASE REMEMBER THESE TWO IMPORTANT THOUGHTS
THESE EVENTS ARE TRACK MEETS, NOT PARADISE!
IT TAKES A VILLAGE TO PUT ON A GOOD TRACK MEET!

IMPORTANT!!!! ATHLETES MUST FILL OUT A CONSENT / RELEASE WAIVER IN ORDER TO COMPETE.
YOU ONLY NEED TO FILL THIS WAIVER OUT ONCE EACH INDOOR SEASON.
THE WAIVER IS AVAILABLE ON THE WEBSITE DLPROTIMING.ORG
We will also have copies of the waiver form available at the registration tables.

\$10 CASH AT THE DOOR.

This includes Athletes, Spectators, Coaches.

Children under 5 – no charge.

ATHLETES CAN COMPETE IN AN UNLIMITED NUMBER OF EVENTS.
SPECTATORS – YOU WILL ENJOY A GOOD TRACK MEET FOR THE SAME PRICE AS A BAD MOVIE!

2022 -23 INDOOR SEASON – WOMEN will run first on the track!

RELAY TEAMS MUST HAVE MATCHING TOPS. PLAIN WHITE T-SHIRTS NOT ACCEPTABLE.

AT ALL OF THE 2022 - 23 EVENTS LISTED BELOW

WOMEN WILL CONTEST THE SHOT PUT FIRST – MEN TO FOLLOW WOMEN. One ring.
WEIGHT THROW WILL NOT BE CONTESTED AT ANY OF THESE EVENTS

MEN WILL CONTEST THE POLE VAULT FIRST – WOMEN WILL FOLLOW MEN. One pit.

WOMEN WILL CONTEST THE HIGH JUMP FIRST – MEN TO FOLLOW WOMEN. One pit.

MEN WILL CONTEST THE LONG JUMP FIRST – WOMEN TO FOLLOW MEN. One pit

TRIPLE JUMP to follow the Long Jump. ONE PIT. Genders will jump simultaneously

PLEASE REVIEW FOLLOWING THREE PAGES FOR DATE SPECIFIC INFORMATION.

SUNDAY, DECEMBER 11, 2022.

DOORS OPEN AT NOON – NO ONE ADMITTED EARLIER!

\$10 CASH AT THE DOOR.

This includes Athletes, Spectators, Coaches.

Children under 5 – no charge.

ATHLETES CAN COMPETE IN AN UNLIMITED NUMBER OF EVENTS.

SPECTATORS – YOU WILL ENJOY A GOOD TRACK MEET FOR THE SAME PRICE AS A BAD MOVIE!

**AT ALL EMU EVENTS WE ENCOURAGE PARTICIPATION OF MIDDLE SCHOOL AND ELEMENTARY ATHLETES!
If participation warrants, we will run separate heats of track events for elementary and middle school participants.**

LIVE RESULTS WILL BE AVAILABLE AT DLPROTIMING.ORG

Field Events – 1:30

WOMEN WILL CONTEST THE SHOT PUT FIRST – MEN TO FOLLOW WOMEN. One ring.

WEIGHT THROW WILL NOT BE CONTESTED AT ANY OF THESE EVENTS

MEN WILL CONTEST THE POLE VAULT FIRST – WOMEN WILL FOLLOW MEN. One pit.

WOMEN WILL CONTEST THE HIGH JUMP FIRST – MEN TO FOLLOW WOMEN. One pit.

MEN WILL CONTEST THE LONG JUMP FIRST – WOMEN TO FOLLOW MEN. One pit

TRIPLE JUMP to follow the Long Jump. ONE PIT. Genders will jump simultaneously

Track Events – 2:00

3200 Meter Relay (800 – 800 – 800 – 800)

Seeded on the track prior to the event.

200 Meter Dash

Seeded on the track prior to the event.

Middle School 1600 Meter Run

Freshman 1600 Meter Run

Open 1600 Meter Run

All 1600 Races seeded on the track prior to the event.

800 Meter Relay (200 – 200 – 200 – 200)

Seeded on the track prior to the event.

800 Meter Run

Seeded on the track prior to the event.

400 Meter Run

Seeded on the track prior to the event.

60 Meter Hurdles – Timed Finals

Seeded on the track prior to the event.

60 Meter Dash – Timed Finals

Seeded on the track prior to the event.

Sprint Medley Relay (400 – 200 – 200 – 800)

Seeded on the track prior to the event.

3200 Meter Run

Seeded on the track prior to the event.

1600 Meter Relay (400 – 400 – 400 – 400)

Seeded on the track prior to the event.

SECOND CHANCE 60 Meter Dash

NO SEEDING OF THESE RACES. WE WILL FILL ALL LANES AND SHOOT THE GUN. A SECOND CHANCE TO RUN THE 60.

SECOND CHANCE 60 Meter Hurdles

NO SEEDING OF THESE RACES. WE WILL FILL ALL LANES AND SHOOT THE GUN. A SECOND CHANCE TO RUN THE 60 HURDLES. WE WILL NEED HELP TO SET UP THE HURDLES A SECOND TIME. ALL HURDLERS PLEASE HELP OUT!

SUNDAY, JANUARY 15, 2023.

DOORS OPEN AT NOON – NO ONE ADMITTED EARLIER!

\$10 CASH AT THE DOOR.

This includes Athletes, Spectators, Coaches.

Children under 5 – no charge.

ATHLETES CAN COMPETE IN AN UNLIMITED NUMBER OF EVENTS.

SPECTATORS – YOU WILL ENJOY A GOOD TRACK MEET FOR THE SAME PRICE AS A BAD MOVIE!

AT ALL EMU EVENTS WE ENCOURAGE PARTICIPATION OF MIDDLE SCHOOL AND ELEMENTARY ATHLETES!

If participation warrants, we will run separate heats of track events for elementary and middle school participants.

LIVE RESULTS WILL BE AVAILABLE AT DLPROTIMING.ORG

Field Events – 1:30

WOMEN WILL CONTEST THE SHOT PUT FIRST – MEN TO FOLLOW WOMEN. One ring.

WEIGHT THROW WILL NOT BE CONTESTED AT ANY OF THESE EVENTS

MEN WILL CONTEST THE POLE VAULT FIRST – WOMEN WILL FOLLOW MEN. One pit.

WOMEN WILL CONTEST THE HIGH JUMP FIRST – MEN TO FOLLOW WOMEN. One pit.

MEN WILL CONTEST THE LONG JUMP FIRST – WOMEN TO FOLLOW MEN. One pit

TRIPLE JUMP to follow the Long Jump. ONE PIT. Genders will jump simultaneously

Track Events – 2:00

3200 Meter Relay (800 – 800 – 800 – 800)

Seeded on the track prior to the event.

200 Meter Dash

Seeded on the track prior to the event.

Middle School 1600 Meter Run

Freshman 1600 Meter Run

Open 1600 Meter Run

All 1600 Races seeded on the track prior to the event.

800 Meter Relay (200 – 200 – 200 – 200)

Seeded on the track prior to the event.

ELITE 800 METER RUN

Please Contact Ian Forsyth for details if you are interested in competing in these races.

ian@annarborrynningcompany.com

800 Meter Run

Seeded on the track prior to the event.

400 Meter Run

Seeded on the track prior to the event.

60 Meter Hurdles – Timed Finals

Seeded on the track prior to the event.

60 Meter Dash – Timed Finals

Seeded on the track prior to the event.

Sprint Medley Relay (400 – 200 – 200 – 800)

Seeded on the track prior to the event.

3200 Meter Run

Seeded on the track prior to the event.

1600 Meter Relay (400 – 400 – 400 – 400)

Seeded on the track prior to the event.

SECOND CHANCE 60 Meter Dash

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SECOND CHANCE 60 Meter Hurdles

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SUNDAY, FEBRUARY 05, 2023.

DOORS OPEN AT NOON – NO ONE ADMITTED EARLIER!

\$10 CASH AT THE DOOR.

This includes Athletes, Spectators, Coaches.

Children under 5 – no charge.

ATHLETES CAN COMPETE IN AN UNLIMITED NUMBER OF EVENTS.

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Seeded on the track prior to the event.

200 Meter Dash

Seeded on the track prior to the event.

Middle School 1600 Meter Run

Freshman 1600 Meter Run

Open 1600 Meter Run

All 1600 Races seeded on the track prior to the event.

800 Meter Relay (200 – 200 – 200 – 200)

Seeded on the track prior to the event.

800 Meter Run

Seeded on the track prior to the event.

Distance Medley (800 – 400 – 1200 – 1600)

Seeded on the track prior to the event.

400 Meter Run

Seeded on the track prior to the event.

60 Meter Hurdles – Timed Finals

Seeded on the track prior to the event.

60 Meter Dash – Timed Finals

Seeded on the track prior to the event.

Sprint Medley Relay (400 – 200 – 200 – 800)

Seeded on the track prior to the event.

3200 Meter Run

Seeded on the track prior to the event.

1600 Meter Relay (400 – 400 – 400 – 400)

Seeded on the track prior to the event.

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