***MAC Gold Division Championship Meet***

Tuesday May 21st, 2019

East China Stadium – 1587 Meisner Road, East China, MI 48054

Host School – St. Clair

$5 admission for spectators

Concessions available on site

**Host Contact Information**

Tom Brenner – 810-300-3371 & tom1brenner@gmail.com

Bob York – 586-610-3162 & ryork@ecsd.us

Sandy Rutledge (Athletic Director) – 586-405-2397 & sirutledge@ecsd.us

Timing Company: Sarah Henley, Track n’ Time: 248-343-9157

Entries due on athletic.net by Monday May 20th at noon

We are using an FAT system so please be on time with registration so we can seed athletes

Scratches day of meet only. No substitutions unless it is for a relay

**Scoring: 10-8-6-4-2-1 (Individuals) 10-8-6-4-2 (Relays)**

**Medals: 1-6 (Individuals) 1 & 2 (Relays)**

Medals will be distributed with results packets after meet and results are complete

***\*\*\*Each MAC Gold team is to supply 3 workers.***

***Field events is where we need your help.***

***Please contact ryork@ecsd.us ASAP and submit the field event your school will run\*\*\****

**Schedule of Events**

\*\*Girls run first in all running events\*\*

2:00 Stadium opens

3:00 Implement weigh-in (Behind discus cage)

3:15 Coaches Meeting – Finish Line

3:30 Boys discus (Girls follow)

 Girls shot put (Boys follow)

 Boys pole vault (Girls follow)

 Boys long jump (Girls follow)

 Girls high jump (Boys follow)

4:00 Prelims 100 Dash

 Prelims 110/100 Hurdles

 Prelims 200 Dash

 \*\*\*Top finisher in each heat plus next fastest times advance to finals\*\*\*

4:45 4x800 Relay Finals (Finals!)

5:15 Dinner Break

***Approx 5:45 Finals Begin (30 minutes after conclusion of the 4x800 Relay)***

110/100 Hurdles (1 Heat)

100 Dash

4x200 Relay

1600 Run

4x100 Relay

400 Dash

300 Hurdles

300 Hurdles

800 Run

200 Dash

3200 Run

4x400 Relay

**Field Event Information**

High Jump

Girls Opening Height is 4’. 3” raises until 3 competitors remain, then raises 1”.

Boys Opening Height is 5’. 3” raises until 3 competitors remain, the raises 1”.

Long Jump

Open order, 90 minute window for prelims, 45 minutes for finals.

3 jumps, top 7 to finals and all jumps count.

Pole Vault

Girls: 6’-0”, 7’0”, 7’6”, etc then raises 3”

Boys: 8’0”, 9’0”, 9’6”, etc then raises 3”

Shot Put and Discus

3 flights, 3 throws (2-1), top 7 advance to finals. All throws count. (1-1-1)