



Michigan State Scrimmage - Meet Information

- Date:** Friday, December 5, 2014
- Teams:** Michigan State University
- Location:** Indoor Athletic Complex (IAC), Central Michigan University, Mount Pleasant, MI.
- Entries:** All entries shall be completed on www.directathletics.com, no email or phone entries will be accepted. Any questions regarding directions on how to use the site can be directed to support@directathletics.com.
- Deadline:** Tuesday, December 2, 2014 at 11:59p.m. EDT at www.Directathletics.com
- Final Schedule:** A final event schedule & Heat Sheets will be posted by 12:00 p.m. EST, Wednesday, December 3, 2014.
- Event Info:** All throws and horizontal jumps will receive 4 attempts and all vertical jumps will receive 8 attempts.
- Scoring:** This meet will not be scored.
- Admission:** Is \$5.00 for all spectators and they must remain in the stands throughout the competition. CMU students may spectate free with a current CMU student ID card.
- Facility:** 200m flat track (Martin), 8 lanes on the straightaway and 6 lanes on the oval. Wood weight throw and shot put rings.
- Warm-ups:** Athlete warm-ups will take place in the Turf Bay adjacent to the indoor track or outside.
- Team Camps:** Team Camps and food or drinks must be consumed only on the tarped areas of the Turf Bay.
- Technology:** Personal stereo devices, cellular phones, etc; will not be permitted in the competition areas, the Track Bay floor and the throwing area per NCAA rule.
- Spikes:** Pyramid spikes 1/4" or less!
- Weigh In:** Will be located below the scoreboard in the Track Bay and available from 3:45-4:30 pm.
- Check-in:** **Running events** will be clerked near the start line for each race.
Field events should report directly to their competition site for check-in.
- Trainers:** Will be available beginning one hour prior to the start of the competition. If you have any special needs, please contact Katsumi Takeno prior to the meet at 989-774-3879 or taken1k@cmich.edu
- Showers:** Will not be available.
- Results:** Will be available shortly after the conclusion of the meet at www.cmuchippewas.com.



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Schedule of Events

TENTATIVE SCHEDULE

FIELD EVENTS (will be on a rolling schedule):

- 4:45 p.m. Weight - Men first (Women to follow 20:00 after conclusion of men's event)
Long Jump – Men & Women concurrent on West runway (30 minute open pit)
Pole Vault – Women first (men follow 40:00 after conclusion of women)
Triple Jump – Men & Women concurrent on West runway (30 minute open pit)
Shot Put – Men first followed by women (20:00 after conclusion of men)
- 5:30 p.m. High Jump – Women first, Men to follow (20:00 after conclusion of women)

TRACK EVENTS:

5:00 p.m.	60 Meter Hurdles	Final	Men
5:07 p.m.	60 Meter Hurdles	Final	Women
5:15 p.m.	60 Meter Dash	Final	Men
5:25 p.m.	60 Meter Dash	Final	Women
5:35 p.m.	600m Run	Final	Men
5:45 p.m.	600m Run	Final	Women
6:00 p.m.	300m Dash	Final	Men
6:15 p.m.	300m Dash	Final	Women
6:25 p.m.	1000m Run	Final	Men
6:35 p.m.	1000m Run	Final	Women
6:45 p.m.	4 x 400 Meter Relay	Final	Men
6:55 p.m.	4 x 400 Meter Relay	Final	Women