

PARTICIPANT ENTRY, CREDENTIALS & SEATING

FACILITY LOCATION

- 2540 South State Street, Ann Arbor, MI 48104

ENTRY GUIDELINES

- Athletes do not have to represent their school team. They may compete unattached or as part of a club team.
- Open to athletes from all Nations and States.

ENTRY DEADLINES

- Entry open: Sunday, November 1st at 1:00 AM
- Entry close: Sunday, January 11th at 11:59 PM
- Accepted Entries Posted: Wednesday, January 14th

ENTRY PROCEDURES

- Registration must be done on MileSplit at this [link](#)
 - Canadian athletes who have trouble using milesplit, contact: jpetting@umich.edu
- Athletes using 1500m and 3k marks to register for the 1 mile and 2 mile runs must register for the "1500m & 3k Seeds for 1 Mile & 2 Mile" division in mile split registration
 - Then register for the "3k seeds for 2 Mile run" or "1500m Seeds for 1 Mile" run respectively.
- Entries for this competition must have a verifiable performance.
- Meet management reserves the right to verify marks. Unverifiable marks will be rejected from entry.
- Entries cannot be changed or altered after the initial entry deadline on Sunday, January 9th @ 11:59 pm
- Meet Entry Standards
 - For relays and the weight throw, the top 24 marks will be entered into the meet. Entries that do not get into the meet will be refunded their entry fee.
 - For individual entries, the meet standards are as follows:

Event	Girls	Boys
60m	8.30	7.45
200m	26.55	23.15
400m	60.50	52.70
800m	2:25.00	2:05.00
Mile	5:38.00 (1500m 5:12.95)	4:38.00 (1500m 4:17.40)
2 Mile	12:30.00 (3k 11:34.42)	10:20.00 (3k 9:34.06)
60H	10.00	9.50
Triple Jump	30ft	40ft

High Jump	5ft	6ft
Long Jump	17ft	20ft
Pole Vault	10ft 6in	13ft
Weight Throw	Field size of 24	Field size of 24
Shot Put	32ft	42ft

Liability

- By signing up for the Michigan High School Invitational, you are agreeing to the inherent risk of participating in sport. The University of Michigan or any meet managers/staff are not liable for any injury, damages, or lost items during the duration of the competition.

RELAY ENTRY RULES

- Relay teams will be accepted from marks from the 2026 indoor season or from the 2025 Indoor and Outdoor season if the team members are the exact same four athletes.
- Relay composite times will be accepted in all relay events if the individual marks were made on or after December 1st, 2024. Marks must be FAT and verifiable.
- 200m and 400m marks must have been run in open races and not on relays.
- When calculating composite relays times, no adjustments can be made for the athletes having running starts. You must add up the fastest FAT times they have from open races

ENTRY FEES

- \$15 per event
- \$40 per relay team
- All fees must be paid through MileSplit
- Payment is due at the time of registration
 - Athletes who are NOT accepted into the meet will receive a refund through Milesplit after the accepted entries are posted on Tuesday, January 14th.
 - Refunds will not include the initial processing fee. Please allow 5-7 business days for the refund to be processed.
 - No Refunds will be given to any athletes who are accepted into the meet.

SPECTATOR TICKETS

- Spectator Ticket - \$10
- Spectator tickets will be sold on the day on GoFan.

COACHING PASS

- Coaches Pass - \$30
- Coaches' pass will be available to purchase at this [lot form](#)
- The Coaching Pass will grant you access to the coaches' hospitality
 - 11:30am-2pm in the north west corner of the track.
- A Coach's pass will give you access to the coaching boxes surrounding the track.
 - To access Field Event Specific Coaching Boxes, you must have an athlete competing in the event.
 - Coaches must have a wristband to be allowed into the field event coaching boxes.

- All registered coaches must be 21 years of age or older

HOTEL BLOCKS

- Reserved and negotiated hotel rates are available on a first-come, first-served basis for the nights of Saturday, the 17th, and Sunday, the 18th
- To obtain these rates, click on the links or call and ask for the rate under the Michigan High School Showcase.
- When room blocks are filled, the negotiated rate will no longer be offered
 - [EVEN](#) - \$129
 - 600 Briarwood Circle, Ann Arbor, MI 48108
 - Phone: (734) 761-2929
 - [Holiday Inn and Suites](#) - \$139-\$139
 - 734-213-1900
 - 3155 Boardwalk Ave, Ann Arbor
 - [Homewood Suites](#) - \$159-\$169
 - 734-214-3955
 - 2457 South State Street, Ann Arbor
 - [The Kensington](#) - \$132
 - 3500 South State Street, Ann Arbor, MI 48108
 - Phone: (734) 761-7800

COMPETITION INFORMATION

PACKET PICK-UP

- Packet Pick-up will be available:
 - Sunday, January 19th at 7:30AM & throughout the day Sunday

ADVANCEMENT PROCEDURE

- Field Events - Top nine (9) performances advance to the final.
- 60m / 60m hurdles - Top 16 times from prelim rounds will advance to final round.
- All other events will be contested as seeded sections against time.

LANES

- For the 60m Dash and 60m Hurdles, lanes 1-8 will be used.
- Preferred Lanes:
 - 60m / 60m hurdles 5-4-6-3-2-7-8-1
 - 200m 5-6-4-3-2-1
 - 400m 5-6-4-3-2-1

OPENING HEIGHTS

- Determined by meet management based on entry marks.

MINIMUM MARKS - THROWS

- Determined by meet management based on entry marks.

FACILITY AVAILABILITY

- The Michigan Indoor Track Building will not be available for athletes to pre-race on Saturday, January 17th, 2025

FACILITY RULES AND RESTRICTIONS

- Only white athletic tape may be used on runways. The use of chalk and cones is not permitted.
- Only water is permitted in the competition venue or any location with track surfacing. No food or beverages other than water are allowed in those areas.
- No headphones or personal sound systems will be allowed in the indoor track facility.
- No athletes are permitted in the coaching boxes.
- No athletes are allowed on the infield except those competing in an in-progress field event.

ATHLETE CHECK-IN PROCEDURE

- Track athletes
 - Check in 30 minutes prior to the event at the HIP NUMBERS table located in the southeast corner of the facility.
 - 15 minutes prior to the event all athletes must report back to the clerking area in the southeast corner of the building.
 - Athletes will then be escorted from the clerking area to the start of their event.
 - **The 200m will be seeded ON THE FLY. There will be a designated check-in deadline (sometime following the 400m), which will be shared once the final schedule is published. Any athlete who has not declared to run the 200m by that deadline will be scratched.**
- Shot Put & Long Jumpers
 - First Flight: Report to the check-in table 30 minutes prior to the START of your flight.
 - Second Flight: Report to the check-in table 15 minutes after the start of the first flight.
- High jumpers
 - Report to the check-in table 60 minutes prior to the START of your event.
- Pole vaulters
 - Report to the check-in table 90 minutes prior to the START of your event.
- Weight Throw
 - First Flight: Report to the head official 30 minutes prior to the START of the flight.
 - Second Flight: Report to the head official at the conclusion of the first flight.
- Triple Jump
 - First Flight: Report to the head official 15 minutes before the conclusion of the long jump.
 - Second Flight: Report to the head official at the conclusion of the first flight.

IMPLEMENT CERTIFICATION

- The implement room is located at the southwest corner of the facility near the weight throw sector. Implements can be checked in two (2) hours prior to the start of the day's first competitions and as late as 30 minutes prior to the start of the event.
- The implement room will be closed one hour after the completion of the last throwing event of the day.

COMPETITION WARM-UP PROCEDURES AND RESTRICTIONS

- There will be NO WARM-UP on the competition track.
 - Exception: Event-specific warm-up for 60m dash and 60m Hurdle.
- General warm-ups
 - Athletes may use the 4-lane straightaway on the west side of the track and the 3-lane curve on the northwest side of the track for general warm-ups
 - Please be aware of the meet time schedule in order to get from the concourse to your event area for check-in in time.

- Field event warm-ups:
 - Throws: Circle will be open for 15 minutes prior to the start of each flight.
 - Horizontal Jumps: Runway will be open for 20 minutes prior to the start of each flight.
 - High jump & Pole Vault: Warm-ups will start once athletes are escorted to the event site.

COACHING BOXES

- Coaching boxes will be clearly marked around the perimeter.
- All coaching boxes will be open to credentialed coaches only.

ADDITIONAL INFORMATION

RESULTS

- Live results can be accessed during the meet at Delta Timing (athletic Live)

LIVESTREAM

- The meet will be streamed live by RunnersSpace

SHOWERS/LOCKER ROOMS

- No access available

TEAM CAMP/SEATING

- Team Camp seating will be available in the Grandstands and in the ground stands surrounding the track.
- No food or beverages, other than water, are permitted on the ground stands on the track surface.
- All food must be eaten in the grandstands.

CONTACT INFORMATION

- Questions: jpetting@umich.edu

SCAN QR CODE FOR THINGS TO DO IN ANN ARBOR



FINAL MEET SCHEDULE

FACILITY OPENS AT 7:30AM

FIELD EVENTS

10:00 AM	B Shot Put Trials & Final
10:00 AM	B Long Jump Trials & Final
To follow long jump	B Triple Jump Trials & Final
10:00 AM	G Long Jump Trials & Final
To follow long jump	G Triple Jump Trials & Final
10:00 AM	G High Jump Final
11:00 AM	G Pole Vault Final
1:00 PM	G Shot Put Trials & Final
1:00 PM	B High Jump Final
2:30 PM	B Pole Vault Final
3:00 PM	B Weight Throw Trials & Final
5:15 PM	G Weight Throw Trials & Final

RUNNING EVENTS

9:30AM	B 60m Dash Prelims
10:14AM	G 60m Dash Prelims
10:49AM	B 60m Hurdles Prelims
11:09AM	G 60m Hurdles Prelims
11:34AM	B 60m Dash Final
11:38AM	G 60m Dash Final
11:47AM	B 60m Hurdles Final
11:52AM	G 60m Hurdles Final
11:57AM	Bank the track
12:07PM	B 4x200 Final
12:22PM	G 4x200 Final
12:37PM	B Mile Run
1:07PM	G Mile Run
1:42PM	B 400m Dash
2:42PM	G 400m Dash
3:00PM	B 200m CHECK IN TIME (Will be scratched if late for check in)
3:21PM	B 800m Run
3:49PM	G 800m Run
4:09PM	B 200m Dash
4:15PM	G 200m CHECK IN TIME (will be scratched if late for check in)
Rolling	G 200m Dash
Rolling	B 3200m Run
Rolling	G 3200m Run
Rolling	B 4x400m Relay
Rolling	G 4x400m Relay

Wavelight Paces

Event	Heat	Goal Time	Standard
Boys 1 Mile	1	4:14.75	Meet Record
	2	4:17	NIN Auto
	3	4:17	NIN Auto
	4	4:28	MITS
	5	4:28	MITS
Girls 1 Mile	1	4:52.76	Meet Record
	2	4:58	NIN Auto
	3	5:20	MITS
	4	5:20	MITS
	5	5:34	
Boys 800M	1	1:51.78	Meet Record
	2	1:54	
	3	1:56	NIN Auto
	4	1:58	
	5	1:59	
	6	2:00	
	7	2:01	MITS
	8	2:02	
Girls 800M	1	2:06.62	Meet Record
	2	2:13	
	3	2:18	
	4	2:20	
	5	2:23	MITS
Boys 2 Mile	1	9:00	
	2	9:40	
	3	10:00	
	4	10:10	
Girls 2 Mile	1	10:40.16	Meet Record
	2	11:00	
	3	11:45	
Boys 4x400	1	3:22.37	Meet Record
	2	3:26	
	3	3:28	
Girls 4x400	1	3:47.86	Meet Record
	2	4:07	

M
McCOMBS & McCOMBS
ARCHITECTS
10000 N. MICHIGAN AVE.
SUITE 1000
DALLAS, TEXAS 75243
TEL: 214.760.1000
WWW.MCMC.COM

