

# D Hall's



2016 Indoor

## ALL-STARS Sprint Series

### Michigan Indoor Track Series Qualifier **M.I.T.S.**

\*An F.A.T. (Fully Automatic Timing) Event

\*LJ, SP, HJ will be contested on all dates.



Round	Date	Day & Time	Schedule
1	December 17th, 2015	Thursday @ 6:30pm	A
2	January 21st, 2016	Thursday @ 6:30pm	B
3	January 26th, 2016	Thursday @ 6:30pm	C
4	February 4th, 2016	Thursday @ 6:30pm	C
5	February 11th, 2016	Thursday @ 6:30pm	B
6	February 18th, 2016	Thursday @ 6:30pm	A



**COST \$7.00 EVERYBODY**

#### "A" Schedule

1. 60m Dash (Starts with grade school division)
2. 60m Hurdles
3. 200m Dash
4. Big Boy 40 Yard Dash Must be over 175lbs
5. 800m
6. 400m dash

#### "B" Schedule

1. All-Star SMR (Sprint Medley Relay) 4-2-2-8
2. 60m Dash (Starts with grade school division)
3. 60m Hurdles
4. Big Boy 40 Yard Dash Must be over 200lbs
5. 4x800m Relay
6. 4x200m Relay

#### "C" Schedule

1. 200m Dash
2. 4x800m Relay
3. Big Boy 40 Yard Dash Must be over 175lbs
4. 400m Dash
5. 60m Hurdles
6. 200m Dash

#### Note:

*This Sprint Series intentions are to accentuate the focus on the Sprint Performance for all athletes. The "40 Yard Dash" has been offered to reach out to the growing number of High School Football, Baseball, Softball etc... athletes that need to either promote and/or improve their current level of speed with an "Accurate" measuring tool, "FAT" timing system. Due to the standard testing protocols for these tests normally exclude the reaction time portion of the race, we will subtract the standardized .24 that represents reaction time. (Ex: A 40 yard dash FAT time of 5.00 = 4.76)*



**Eastern Michigan University**

**Bowen Field House - 200 Bowen Field House Ypsilanti, MI. 48197**

- ? This event is licensed by the Amateur Athletic Union of the U. S., Inc.
- ? All participants must have a current AAU membership.
- ? AAU membership may not be included as part of the entry fee to the event.
- ? AAU Youth Athlete membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
- Be Prepared:** Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed.
- ? Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.