

2023 MITCA Michigan Champions of Champions Track & Field Festival

Initial tentative schedule - subject to change

Time	Friday June 9th	Notes
4:00 PM	Athlete check in	
5:30 PM	Field Events Begin	
	Girls Discus - Champions	
	Boys Long Jump - Champions, Followed by Girls	
	Boys & Girls Pole Vault - Champions	9' & 12' Opening Heights
	Boys & Girls High Jump - Champions	4' 6" & 5' 10" Opening Heights
	Girls Shot Put - Champions, after the conclusion of Discus	
7:00 PM	Friday Running Starts	
7:00 PM	National Anthem	If DMR it goes here, slides everything back 30 minutes
7:05 PM	Girls 400m Dash - Champions	
7:15 PM	Boys 400m Dash - Champions	
7:25 PM	Girls 100m Hurdles - Champions	
7:35 PM	Boys 110m Hurdles - Champions	
7:45 PM	Girls 100m Dash - Champions	
7:55 PM	Boys 100m Dash - Champions	
8:10 PM	Boys 3200m - Champions (Heat 1)	
8:20 PM	Girls 3200m Run - Champions	
8:40 PM	Boys 3200m Run - Champions (Heat 2)	
Time	Saturday June 10th	Note
10:00 AM	Field Events Start	
	Boys Shot Put - Champions	
	Boys Discus - Champions (After Shot Put)	
11:00 AM	Saturday Running Events Start	
11:00 AM	National Anthem	
11:05 AM	Girls 1600m Run - Champions	Sprint Medley's here if needed and slide everything back 20 min
11:20 AM	Boys 1600m Run - Champions (2 Heats)	
11:40 AM	Girls 300m Hurdles - Champions	
11:50 AM	Boys 300m Hurdles - Champions	
12:00 PM	Girls 800m Run - Champions	
12:10 PM	Boys 800m Run - Champions (2 Heats)	
12:25 PM	Girls 200m Dash - Champions	
12:35 PM	Boys 200m Dash - Champions	
12:50 PM	Girls 1600m Relay - Champions	If needed
1:00 PM	Girls 1600m Relay - Champions	If needed