



# MICHIGAN INDIAN FAMILY OLYMPICS



35<sup>th</sup> Annual

Friday, July 21, 2023





# Miigwetch

to Our Sponsors!



Cottingham & Butler





## Contents

- |           |                              |           |                              |
|-----------|------------------------------|-----------|------------------------------|
| <b>01</b> | Tribes/Communities           | <b>09</b> | Age Group Breakdown          |
| <b>02</b> | General Information          | <b>11</b> | Family Olympics History      |
| <b>03</b> | Event Results                | <b>13</b> | Past Team Results            |
| <b>05</b> | Event Map                    | <b>15</b> | Event Rules                  |
| <b>07</b> | Morning Schedule of Events   | <b>19</b> | MIFO Committee & Event Staff |
| <b>08</b> | Afternoon Schedule of Events |           |                              |



# Tribes/Communities



American Indian Health  
and Family Services



Gun Lake Tribe of  
Pottawatomis Indians



Grand Traverse Band  
of Ottawa and  
Chippewa Indians



Little River Band of  
Ottawa Indians



Little Traverse  
Bay Band of  
Odawa Indians



Nottawaseppi  
Huron Band of  
the Potawatomi



Pokagon Band  
of Potawatomi



Saginaw Chippewa  
Indian Tribe





## Score Cards



### Why Score Cards?

- **Communication of Event Times:** The participant has something that directly communicates when their event is taking place.
- **Stay on Schedule:** This helps the events stay on schedule and have the participants be at the right places at the right time.
- **Score Discrepancies:** Allows the participant to have a score in the situation their score was entered wrong into the results system.
- **ID Number:** This is used to easily look up your information to add your scores at the events.
- **Sleeve:** This help protects the score card throughout the day.

### Other information:

- Ages 4 & Under will not receive a score card.
- All Track Events will be done in the order listed on the score card and score cards are not needed for result entry.

## Good Luck Participants!

### At Registration You Should Have Received:

- **Score Card:** Everyone must have a score card to participate. *(Except for participants ages 4 & Under.)*

### Event Information



For event-related questions or additional event program booklets, please see the information station along the sidewalk outside the track.

## Score Card Instructions

- Everyone **MUST** have a score card to participate.
- On your score card, all Morning Events for your age group is on one side and all Afternoon Events are on another side.  
*(Except for the 41-54 age group the afternoon will overlap with the morning events.)*
- At all field events the score card will be given to the event staff member who is scoring the event.
- Before leaving the field event you must give your score card to the “results data entry” staff member.
- If you lose your score card you will report to the day of registration table *(before 11 a.m.)* or the information table. *(after 11 a.m.)*



### Bib Number

You **MUST** have a Bib Number to participate in the track events. Pick these up near the track check-in area.



## Emergency Reporting

In the event you are in need of medical attention or witness an emergency situation notify the nearest event staff at an event or otherwise. Please be aware there is a medical tent next to the barn adjacent to the awards tent. Additionally refer to the map on page 5/6 to locate nearest exits in the event an announcement is made to evacuate the competition grounds i.e. inclement weather.



## Inclement Weather Policy

When lightning is reported or seen within a 8 mile radius the contest is suspended, contestants shall not return to the playing field until lightning has been absent from the sky and thunder has not been heard for 30 minutes.

**Severe Weather Conditions:** In the event of severe weather we will take shelter in the Shepherd High School Gymnasium as referenced on the map on page 5/6.

## Please Remember:

- This is an alcohol, drug and smoke-free event.
- Please refrain from smoking in the stadium area.
- Smoking is allowed outside the stadium area in the parking lots.



# Event Results

## A Step-by-Step Guide

How to View Your Individual and Team Results on the MIFO Website

### Step 1

Navigate to:  
[www.sagchip.org/mifo](http://www.sagchip.org/mifo)

or

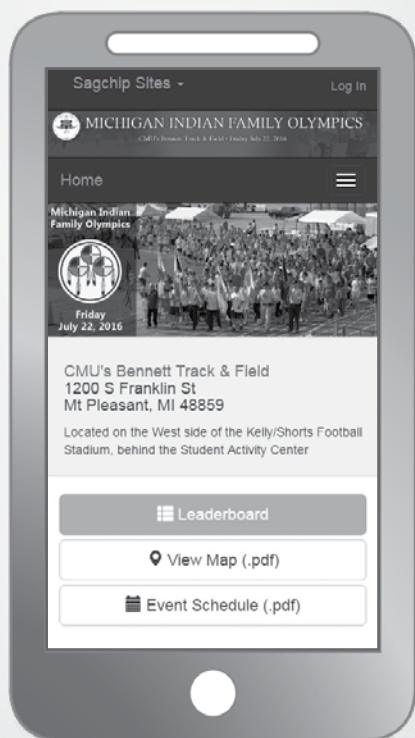
Scan Here!

Scan the QR  
code with your  
smart phone:



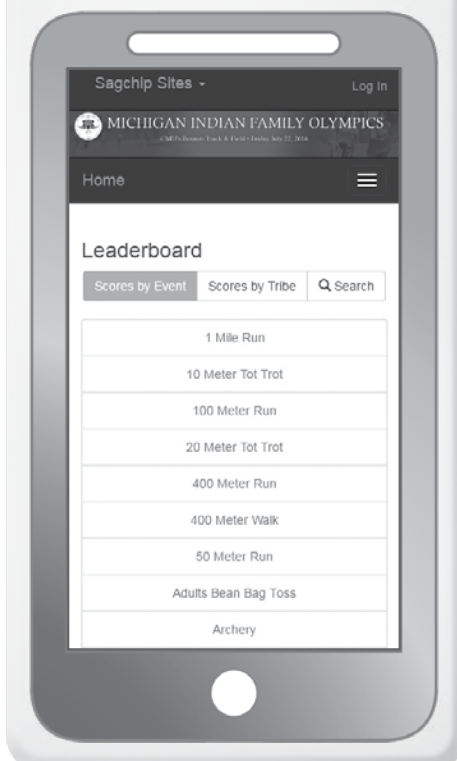
### Step 2

At the [www.sagchip.org/MIFO](http://www.sagchip.org/MIFO) homepage, click on the blue **“Leaderboard”** button.



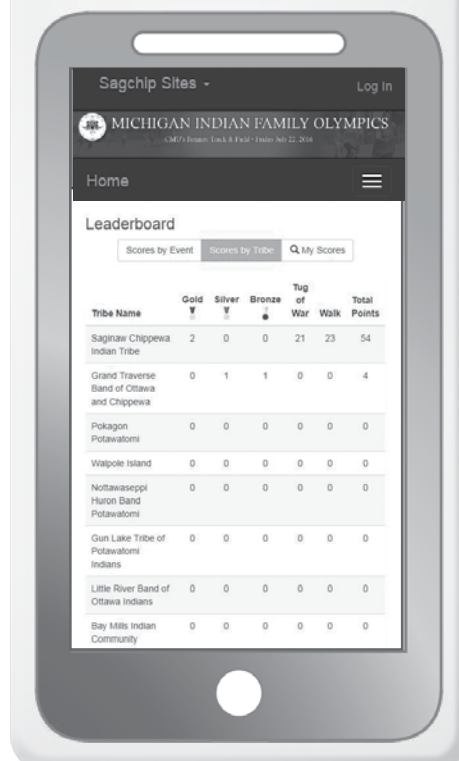
### Step 3

Click on **“Scores by Event”** tab to view the score leaderboards for each event separately.

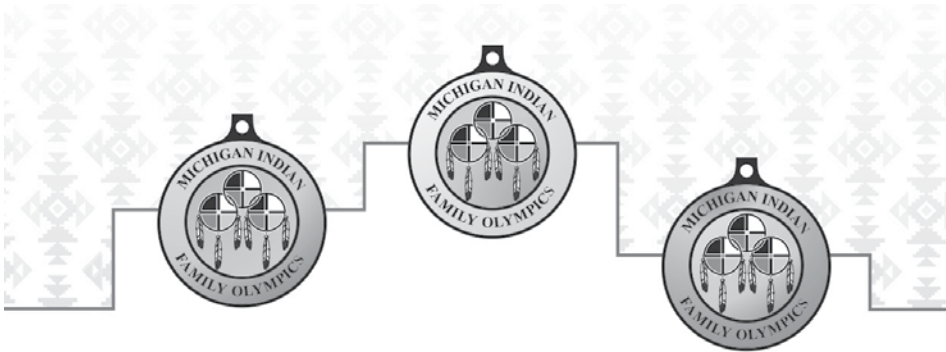


### Step 4

Click on **“Scores by Tribe”** tab to view the total points leaderboard for all Tribes.







**Report to the Awards Station when your name is called to receive your medal.**

## Step 5

To search for individual participants, click on the **“Search”** tab. Type the participant ID number or name in the search bar.

### Event Status Screens

There are four different screens that will indicate the status of an event. An example of each screen type can be seen below.

#### Event Starting Soon

Basketball Shot 13-15 <span>Starting Soon</span>			
Event Starts at: 9:00 AM			
Rank	Name	Tribe	Total
1	--	--	--
2	--	--	--
3	--	--	--

#### Event in Progress

Basketball Shot 13-15 <span>In Progress</span>			
Event end in: 2 Hours 45 Minutes!			
Rank	Name	Tribe	Total
1	Slograve, Beau	KBIC	44
2	Kermath, Cindelyn	PP	40
3	Tillyer, Stefano	PP	28

#### Results in Progress

Basketball Shot 13-15 <span>Tabulating Results</span>			
Tabulating Results: <b>SCORES NOT FINAL!</b>			
Rank	Name	Tribe	Total
1	Kermath, Cindelyn	PP	52
2	Slograve, Beau	KBIC	44
3	Heeran, Antons	WI	42

#### Final Score with Medals

Basketball Shot 13-15 <span>Completed</span>			
FINAL SCORE			
Rank	Name	Tribe	Total
1	Blackborne, Bryon	KBIC	54
2	Kermath, Cindelyn	PP	52
3	Slograve, Beau	KBIC	44

### Result Discrepancies

- If there is a discrepancy on an event result, it will be handled first by the MIFO head coordinator.
- If the discrepancy is not handled or agreed upon, then it will go to the grievance committee.

**For track events, please note:** There is a good chance there is more than one heat in your age group.

*\*\*For example: Just because you place first in your heat does not mean you finished first overall in your age group. We combine the results for each heat to determine the overall placers for the running or walking event. \*\**

Capture your photo!



**To download and/or get printed photos:** Please go to [www.marcellahadden.com](http://www.marcellahadden.com) and use “MIFO2023” as the Client Access code. (Available after July 24.)

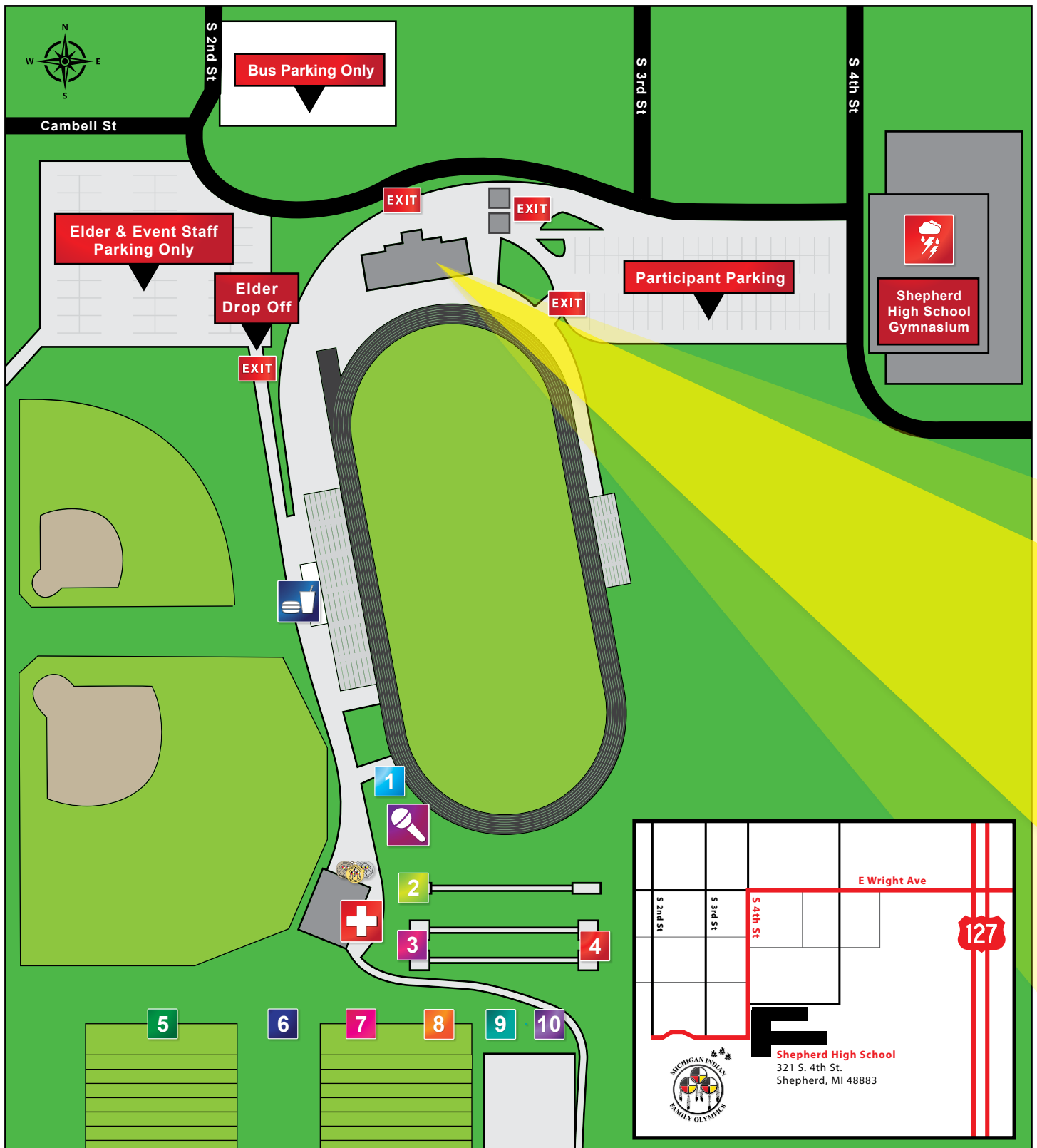
Be sure to download the Print Release if you are planning to print photos from another source.

**If you have any questions, please contact Marcella Hadden at:**

- **Phone:** 989.621.4558
- **Email:** [bushlee\\_hadden@yahoo.com](mailto:bushlee_hadden@yahoo.com)



# Event Map







## Events

1 Track Event Check-In

2 Long Jump

3 • Free Throw Basketball  
• 3-Point Basketball Shots

4 • Fitness Circuit  
• Jump Rope

5 Archery

6 Lacrosse Speed Shot

7 Softball Throw

8 Adult Bean Bag Toss

9 Kids Obstacle Course

10 • Baby Crawl  
• Tot Trot  
• Tug-of-War  
• Kids Bean Bag Toss

## Other Locations

 All Tribe Registration

 Tribal Leaders Check-In and Pay Station

 Restrooms

 Lunch/Seating

 Emergency Shelter

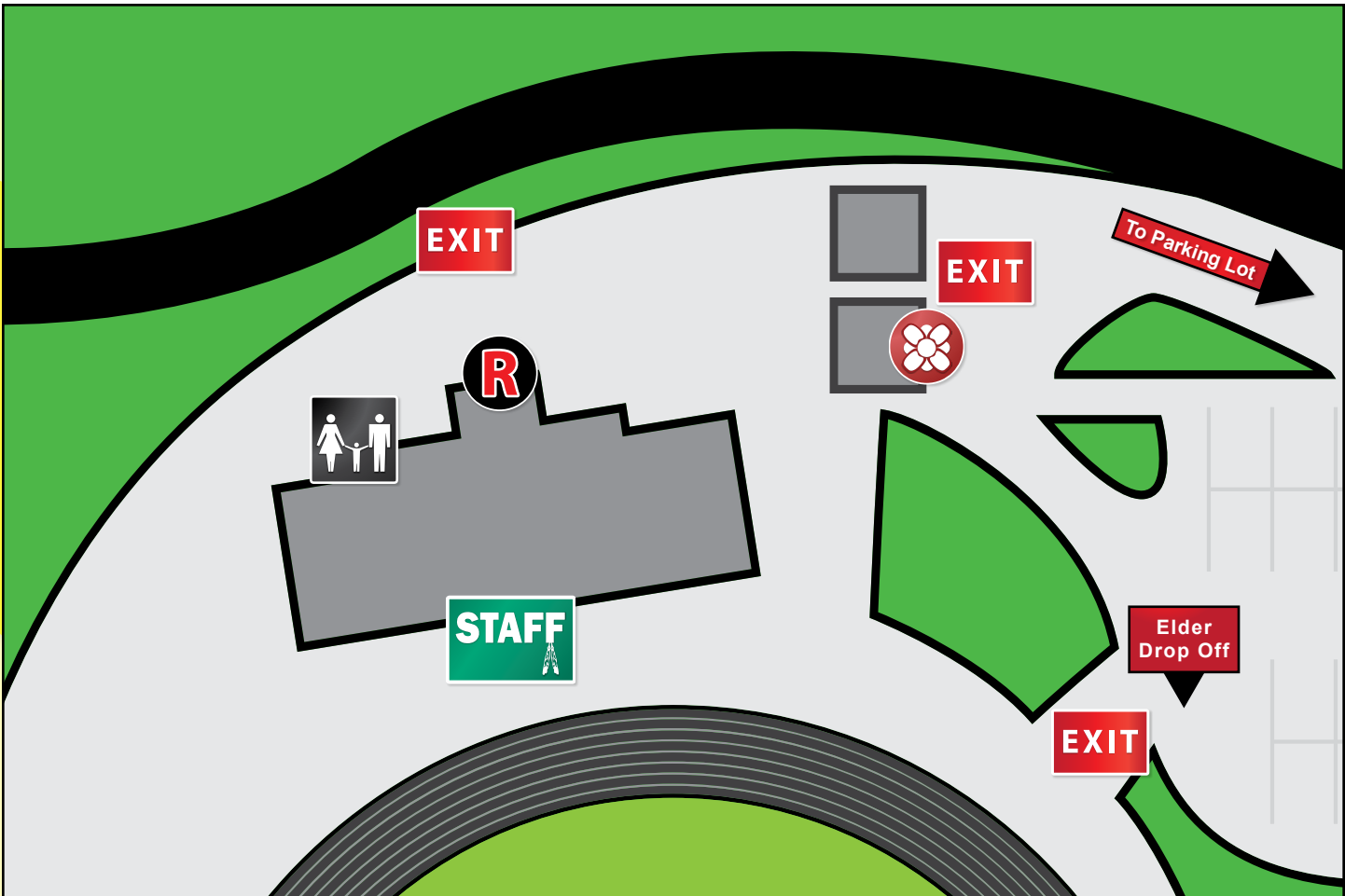
 Emcee

 Medical

 STAFF Staff Check-In

 Awards Station

 EXIT Exit





# Morning Schedule of Events

**Registration Open: 7:30 - 11 a.m.**

**Lunch Served: 11 a.m. - 1:30 p.m.**

## Opening Ceremonies Schedule

- **8:50 a.m.** | Drummers in position & first call for participants to line up.
- **8:55 a.m.** | Second call for participants to line up.
- **9:00 a.m.** | Final call for participants to line up.
- **9:01 a.m.** | Ceremony Begins/Drum Welcome Song
- **9:10 a.m.** | Everyone in Circle/Drum Flag Song
- **9:15 a.m.** | Prayer by SCIT Representative
- **9:17 a.m.** | National Anthem (*Natalie Shattuck*)
- **9:20 a.m.** | U.S. Olympian Avione Allgood
- **9:25 a.m.** | Exit Track/Ceremony Concludes
- **9:26 a.m.** | First Calls to Events
- **9:30 a.m.** | Events Begin

## Young Kids Event Order | 9:30 a.m.

- 1) Baby Crawl
- 2) 10 Meter Dash: *Ages 1-2*
- 3) 20 Meter Dash: *Ages 3-4*
- 4) Bean Bag Toss: *Ages 4 and under*

## Running/Walking Track Event Order | 9:30 a.m.

*\*Age groups are listed by the order they will be called to compete.*

- 1) 400M Walk:  
*Ages 65 and up, 55-64, 41-54*
- 2) Pre and Post Natal 400M Walk:  
*(One year post natal.)*
- 3) 400M Run: *Ages 13-15, 16-18, 19-24, 25-32, 33-40, 41-54, 55-64, 65 and up*
- 4) 1 Mile Run: *All age groups*

## Morning Field Events | 9:30 - 11 a.m.

- **Archery:** *Ages 16-18, 19-24*
- **Long Jump:** *Ages 19-24, 25-32, 33-40*
- **Jump Rope & Fitness Circuit:** *Ages 5-6, 7-9*
- **Softball Throw:** *Ages 5-6, 7-9, 41-54*
- **3-Point Basketball Shot:** *Ages 10-12, 13-15*
- **Lacrosse Speed Shot:** *Ages 7-9, 10-12, 13-15*

## Morning Field Events | 11 a.m. - 12:30 p.m.

- **Archery:** *Ages 25-32, 33-40*
- **Long Jump:** *Ages 41-54, 55-64, 65 and Up*
- **3-Point & Free Throw Basketball Shot**  
*Ages 16-18, 55-64, 65 and Up*
- **Fitness Circuit:** *Ages 10-12, 13-15*
- **Softball Throw:** *Ages 10-12, 55-64, 65 and Up*
- **Lacrosse Speed Shot:** *Ages 16-18, 19-24, 25-32*



# Afternoon Schedule of Events



## Traditional Lacrosse Teaching with Joseph Ojibway | 12:30 p.m.

## Running/Walking Track Event Order | 1 p.m.

*\*Age groups are listed by the order they will be called to compete.*

- |   |   |
|---|---|
| 1) 50M Run<br><i>Ages 5-6, 7-9, 10-12, 55-64, 65 and up</i> | 2) 100M Run: <i>Ages 13-15, 16-18, 19-24,<br/>25-32, 33-40, 41-54</i> |
|---|---|

## Afternoon Field Events | 1 - 2:30 p.m.

- |   |  |
|---|--|
| • Softball Throw: <i>Ages 13-15, 16-18</i>          | • Lacrosse Speed Shot: <i>Ages 33-40, 41-54, 55-64</i> |
| • 3 Point Basketball Shot: <i>Ages 19-24, 25-32</i> | • Long Jump: <i>Ages 13-15, 16-18</i>                  |

## Afternoon Field Events | 1 - 3 p.m.

- |  |  |
|--|--|
| • Archery: <i>Ages 41-54, 55-64, 65 and Up</i> | • Adult Bean Bag Toss<br><i>Ages 41-54, 55-64, 65 and Up</i> |
| • Obstacle Course: <i>Ages 5-6, 7-9, 10-12</i> |  |

## Afternoon Field Events | 2:30 - 4 p.m.

- |   |   |
|---|---|
| • Softball Throw: <i>Ages 19-24, 25-32, 33-40</i> | • 3-Point Basketball Shot<br><i>Ages 33-40, 41-54</i> |
| • Long Jump: <i>Ages 5-6, 7-9, 10-12</i>          |   |

## Tug-of-War | 4 p.m.

*\*Event will begin at the conclusion of other games at approximately 4 p.m.*

- Ages 13 and under, 14-17, 18 and up. (12 individuals per team.)*

## Conclusion of Events | Approximately 4:30 p.m.



# Age Group Breakdown

## Baby Events

- **Baby Crawl** | 9:30 a.m.

## 1-2 Years Old Events

- **Tot Trot** | Morning order of young kid events
- **Bean Bag Toss** | Morning order of young kid events

## 3-4 Years Old Events

- **20M** | Morning order of young kid events
- **Bean Bag Toss** | Morning order of young kid events

## 5-6 Year Old Events

- **Jump Rope** | Open 9:30 a.m. - 11 p.m.
- **Softball Throw** | Open 9:30 - 11 a.m.
- **Obstacle Course** | Open 1 - 3 p.m.
- **50M Run** | Order of afternoon track events
- **Long Jump** | Open 2:30 - 4 p.m.

## 7-9 Year Old Events

- **Jump Rope & Fitness Circuit** | Open 9:30 - 11 a.m.
- **Softball Throw** | Open 9:30 - 11 a.m.
- **Lacrosse Speed Shot** | Open 9:30 - 11 a.m.
- **50M Run** | Order of afternoon track events
- **Obstacle Course** | Open 1 - 3 p.m.
- **Long Jump** | Open 2:30 - 4 p.m.
- **Team Tug-of-War** | After other events conclude

## 10-12 Year Old Events

- **Lacrosse Speed Shot** | Open 9:30 - 11 a.m.
- **3-Point Basketball Shot** | Open 9:30 - 11 a.m.
- **Softball Throw** | Open 11 a.m. - 12:30 p.m.
- **Fitness Circuit** | Open 11 a.m. - 12:30 p.m.
- **50M Run** | Order of afternoon track events
- **Obstacle Course** | Open 1 - 3 p.m.
- **Long Jump** | Open 2:30 - 4 p.m.
- **Team Tug-of-War** | After other events conclude

## 13-15 Year Old Events

- **400M Run** | Order of morning track events
- **Lacrosse Speed Shot** | Open 9:30 - 11 a.m.
- **3-Point Basketball Shot** | Open 9:30 - 11 a.m.
- **Fitness Circuit** | Open 11 a.m. - 12:30 p.m.
- **1 Mile Run** | Order of morning track events
- **100M Run** | Order of afternoon track events
- **Softball Throw** | Open 1 - 2:30 p.m.
- **Long Jump** | Open 1 - 3 p.m.
- **Team Tug-of-War** | After other events conclude

## 16-18 Year Old Events

- **Pre/Post Natal** | Order of morning track events
- **400M Run** | Order of morning track events
- **Archery** | Open 9:30 - 11 a.m.
- **3-Point Basketball Shot** | Open 11 a.m. - 12:30 p.m.
- **Lacrosse Speed Shot** | Open 11 a.m. - 12:30 p.m.
- **1 Mile Run** | Order of morning track events
- **100M Run** | Order of afternoon track events
- **Softball Throw** | Open 1 - 2:30 p.m.
- **Long Jump** | Open 1 - 2:30 p.m.
- **Team Tug-of-War** | After other events conclude

## 19-24 Year Old Events

- **Pre/Post Natal** | Order of morning track events
- **400M Run** | Order of morning track events
- **Archery** | Open 9:30 - 11 a.m.
- **Long Jump** | Open 9:30 - 11 a.m.
- **Lacrosse Speed Shot** | Open 11 a.m. - 12:30 p.m.
- **1 Mile Run** | Order of morning track events
- **100M Run** | Order of afternoon track events
- **3-Point Basketball Shot** | Open 1 - 2:30 p.m.
- **Softball Throw** | Open 2:30 - 4 p.m.
- **Team Tug-of-War** | After other events conclude



# Age Group Breakdown



## 25 - 32 Years Old Events

- **Pre/Post Natal** | *Order of morning track events*
- **400M Run** | *Order of morning track events*
- **Long Jump** | *Open 9:30 - 11 a.m.*
- **1 Mile Run** | *Order of morning track events*
- **100M Run** | *Order of afternoon track events*
- **Archery** | *Open 11 a.m. - 12:30 p.m.*
- **Lacrosse Speed Shot** | *Open 11 a.m. - 12:30 p.m.*
- **3-Point Basketball Shot** | *Open 1 - 2:30 p.m.*
- **Softball Throw** | *Open 2:30 - 4 p.m.*
- **Team Tug-of-War** | *After other events conclude*

## 33 - 40 Years Old Events

- **Pre/Post Natal** | *Order of morning track events*
- **400M Run** | *Order of morning track events*
- **Long Jump** | *Open 9:30 - 11 a.m.*
- **Archery** | *Open 11 a.m. - 12:30 p.m.*
- **1 Mile Run** | *Order of morning track events*
- **100M Run** | *Order of afternoon track events*
- **Lacrosse Speed Shot** | *Open 1 - 2:30 p.m.*
- **Softball Throw** | *Open 2:30 - 4 p.m.*
- **3-Point Basketball Shot** | *Open at 2:30 - 4 p.m.*
- **Team Tug-of-War** | *After other events conclude*

## 41 - 54 Years Old Events

- **400M Walk** | *Order of morning track events*
- **Pre/Post Natal** | *Order of morning track events*
- **400M Run** | *Order of morning track events*
- **Softball Throw** | *Open 9:30 - 11 a.m.*
- **Long Jump** | *Open 11 a.m. - 12:30 p.m.*
- **1 Mile Run** | *Order of morning track events*
- **100M Run** | *Order of afternoon track events*
- **Lacrosse Speed Shot** | *Open 1 - 2:30 p.m.*
- **Bean Bag Toss** | *Open 1 - 3 p.m.*
- **Archery** | *Open 1 - 3 p.m.*
- **3-Point Basketball Shot** | *Open at 2:30 - 4 p.m.*
- **Team Tug-of-War** | *After other events conclude*



## 55 - 64 Years Old Events

- **400M Walk** | *Order of morning track events*
- **400M Run** | *Order of morning track events*
- **Free Throw Basketball Shot** | *Open 11 a.m. - 12:30 p.m.*
- **Softball Throw** | *Open 11 a.m. - 12:30 p.m.*
- **Long Jump** | *Open 11 a.m. - 12:30 p.m.*
- **1 Mile Run** | *Order of morning track events*
- **50M Run** | *Order of afternoon track events*
- **Lacrosse Speed Shot** | *Open 1 - 2:30 p.m.*
- **Bean Bag Toss** | *Open 1 - 3 p.m.*
- **Archery** | *Open 1 - 3 p.m.*
- **Team Tug-of-War** | *After other events conclude*

## 65+ Years Old Events

- **400M Walk** | *Order of morning track events*
- **400M Run** | *Order of morning track events*
- **Free Throw Basketball Shot** | *Open 11 a.m. - 12:30 p.m.*
- **Softball Throw** | *Open 11 a.m. - 12:30 p.m.*
- **Long Jump** | *Open 11 a.m. - 12:30 p.m.*
- **1 Mile Run** | *Order of morning track events*
- **50M Run** | *Order of afternoon track events*
- **Bean Bag Toss** | *Open 1 - 3 p.m.*
- **Archery** | *Open 1 - 3 p.m.*
- **Team Tug-of-War** | *After other events conclude*



# Family Olympics History



## When did the Family Olympics start?

They began in 1987.

**Who started it?** Sue Siller, former health educator for the Saginaw Chippewa Indian Tribe of Michigan. She was assisted and supported by the Parks and Recreation Committee, which volunteered their time and resources to the community.

**Why was it started?** It was started to promote health and wellness through a family fun day of physical activity with mainly track and field events, along with swimming events, for Saginaw Chippewa Indian Tribal Members and their families. This expanded to include other tribes and tribal organizations throughout Michigan.

**2020 MIFO** was canceled for the first time in 33 years due to the COVID-19 Pandemic.

**2021 MIFO** was our first remote competition, where the Gun Lake Tribe were the champions.





# Family Olympics History



## A look back at the event improvements of the past 10 years

**2008**

Fitness Circuit was added to encourage fitness for the youth.

**2009**

Archery was brought to the games to add a traditional event.

**2012**

The Golf Competition was added to the day prior to give another opportunity to win a medal for your tribe.

**2013**

Basketball Shots were added to help create more interest through this highly popular sport.

**2013**

Obstacle Course was added to create another fun, fitness-based event for children.

**2014**

Adult Bean Bag Toss was introduced to give the Elders an easy way to participate.

**2015**

Results came live online.

**2016**

Lacrosse Speed Shot was a trial event to add another traditional competition to the games.

**2016**

Results were given in real time online and results were entered by SCIT's IT department via electrical devices throughout the field all connected through the Wi-Fi network.







# Past Team Results

## 2004 Team Results

1. Little Traverse Bay Band of Odawa Indians 456
2. Grand Traverse Band 203
3. Sault Ste. Marie Tribe of Chippewa Indians 152
4. Saginaw Chippewa Indian Tribe 128
5. American Indian Services 57
6. Bay Mills Indian Community 54
7. Gun Lake Tribe of Pottawatomi Indians 43
8. Native American Indian Association 39
9. Pokagon Band of Potawatomi 13
10. Nottawaseppi Huron Band of the Potawatomi 10
11. Walpole Island First Nation 6
- T-12. Chickhane (American Indian Services) 5
- T-12. Little River Band of Ottawa Indians 5

## 2005 Team Results

1. Little Traverse Bay Band of Odawa Indians 355
2. Grand Traverse Band 248
3. Nottawaseppi Huron Band of the Potawatomi 111
4. Sault Ste. Marie of Chippewa Indians 106
5. Saginaw Chippewa Indian Tribe 95
6. Detroit Urban - NAIA, AIS 66
7. Little River Band of Ottawa Indians 56
8. Bay Mill Indian Community 47
9. Walpole Island First Nation 6
10. Muscogee (Creek) First Nation 3

## 2006 Team Results

1. Little Traverse Bay Band of Odawa Indians 300
2. Nottawaseppi Huron Band of the Potawatomi 223
3. Grand Traverse Band 221
4. Little River Band of Ottawa Indians 131
5. Saginaw Chippewa Indian Tribe 99
6. Gun Lake Tribe of Pottawatomi Indians 37
7. Sault Ste. Marie Tribe of Chippewa Indians 28
8. Bay Mills Indian Community 21
- T-9. Pokagon Band of Potawatomi 1
- T-9. Menominee 1

## 2007 Team Results

1. Nottawaseppi Huron Band of the Potawatomi 323
2. Little Traverse Bay Band of Odawa Indians 302
3. Grand Traverse Band 225
4. Little River Band of Ottawa Indians 107
5. Saginaw Chippewa Indian Tribe 77
6. Detroit Urban - NAIA, AIS 66
7. Sault Ste. Marie Tribe of Chippewa Indians 63
8. Pokagon Band of Potawatomi 11
9. Gun Lake Tribe of Pottawatomi Indians 7

## 2008 Team Results

1. Nottawaseppi Huron Band of the Potawatomi 349
2. Little Traverse Bay Band of Odawa Indians 333
3. Saginaw Chippewa Indian Tribe 205
4. Grand Traverse Band 197
5. Little River Band of Ottawa Indians 89
6. Detroit Urban - NAIA, AIS 42
7. Gun Lake Tribe of Pottawatomi Indians 36

## 2009 Team Results

1. Little Traverse Bay Band of Odawa Indians 430
2. Nottawaseppi Huron Band of the Potawatomi 331
3. Saginaw Chippewa Indian Tribe 186
4. Grand Traverse Band 129
5. Gun Lake Tribe of Pottawatomi Indians 100
6. Detroit Urban - NAIA, AIS 37

## 2010 Team Results

1. Nottawaseppi Huron Band of the Potawatomi 429
2. Little Traverse Bay Band of Odawa Indians 303
3. Saginaw Chippewa Indian Tribe 229
4. Grand Traverse Band 166
5. Gun Lake Tribe of Pottawatomi Indians 101
6. Little River Band of Ottawa Indians 57
7. Detroit Urban - NAIA, AIS 8

## 2011 Team Results

1. Nottawaseppi Huron Band of the Potawatomi 359
2. Little Traverse Bay Band of Odawa Indians 336
3. Grand Traverse Band 230
4. Saginaw Chippewa Indian Tribe 153
5. Gun Lake Tribe of Pottawatomi Indians 122
6. Little River Band of Ottawa Indians 148
7. Detroit Urban - NAIA, AIS 23

## 2012 Team Results

1. Nottawaseppi Huron Band of the Potawatomi 255
2. Grand Traverse Band 221
3. Gun Lake Tribe of Pottawatomi Indians 151
4. Little Traverse Bay Band of Odawa Indians 145
5. Saginaw Chippewa Indian Tribe 114
6. Little River Band of Ottawa Indians 97
7. Pokagon Band of Potawatomi 91
8. Detroit Urban - NAIA, AIS 58

# Past Team Results



## 2013 Team Results

1. Saginaw Chippewa Indian Tribe 484
2. Little Traverse Bay Band of Odawa Indians 210
3. Gun Lake Tribe of Pottawatomi Indians 204
4. Nottawaseppi Huron Band of the Potawatomi 201
5. Grand Traverse Band 171
6. Pokagon Band of Potawatomi 119
7. Detroit Urban - NAIA, AIS 34

## 2014 Team Results

1. Saginaw Chippewa Indian Tribe 700
2. Gun Lake Tribe of Pottawatomi Indians 229
3. Pokagon Band of Potawatomi 184
4. Nottawaseppi Huron Band of the Potawatomi 169
5. Little Traverse Bay Band of Odawa Indians 163
6. Grand Traverse Band 145
7. Little River Band of Ottawa Indians 57

## 2015 Team Results

1. Saginaw Chippewa Indian Tribe 520
2. Grand Traverse Band 235
3. Nottawaseppi Huron Band of the Potawatomi 234
4. Pokagon Band of Potawatomi 231
5. Little Traverse Bay Band of Odawa Indians 167
6. Gun Lake Tribe of Pottawatomi Indians 132
7. Detroit Urban - NAIA, AIS 76

## 2016 Team Results

1. Saginaw Chippewa Indian Tribe 396
2. Gun Lake Tribe of Potawatomi Indians 292
3. Grand Traverse Band of Ottawa and Chippewa Indians 278
4. Little Traverse Bay Band of Odawa Indians 216
5. Pokagon Potawatomi 192
6. Nottawaseppi Huron Band Potawatomi 147
7. Little River Band of Ottawa Indians 61
8. American Indian Health and Family Services 28
9. Hannahville Indian Community 18
10. American Indian Services 5

## 2017 Team Results

1. Saginaw Chippewa Indian Tribe 566
2. Gun Lake Tribe of Potawatomi Indians 494
3. Grand Traverse Band of Ottawa and Chippewa Indians 469
4. Little Traverse Bay Band of Odawa Indians 254
5. Pokagon Potawatomi 181
6. Nottawaseppi Huron Band Potawatomi 175

7. American Indian Health and Family Services 60
8. Little River Band of Ottawa Indians 50
9. Hannahville Indian Community 50
10. Bay Mills Indian Community 15
11. Other 13
12. American Indian Services 11

## 2018 Team Results

1. Saginaw Chippewa Indian Tribe 533
2. Gun Lake Tribe of Potawatomi Indians 484
3. Grand Traverse Band of Ottawa and Chippewa Indians 388
4. Pokagon Potawatomi 249
5. Little Traverse Bay Band of Odawa Indians 245
6. Nottawaseppi Huron Band of Potawatomi 196
7. American Indian Health and Family Services 72
8. Little River Band of Ottawa Indians 61
9. Hannahville Indian Community 35
10. Sault Ste. Marie Tribe of Chippewa Indians 15
11. American Indian Services 11

## 2019 Team Results

1. Saginaw Chippewa Indian Tribe 446
2. Grand Traverse Band of Ottawa and Chippewa 381
3. Gun Lake Tribe of Pottawatomi Indians 253
4. Pokagon Potawatomi 226
5. Little Traverse Bay Band of Odawa Indians 188
6. American Indian Health and Family Services 45
7. Little River Band of Ottawa Indians 29
8. American Indian Services 21
9. Nottawaseppi Huron Band of Potawatomi 16
10. (Tied) Sault Ste. Marie Tribe 5
10. (Tied) Hannahville Indian Community 5

## 2021 Remote Competition Top 3

1. Gun Lake Tribe of Pottawatomi Indians 756
2. Grand Traverse Band of Ottawa and Chippewa 755
3. Little River Band of Ottawa Indians 103

## 2022 Team Results

1. Saginaw Chippewa Indian Tribe 518
2. Gun Lake Tribe of Pottawatomi Indians 444
3. Grand Traverse Band of Ottawa and Chippewa Indians 379
4. Little Traverse Bay Band of Odawa Indians 136
5. Nottawaseppi Huron Band of the Potawatomi 107
6. Pokagon Band of Potawatomi 101
7. Little River Band of Ottawa Indians 71
8. American Indian Health and Family Services 10



# Event Rules

## Individual Event Scoring for Team Points

- **1st Place (Gold) = 5 Points**
- **2nd Place (Silver) = 3 Points**
- **3rd Place (Bronze) = 1 Points**

**Team Trophies:** There will be three team trophies awarded to the top three scores. In event of a tie, it will come down to who had the most individual gold medals.

**Individual Event Ties:** Medals and team points will be awarded when there are ties in the individual event scores.

### Kids Fitness Circuit

- **Event:** This circuit involves three different stations: push-ups, sit-ups, and jump rope. The child is to perform as many reps as possible in 30 seconds for each movement.
- **Ages:** The event is open to ages 7-15 years old.
- **Jump Rope Standard:** Reps are counted by one full revolution of the jump rope. The jump rope can be started from the front or back of the participant.
- **Push-ups Standard:** The child will start on knees in a "modified" position. Elbows must be bent down to 90 degrees and chest must compress the pump provided for the event to count as a rep.
- **Sit-ups Standard:** The child must start with shoulder blades on the mat and end with elbows hitting any part of the thigh to count as a rep. An event staff member will hold feet while performing this movement.
- **Results:** The reps for each station will be added together for a final point total and will determine the results.

### Kids Obstacle Course

- **Event Standards:** The participant must complete each obstacle correctly as listed on the example sheet provided at event check-in (Parent assistance recommended.)
- **Ages:** This event is open to ages 5-12 years old.
- **Performing Station Incorrectly:** If a station is done incorrectly, then 1 second will be added to their final time.
- **Figuring Final Time for Results:** The least amount of time after the incorrect stations are added, will determine the top placers in the event.
- **Setup:** The setup of this event may vary from year to year.

### Tot Trots (10M & 20M)

- **Categories:** 1-2 year olds will run 10 meters and the 3-4 year olds will run 20 meters.
- **Heats:** One heat ran per age group and gender.
- **Parent Assistance at Start Line:** There will be one parent allowed at the start line.
- **Parent Assistance at Finish Line:** One parent is allowed at the finish line. The parent at the finish line must stand three feet behind the finish line. There will be a designated line the parent stands behind.
- **Determining Top Finishers:** Top three finishers will be determined by event staff discretion.

### Lacrosse Speed Shot

- **Results:** The fastest throw will be recorded.
- **Ages:** This event is open for ages 9 to 54.
- **Clocking Speed:** The speed will be taken by a radar gun.
- **Amounts of Attempts:** Each participant will have two throws of the lacrosse ball.

### Jump Rope

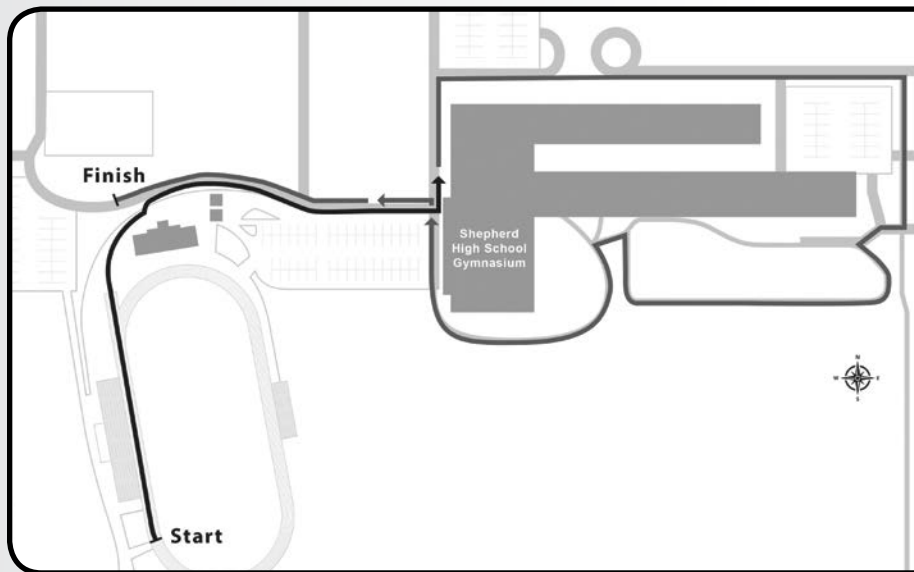
- **Event:** The child is to perform as many reps as possible in 1 round of 30 seconds.
- **Ages:** This event is open to ages 5-6 years old.
- **Jump Rope Standard:** Counted by one full revolution of the jump rope. The jump rope can be started from the front or back of the participant.





## Track Events

- **Race Starts:** All running/walking events will begin with a “set” command and then the gun.
- **False Starts:** With noticeable false starts, the gun will be shot again and restarted.
- **400 Meter Runs & Walks:** There will be a “waterfall” start for these events.
- **Heats:** There is a good possibility that there will be more than one heat per age group and gender. The results are determined by taking the best times out of each heat. For example, just because someone finishes first in one heat does not mean they will be first overall.
- **Finish Line:** The participants time will stop when their torso crosses the finish line (this is done through the timer’s best discretion.)
- **Recording of Times:** Times will be recorded to the 100th of the second.
- **Post Natal Walk:** This entails all mothers who are within the first year of their babies birth date.
- **Repeating Age Groups Events:** When an age group has been completed, and the next race has started, there will not be more heats ran for a previous age group.
- **Walking Events:** During all walking events participant must walk. Definition of walking: Both feet must be on the ground at the same time. This will be determined by the discretion of the head of track events staff member. If a participant is seen running during a walking event, the participant will be disqualified from that event and will not be figured in any results.



## Mile Run Rules & Map

- This event will have all age groups run together.
- **Finish Chute:** Each participant must finish in a single file line according to the place they crossed the finish line. Also, male and females will finish in separate lines.

## Softball Throws

- **Results:** The longest attempt will be recorded for the results.
- **Ages:** This event is open to ages 5 and up.
- **Measurement Standards:** The distance of the ball thrown will be measured by where the ball FIRST landed.
- **Amount of Attempts:** Each participant will have two attempts.



# Event Rules

## Co-Ed Tug-O-War

- **Age Groups:** There are three age groups for this event 12 & Under, 13-17, and 18 & Up
- **Creating a Team:** Participants will get other members within their age category to create a team.
- **Male and Females on a Team:** Teams must consist of at least 3 males and 3 females, with a total of 14 people.
- **Event Set-up:** There will be 3 cones placed in a row. The middle cone is where the middle of the rope begins. The outside cones are 6 feet away from the middle cone.
- **Tournament Style:** This event will be ran in a bracket tournament style format.

- **Completion of Competition:** When the other team pulls the center of the rope across to their own outside cone, the competition ends.
- **Anchor Loop on Rope Prohibited:** Utilizing the loop at the of the rope to place a teammate's body as an anchor is prohibited for all age groups.
- **Placing Team in Bracket:** Teams will be drawn into the bracket randomly.
- **Team Point Scoring for Results:** Scores will be weighed differently than other individual events. 1st place = 10 points, 2nd place = 5 points
- **True Second Match:** There will not be a "true second" match.

## Kids Bean Bag Toss

- **Attempts:** The participant will receive two attempts to throw the bean bag.
- **Ages:** This event is open to ages 1-4 years old.
- **Measuring Attempt:** This will be done where the bean bag stops.
- **Longest Attempt:** This will be used for the results.

## Long Jump

- **Start:** The participant is able to get a running start from anywhere on the long jump runway strip.
- **Ages:** This event is open to ages 5 and up.
- **Results:** The longest attempt will be used for the results.
- **Measurement Standards:** The distance jumped will be measured from the board on the long jump path to where the person lands. If the participant falls back, this is where the measurement will be marked.
- **Amount of Attempts:** Each participant will be given two attempts.

## Archery

- **Arrows Per Round:** Each round the participant will get five arrows to shoot.
- **Ages:** This event is open to ages 16 years and up for safety concerns.
- **Round 1 Qualifier:** In round 1 the participant must hit any part of the target two times to be able to participate in round 2.
- **Scoring:** Outside of the target = 0 points, White = 1 point, Black = 3 points, Blue = 5 points, Red = 7 points, Outer Yellow = 10 points, Center = 20 points.
- **Overall Score:** Total points of both rounds will determine.
- **Distance Between Archer and Target:** 20 yards

## Baby Crawl

- **Event Start:** Babies will be placed in the middle of the circle (parachute).
- **Ages:** Open to babies 15 months and younger.
- **Finishing:** When the baby crawls (or walks) to the outer edge, they have completed the event.
- **Correct Advancing to Finish:** The babies are to crawl (or walk) to the outer edge of the parachute without the assistance from an adult.



## Adult Bean Bag Toss

- **Rounds and Attempts:** Each participant will have one round of eight attempts to throw at the board.
- **Ages:** This event is open to ages 41 and up providing an event friendly to our upper age group participants.
- **Scoring:** On the board = 1 point, through the hole = 3 points, landing on the ground at any time = 0 points.
- **Results:** The total score in all eight attempts will be totaled for a final score for results.
- **Distance to Board:** The distance between the participant and the front of the board is 27 feet.

## Basketball Shots

- **New Event Format as of 2018:** For the 3-point shots, there will be nine total balls in three different locations. Every third ball in each location will be the “Money” ball. The money ball will count as two points, while the other balls will be count as one point. Each participant will get 30 seconds to shoot all nine balls. For the free throw shot there will be seven balls in one location. The last three balls will be money balls. The money balls will count as two points. Each participant will get 30 seconds to shoot all seven balls.
- **Shooting Lines:** The distance of the 3-point shot is 19’ 9” (line to backboard), and distance of the free throw shot is 15’ (line to backboard).
- **Crossing Line:** Participants must stay behind the line that they are attempting, or the shot will not count.
- **Final Score:** Will be determine by total shots made.
- **Ages:** The 3-point shot is open to ages 10-54, and the free-throw shot is open to ages 55 and up.

## Tug-of-War

### Event Rules:

1. Get up to 14 people with at least three females and three males from your tribe/organization according to the age groups listed below (one team per tribe.)
2. Sign up your tribe at the information station.
3. The competition will be done in a tournament fashion.
4. Each team must sign-up prior to the third and Final Call for the event.

### Points:

- 1st Place: 10 points
- 2nd Place: 5 points

### Age Groups:

- 12 & Under
- 13-17
- 18 & Up







# MIFO Committee & Event Staff

## MIFO Committee Members

- **Jaden Harman**  
Fitness Coordinator (MIFO Head Coordinator)
- **Walt Kennedy**  
Public Health Director (Head of Track Events)
- **Erik Rodriguez**  
Public Relations Director (Announcer)
- **Joseph Sowmick**  
Public Relations Manager
- **Brandon Schultz**  
Strategic Grant Specialist
- **Michelle Cowell**  
Administration Office Manager
- **Craig Graveratte**  
Benefits Manager
- **Colleen Green**  
CMU's Director of Indigenous Affairs & Student  
Transition Enrichment Program
- **Vinnie Kequom**  
IT Assistant Director

## Chain Of Command

- Event Staff Member
- Event/Activity Leader
- Event Staff Head Coordinator
- MIFO Head Coordinator

## Radio Communication Channels

- **1:** All event staff
- **2:** Medical – *For all emergencies*

## For feedback on the event

**Head Coordinator:** Jaden Harman

- **Email:** JHarman@sagchip.org
- **Work:** 989.775.4694      • **Cell:** 989.506.7595



## Event Information

**Scan Here!**

Scan the QR code with your smart phone:



## Questions?

Participants, if you have any questions at any time, please do not hesitate to ask an event staff member in an event staff shirt. They will direct you to the right person to talk to.



39<sup>th</sup> Annual

**July 28, 29 & 30, 2023**

**Grand Entry**

**Friday: 7 p.m. | Saturday: 1 p.m. | Sunday: 12 p.m.**

**Saginaw Chippewa Tribal Campground**

7525 E. Tomah Rd., Mt. Pleasant, MI 48858

**Host Drum:** Young Enemy  
**Head Veteran:** Raymond Cadotte  
**Masters of Ceremonies:**  
 Paul Raphael & Brian Moore  
**Arena Director:** Mark Kingbird Sr.  
**Arena Director:** Mike Medawis  
**Drum Judge:** Harvey Dreaver  
**Male Dance Judge:** Wesley Cleland  
**Female Dance Judge:** Tracy Cleland  
**Head Female Dancer:** Delina White  
**Head Male Dancer:** Gerald White  
**Fire Keeper:** Steven Oldman  
**Sound:** Hoka Sound

- **Dance Contests:** TBA
- **Drum Contest:** TBA
- **Committee Specials:** TBA

[www.sagchip.org/pow-wow](http://www.sagchip.org/pow-wow)

*\*Free Admission*

*\*\*Drug and Alcohol Free Event*

### Hotel Information:

- **Soaring Eagle Casino & Resort**  
1.888.732.4537
- **Soaring Eagle Waterpark and Hotel**  
1.877.232.4532
- **The Retreat at Soaring Eagle**  
1.877.232.4532

**For more information, please contact:** SCIT Powwow Committee at 989.775.4000 or [PowwowCommittee@Sagchip.org](mailto:PowwowCommittee@Sagchip.org)



**Saturday, July 30, 2023**

*Honoring Roger High Baa and past Freedom Walkers.*

### Eagles Nest Tribal Gym

**7:00 a.m.** – Doors Open and Registration  
**7:30 a.m.** – Welcome and Opening Prayer  
**8:00 a.m.** – Honoring People in Recovery  
**9:00 a.m.** – Walk Begins

- Breakfast will be provided
- The Freedom Walkers will head south on Leaton Road, and then take a left turn on Tomah Road and proceed east until the walkers reach the Hill Campground (Powwow Grounds).



**Saginaw Chippewa Indian Tribe of Michigan**

*"Working Together for Our Future"*

7500 Soaring Eagle Blvd.  
 Mount Pleasant, MI 48858  
 989-775-4000  
[www.sagchip.org](http://www.sagchip.org)

# Miigwetch

## to Our Donors!



NOTTAWASEPPI HURON  
BAND OF THE POTTAWATOMI

A FEDERALLY RECOGNIZED TRIBAL GOVERNMENT

## Special Chi-Miigwetch to All!

- All the Wonderful Volunteers
- Nbakade Restaurant
- SCIT Recreation Department
- SCIT Fire Department
- SCIT IT Department
- Pleasant Hills Golf Club
- Shepherd High School Facilities Athletic Department
- Emergency Operations of Isabella County
- Nimkee Medical & Public Health Emergency Preparedness