



THE WEIGHT OF POWER

RULING THE SELF
TO SERVE OTHERS

AUGUST • 4-6 • 2023
DUKE UNIVERSITY

WELCOME TO MIST NATIONALS

THE ANNUAL EVENT WHERE THE YOUTH OF THE GREATER NATION SHOWCASES EXCEPTIONAL TALENT, AND EVEN MORE EXCEPTIONAL CHARACTER.

YOU HOLD TREMENDOUS POWER, EVEN IF YOU MAY NOT BE AWARE OF IT. YOU HAVE THE POWER TO PERCEIVE YOUR ENVIRONMENT AND TO ACT UPON IT BY MAKING DECISIONS THAT CAN GENERATE MANY OUTCOMES. AT THIS MOMENT, YOUR SPHERE OF INFLUENCE MAY BE LIMITED TO YOURSELF, BUT AS YOU GROW, SO TOO WILL YOUR INFLUENCE AND YOUR RESPONSIBILITIES. PROPHET MUHAMMAD, PEACE AND BLESSINGS BE UPON HIM, ENCOURAGED US TO CHANNEL THE POWER WE HOLD, FOR “EACH AND EVERY ONE OF YOU IS LIKE A SHEPHERD, AND EACH AND EVERY ONE OF YOU HAS A FLOCK TO TAKE CARE OF, AND EACH AND EVERY SINGLE ONE OF YOU WILL BE HELD RESPONSIBLE” (BUKHARI).

WE CHALLENGE YOU TO TAKE A DEEPER LOOK AND ANALYZE THE VARIOUS CONCEPTS SURROUNDING THIS THEME. THERE WILL BE A COLLECTION OF THE FINEST SUBMISSIONS IN A VARIETY OF COMPETITIONS AS PARTICIPANTS ENCAPSULATE THIS YEAR’S THEME, THE HONOR OF HUMILITY: DISCOVERING DIGNITY IN CHALLENGING PRIDE.

WE LOOK FORWARD TO SEEING WHAT THE COMPETITORS HAVE TO OFFER AND WE HOPE THAT YOU ENJOY YOUR WEEKENDS AS MUCH AS WE WILL!

A SPECIAL THANKS TO OUR
SPONSORS



Amana Mutual Funds Trust
www.amanafunds.com 1-800-728-8762

**ONE
MUSLIM
UMMAH**

TABLE OF CONTENTS

ORGANIZERS	5
TOURNAMENT CONDUCT	6
FRIDAY PROGRAM	7
SATURDAY PROGRAM	8
SUNDAY PROGRAM	11
DESCRIPTIONS OF MISTALKS	13
MAP	17
VENUE FOOD	18
OUTSIDE FOOD	19
HOW TO STAY UPDATED	20

MIST NATIONALS TOURNAMENT
ORGANIZERS

DIRECTORS

*MUHAYMIN ALI
ZAYD SHABANDRI*

COMPETITIONS

*SAIM SIDDIQUI
HASSAN MOHAMMED
HIRA KHATTAK
SHAAN VOHRA
HIRA SHAHZAD
SAFIYA SHABANDRI
ISMAIL HOTAKI
LANA ALANABTAWI
AREEB UMAR
HAMZAH KHAN
OMAR ELKASSABANY*

BASKETBALL

FINANCE

*AKEAF SYED
SHEREEN NOUROLLAHI*

LOGISTICS

*NUSAYBA ANAM
SALAM IBRAHIM
SAIM GHAYA
SALLY KAZBOUR
KHADIJAH HOTAKI
FAIZ SIDDIQUI
SARAH ATHER*

AWARDS

*ASIYAH JONES
NOOR HAKAM
HEEBA SHAIKH
AATENA HASAN*

MARKETING

*RAMY SADEK
SAIRA SIKANDAR
USAMA KHALID
RANEEM ABUKMAIL*

PROGRAMS

*MOSAAB SADEIA
KAREMA SALEM
OMAR SHAREEF*

REGISTRATION

*HUMZA IMAM
AHMAD MEMON*

TOURNAMENT CONDUCT

Attendance at any MIST competition, workshop (MISTalk), or activity is a privilege. The policies apply to all students, adults, and authorized persons attending the tournament. Participants shall respect all rules and practices at all times. Participants violating any of the conduct rules may jeopardize their ability to participate, and may be disqualified. Students may be sent home immediately at their own expense. Participants and other authorized individuals attending the MIST Nationals Tournament automatically accept terms and conditions outlined in the MIST Code of Conduct.

All MIST competitors must stay in the venue from 8:00 am to the ending of each day. The only times allowed to leave is during lunch and dinner times with a coach. All competitors must always travel in groups.

Tournament Authority: Staff members of MIST Nationals are organizers and volunteers (distinguished by a red or blue sash, accordingly). Any questions/comments/concerns may be directed to a volunteer. Any matters requiring escalated involvement may be directed to the organizers.

General Conduct: Participants must wear the supplied tournament ID badge at all times from arrival at the tournament until departure from the tournament. Participants should be prompt and prepared for all activities. Participants are required to attend all general sessions and activities assigned, including workshops (MISTalks), competitive events, etc., for which they are registered.

Personal Conduct: Participants are expected to conduct themselves in a mature, Islamic manner. Any acts that can be deemed reckless, irresponsible, or immoral will result in disciplinary action. Causing bodily harm and/or having possession of weapons, defacing/stealing property, and violating the sanctity of the tournament are strictly prohibited. All interactions with fellow participants should be conducted in a professional manner.

Prohibited Actions: Engaging in any lewd, indecent, sexual or obscene acts, verbal, physical, or sexual harassment is completely unacceptable. Participants must not loiter in restricted zones, regardless of the presence of a coach/chaperone. A student engaging in the use of slurs against any person on the basis of race, color, creed, national origin, ancestry, age, gender, sexual orientation, or disability is strictly prohibited.

Lost or Stolen Items: Any items that are lost or stolen at a MIST event are the sole responsibility of the participant. Retrieved items are to be reported to the Information Booth.

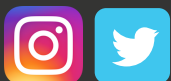
Dress Code: Participants must dress in modest, professional, prayer appropriate and competition appropriate clothing throughout the tournament weekend.

Media Release: By participating in MIST Nationals activities and competitions, you consent to the release of any photographs, video footage, and names for promotional and media purposes.

FRIDAY PROGRAM

10:00 am	Registration OPEN	<i>Penn Pavilion</i>
11:00 am	Lunch (Buy Your Own)	<i>West Union Dining Hall</i>
1:00pm	Jumu'ah 1	<i>Penn Pavilion</i>
2:00 pm	Jumu'ah 2	<i>Penn Pavilion</i>
	Brothers Basketball	<i>Wilson Gym (West)</i>
	Sisters Basketball	<i>Brodie Gym (East)</i>
3:00 pm	Opening Ceremony	<i>Penn Pavilion</i>
4:30 pm	Hotel Check-In + Asr	<i>Residence Inn Hilton Garden Inn Hilton Garden Inn (RTP)</i>
5:30 pm	Dinner	<i>Marketplace (East Campus)</i>
6:00 pm	Game Night	<i>White Lecture Hall (East Campus)</i>
9:00 pm	Return to Hotel	<i>Residence Inn Hilton Garden Inn Hilton Garden Inn (RTP)</i>

NOTE: HOTEL CURFEW IS 12:00 AM



**FOLLOW US @GETMISTIFIED
USE #GETMISTIFIED TO EARN SPIRIT POINTS**

SATURDAY PROGRAM

5:45 am

F A J R

Hotel Meeting Space

BREAKFAST

(BUY YOUR OWN)

8:00 am

Main Session 1

Dr. Omar Shareef

9:00 am

ARTS

2D Art & 3D Art

East Duke 209

Digital Art,
Photography &
Fashion Design

Friedl 107

10:00 am

BRACKETS

Math Olympics

Classroom 103

Brothers Improv

Classroom 101

Sisters Improv

Classroom 240

Debate

West Duke

Orientation

105, 106, 108B, 202, 204

MIST Bowl

Classroom

Orientation

106, 114, 125, 135, 136, 137

11:30 pm

Brother's Breakout

GA Down Under

Sister's Breakout

WLH

MSA Panel

10:30 am

LUNCH

(BUY YOUR OWN)

1:00 pm

D H U H R

2:00 pm

GROUP PROJECTS

Brothers Nasheed*

White Lecture Hall

Sisters Nasheed*

GA Down Under

Short Film (Interviews)

West Duke 108B

Humanitarian Service

West Duke 212

Social Media

West Duke 202

Science Fair

West Duke 106

Business Venture

West Duke 105

*Spectating

White
Lecture
Hall

White
Lecture
Hall

SATURDAY PROGRAM

		2:00 pm	KNOWLEDGE & QURAN	
			Brothers Quran (1-4, Recitation)	Classroom 101
			Sisters Quran (1-4, Recitation)	Classroom 240
			Knowledge Tests 1,2,3	East Duke 209
Baldwin Quad	"Jungle Minute Madness" Spirit Games	3:00 pm		
	DINNER (BUY YOUR OWN)	5:30 pm	A S R	
White Lecture Hall	Main Session 2 Imam Khalid Griggs	6:00 pm	WRITING & ORATORY	
			Spoken Word*	East Duke 209
			Original Oratory*	West Duke 105
			Extemp. Essay	West Duke 202
			Extemp. Speaking	West Duke 108B
	Brother's Breakout GA Down Under	7:00 pm	BRACKETS	
	Sister's Breakout White Lecture Hall		Debate	Classroom
			Quarterfinals	136, 137, 241, 242
			MIST Bowl	Classroom
			Quarterfinals	106, 114, 125, 135
			Brothers Improv	Friedl
			Quarterfinals	107
			Sisters Improv	Friedl
			Quarterfinals	126
			Math Olympics	Classroom
				101

*Spectating

SATURDAY PROGRAM

MIST Got Talent — *8:00 pm*

*White
Lecture
Hall*

9:00 pm — **Return Back to Hotel**

NOTE: HOTEL CURFEW IS 12:00 AM

SUNDAY PROGRAM

5:45 am

F A J R

Hotel Meeting Space

8:00 am

BRACKETS

Debate*

West Duke

Semifinals

106, 202

MIST Bowl*

West Duke

Semifinals

105, 108B

Math Olympics

West Duke

Semifinals

204

Brother's Improv*

White Lecture Hall

Semifinals

Sister's Improv*

GA Down Under

Semifinals

BREAKFAST
(BUY YOUR OWN)

10:00 am

BRACKETS

Debate*

West Duke

Finals

108B, 105

MIST Bowl*

GA Down Under

Finals

Brother's Improv*

White Lecture Hall

Finals

Sister's Improv*

East Duke

Finals

209

**SHUTTLE SERVICE
LUNCH**
(BUY YOUR OWN)

12:00 pm

1:30 pm

D U H R

2:00 pm

**A W A R D
C E R E M O N Y**

*Spectating

DESCRIPTIONS OF MISTALKS

MAIN SESSION 1



Healing the heart, Nurturing the mind: Curing illnesses of the soul

9:00 am

White Lecture Hall

Dr. Omar Shareef

We invite you to explore the profound connection between mental health and the well-being of the soul from an Islamic perspective. Delving into the teachings of Islam, we will shed light on the concept of holistic healing that addresses the illnesses of the soul, fostering a path towards spiritual, emotional, and mental wellness.

PANEL

Islam on the American Campus: Being Muslim in College

10:30 am

White Lecture Hall

Join us for a powerful and insightful panel discussion as we bring together a diverse group of Muslim American college students to share their unique experiences, challenges, and triumphs while navigating campus life. In this thought-provoking session, these young voices will shed light on the realities of being Muslim in America's higher education institutions and how their faith has shaped their journey.

Panelists Include:

Talal Chaudhry | University of North Carolina at Chapel Hill'26

Mina Berra | University of North Carolina at Chapel Hill'26

Heeba Shaikh | University of North Carolina at Chapel Hill'25

Suhailhal Boukarfi | University of North Carolina at Chapel Hill'25

Ahmed Abualsaud | Duke University'23

Muhammed Bah | Duke University'25

DESCRIPTIONS OF MISTALKS

BROTHERS BREAKOUT



A Friend in Deen is a Friend Indeed

Mohsen Zakaib

11:40 am

GADU

In this *brothers-only* workshop, inspired by the timeless wisdom of the Prophet Muhammad (peace be upon him), "A man is on the path of his friend," join us as we embark on a journey of understanding the significance of true companionship in Islam with Br. Mohsen Zakaib.

SISTERS BREAKOUT



Sisterly Support: Embracing Sisterhood and Becoming Positive Role Models

Fonda Kitt Mohammed

11:40 am

White Lecture Hall

In this *sisters-only* workshop, we will explore the beautiful bond of sisterhood and the importance of supporting one another as young Muslim sisters. We'll discuss the transformative power of positive role models and how each of us can become a guiding light for others.

MAIN SESSION 2



The X I Know

Imam Khalid Griggs

6:00 pm

White Lecture Hall

Son of a baptist minister, to being incarcerated, then joining the Nation of Islam, to becoming the most influential dawah preacher of Islam, el-Hajj Malik el-Shabazz, better known as Malcom X, is not only an American icon but an icon in Muslim history. Join us in hearing his story from someone who witnessed Malcolm's journey, Imam Khalid Griggs.

DESCRIPTIONS OF MISTALKS

BROTHERS BREAKOUT

When the Ummah Revolted: Following Prophetic Guidance Under Pressure

7:00 pm

White Lecture Hall

Mosaab Sadeia and Saim Siddique

When almost all of the Muslim world refused to pay zakah, Abu Bakr As-Siddiq (may Allah have mercy on him) stood for truth against all odds. Join us as we explore lessons of manhood in the footsteps of the Prophet's Companion with Br. Saim Siddiqui and Br. Mosaab Sadeia in this brothers-only workshop.

SISTERS BREAKOUT



Mothers of the Believers: Following in the Footsteps our Mothers

7:00 pm

GADU

Mariama Stevenson

Allah has venerated the wives of the Prophet (peace be upon him), giving them the special standing of "Mother of the Believers". From the generosity of Khadijah to the intellect of 'Aisha, let's dive deep into the lives of our mothers and embody their distinguished characteristics in this sisters-only workshop with Sr. Mariama Stevenson.

GAME NIGHT

Code Names

8:00 pm

GADU

Get ready for an adrenaline-pumping game night with Code Names! Test your wit, communication skills, and strategy as you decipher hidden clues to outsmart the opposing team and claim victory in this thrilling and engaging word-based board game.

Kings of the Jungle

Who will be the real King of the Jungle?



TIGER



RHINO



CROCODILE

MIST Nationals has been overrun by the strongest creatures of the jungle.. from the fearless crocodile to the dangerous piranha.

Click each icon to learn more about your team.

Only one kind will rule them all.



JAGUAR



PIRANHA



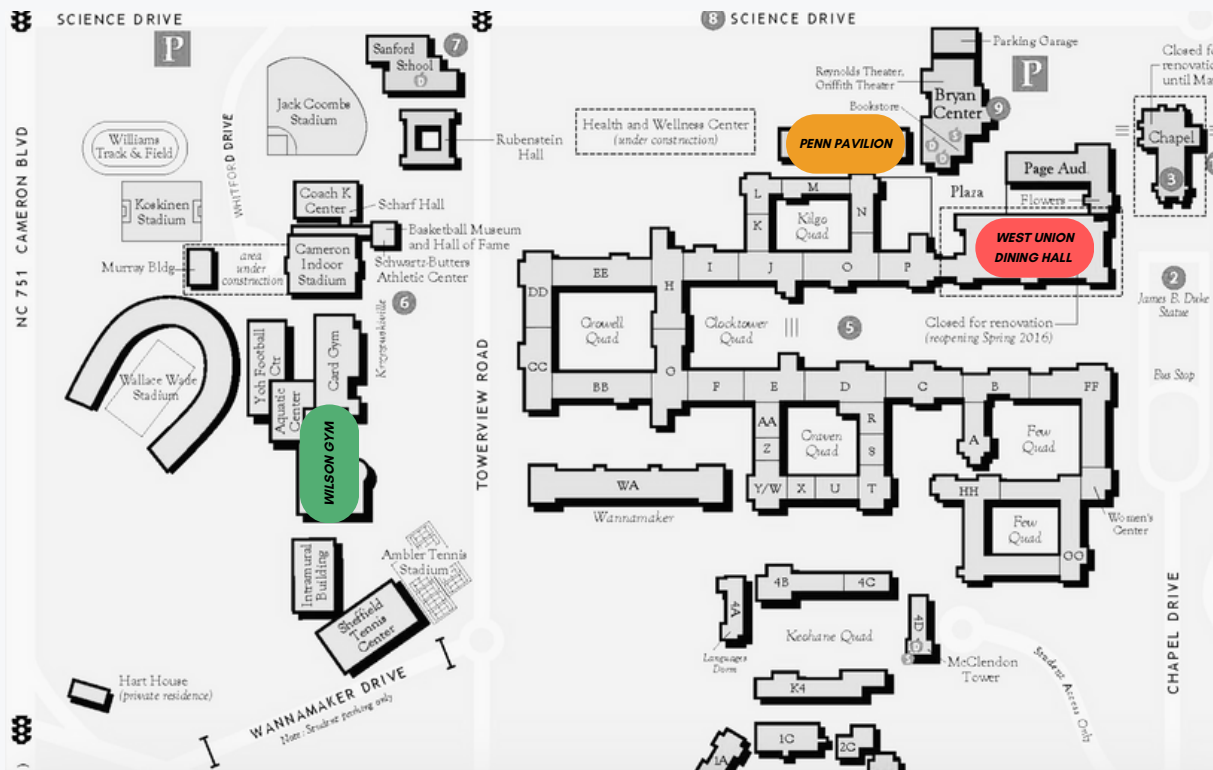
LION

VIEW LIVE
LEADER
BOARD

PHOTO
SAFARI

DUKE-WEST CAMPUS

MAP



 **PENN PAVILION**
MEETING SPACE

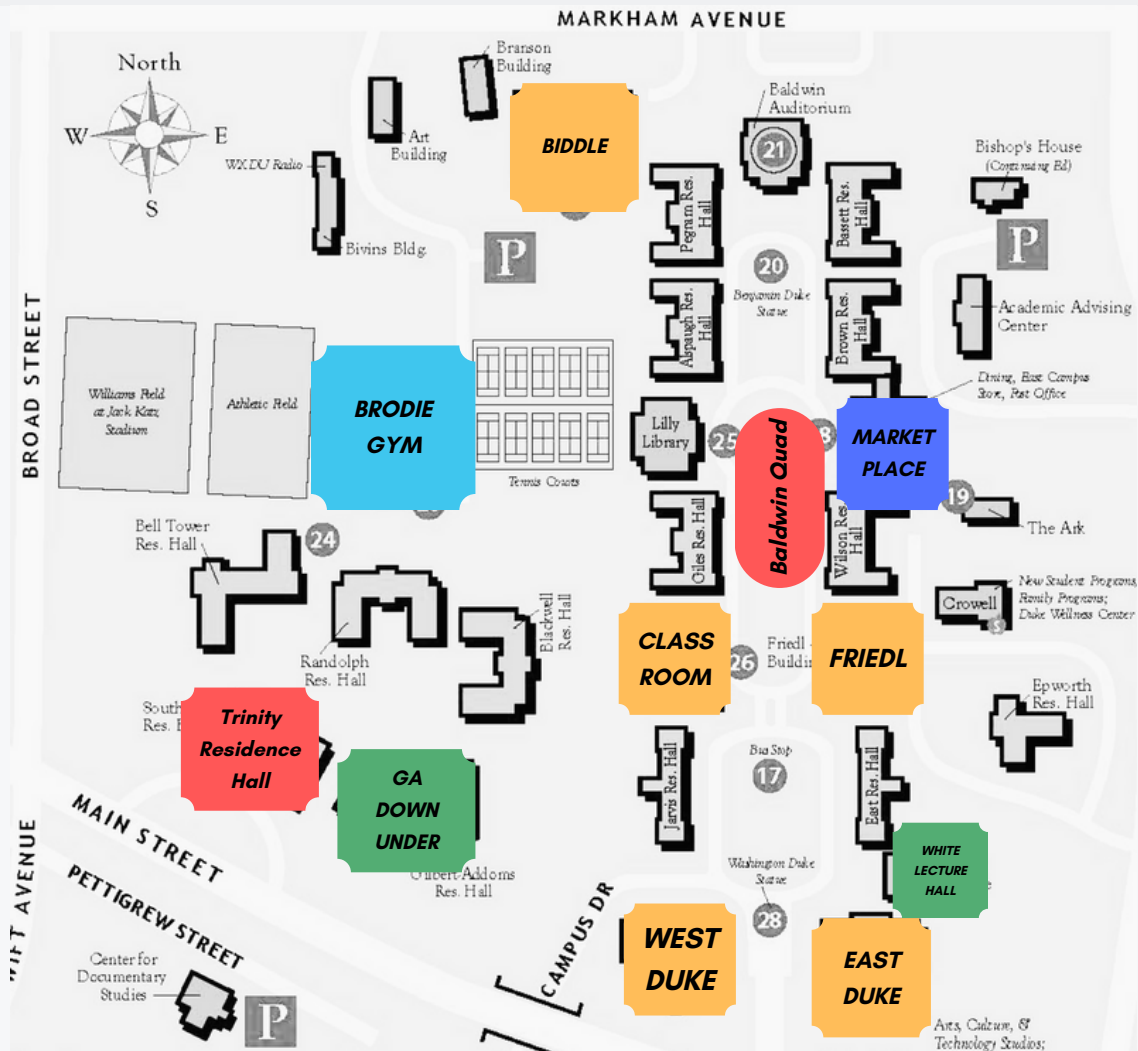
 **WILSON GYM**
BROTHER'S
BASKETBALL

 **WEST UNION**
DINING HALL

ALL MIST COMPETITORS MUST STAY IN THE VENUE FROM 8:00 AM TO THE ENDING OF EACH DAY. THE ONLY TIMES ALLOWED TO LEAVE IS DURING LUNCH AND DINNER TIMES WITH A COACH. ALL COMPETITORS MUST ALWAYS TRAVEL IN GROUPS.

DUKE-EAST CAMPUS

MAP



COMPETITION BUILDINGS

BRODIE GYM
SISTER'S BASKETBALL

LECTURE HALLS

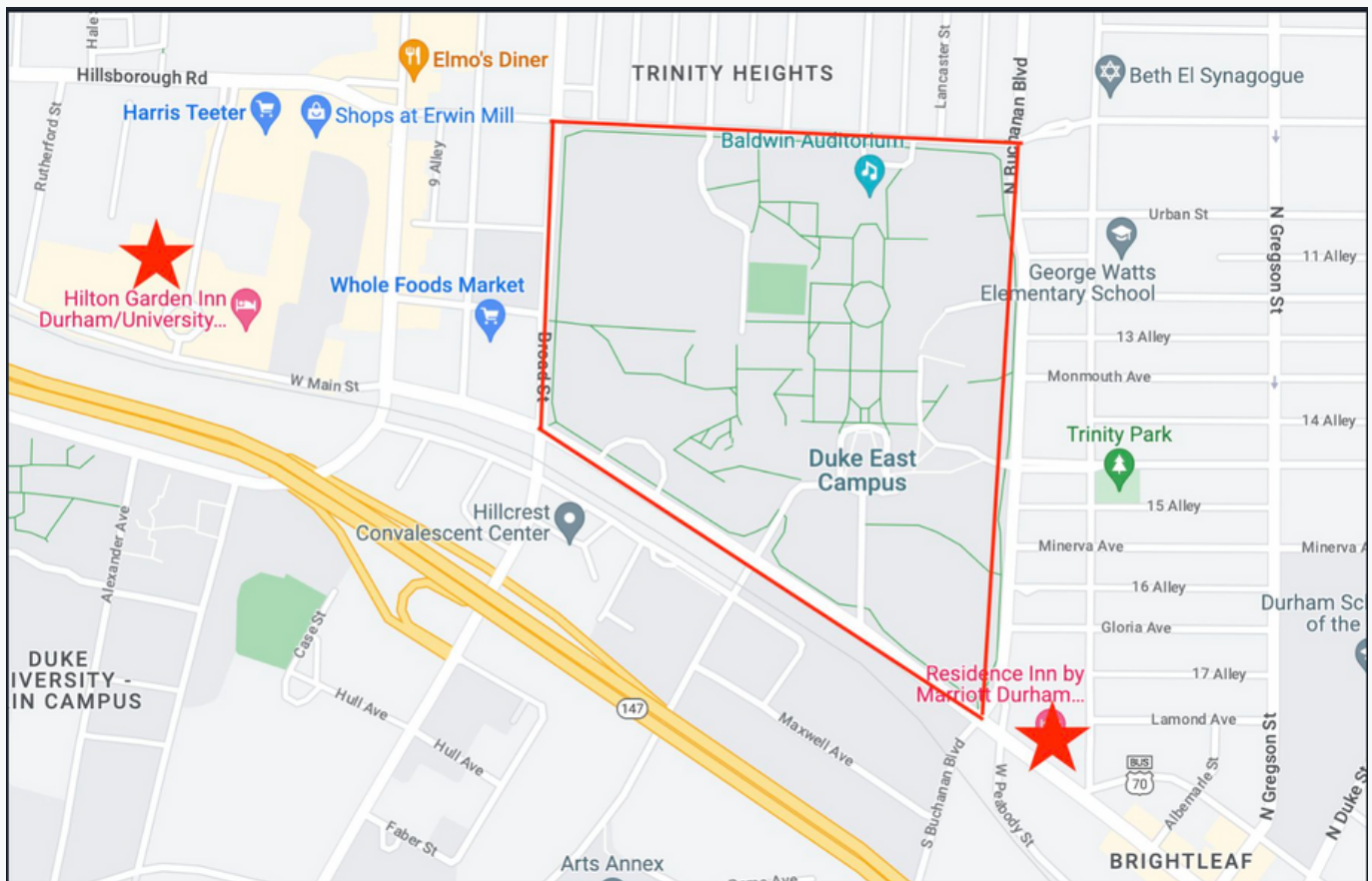
MARKETPLACE
DINING HALL

Prayer Area

ALL MIST COMPETITORS MUST STAY IN THE VENUE FROM 8:00 AM TO THE ENDING OF EACH DAY. THE ONLY TIMES ALLOWED TO LEAVE IS DURING LUNCH AND DINNER TIMES WITH A COACH. ALL COMPETITORS MUST ALWAYS TRAVEL IN GROUPS.

HOTELS (Walkable)
Residence Inn & Hilton Garden Inn

MAP

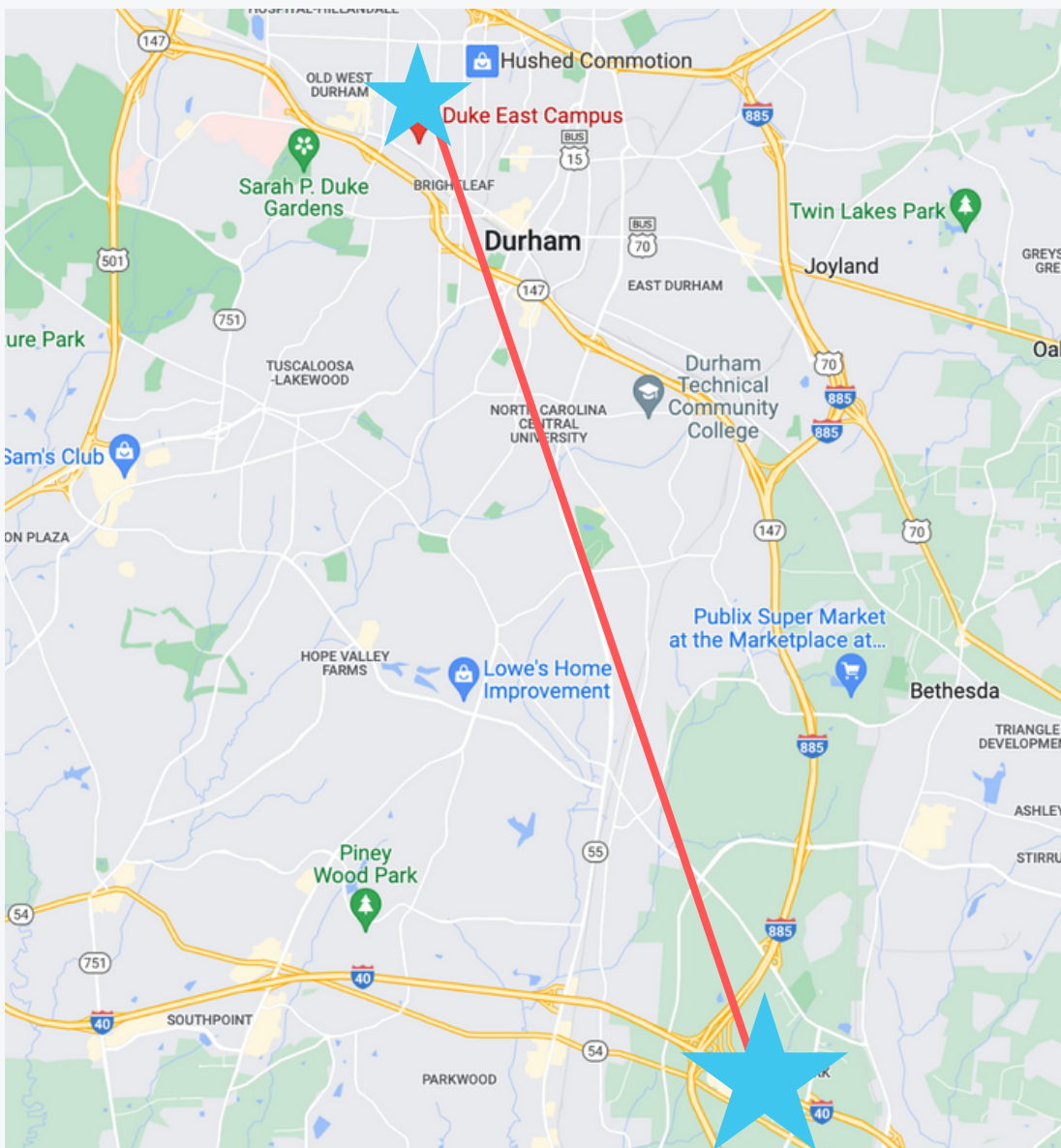


ALL MIST COMPETITORS MUST STAY IN THE VENUE FROM 8:00 AM TO THE ENDING OF EACH DAY. THE ONLY TIMES ALLOWED TO LEAVE IS DURING LUNCH AND DINNER TIMES WITH A COACH. ALL COMPETITORS MUST ALWAYS TRAVEL IN GROUPS.

HOTELS

Hilton Garden Inn (RTP) to Duke East Campus

MAP



ALL MIST COMPETITORS MUST STAY IN THE VENUE FROM 8:00 AM TO THE ENDING OF EACH DAY. THE ONLY TIMES ALLOWED TO LEAVE IS DURING LUNCH AND DINNER TIMES WITH A COACH. ALL COMPETITORS MUST ALWAYS TRAVEL IN GROUPS.

SHUTTLE SCHEDULE

FRIDAY

FRIDAY		
Time	Pick-up	Drop-off
10:00 am - 2:00 pm	RDU	Duke Penn pavilion
2:00 PM - 3:00 PM	Duke Penn pavilion	Brodie Gym (SISTERS)
4:00 PM - 5:00 PM	Duke Penn pavilion	Hilton-Research Park hotel
5:30 PM-6:00 PM	Duke Penn pavilion	Residence Inn by Marriott Durham
		Hilton garden Inn Durham/University
6:30 - 7:30 pm	Hilton-Research Park hotel	Duke East Campus
	Residence Inn by Marriott Durham	
	Hilton garden Inn Durham/University	
9:00 PM - 9:30 PM	Brodie Gym (SISTERS)	Hilton-Research Park hotel
		Residence Inn by Marriott Durham
		Hilton garden Inn Durham/University
	Wilson Gym (BROTHERS)	Hilton-Research Park hotel
		Residence Inn by Marriott Durham
		Hilton garden Inn Durham/University
9:30 - 10:00 pm	Duke East Campus	Hilton-Research Park hotel

SHUTTLE SCHEDULE

SATURDAY & SUNDAY

SATURDAY		
Time	Pick-up	Drop-off
8:00 AM - 12:00 PM	Hilton-Research Park hotel	Duke East Campus
9:00 PM - 11:00 PM	Duke East Campus	Hilton-Research Park hotel

SUNDAY		
Time	Pick-up	Drop-off
8:00 AM - 2:00 PM	Hilton-Research Park hotel	Duke East Campus
4:00 PM - 8:00 PM	Duke East Campus	Hilton-Research Park hotel
		RDU

VENUE FOOD

ALL CHICKEN ARE HALAL DINING HALLS

WEST UNION DINNING HALL

Ginger and Soy
Asian

Gyotaku
sushi

JB's Roasts & Chops
Bistro

Sazon
(Latin American)

Cafe
Coffee

Zweli's
South African Cuisine

MARKETPLACE DINING HALL

Leaf & Ladle
Salad

Cucina
Italian

Fusion
Italian

Pizza

1892 Grille
American

Bakers Table
Dessert

Cereal Bar
Breakfast

BREAKFAST

8:00 am - 10:00 am

LUNCH

12 pm - 2:30 pm

DINNER

5:30 pm - 8:00 pm

WALKABLE FOOD

> 10 MINUTE WALK

Mad Hatter Cafe + Bakeshop

Whole Foods Market

Cloche Coffee

- 9th street -

Bruegger's Bagels

606000

Subway

Alpaca

Happy & Hale

*Devil's NY Pizzeria (*zabiha*)*

*International Delights (*zabiha*)*

*Lime & Lemon Indian Grill & Bar (*zabiha*)*

Elmo's Diner

Chicken Bee

Moe's Original BBQ

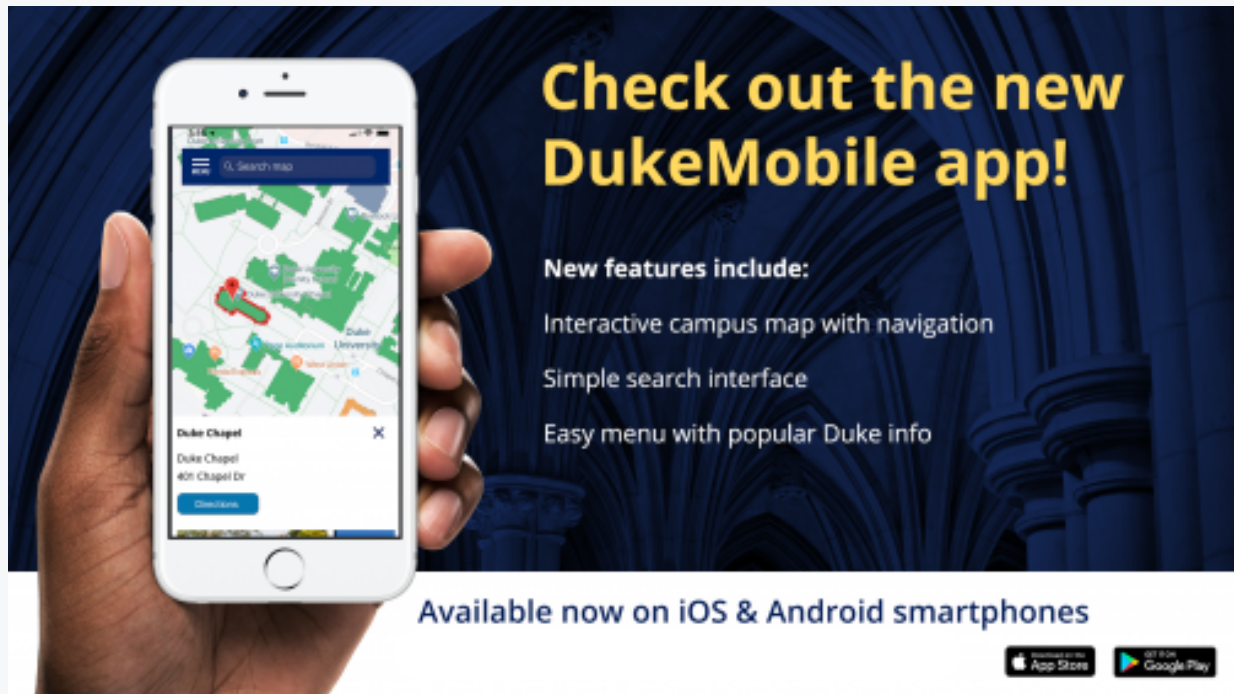
Panera

*Burger Bach (*zabiha*)*

Juiu Durham

DUKE APP

ALL DUKE RELATED ACTIVITES AND DIRECTIONS



Check out the new DukeMobile app!

New features include:

- Interactive campus map with navigation
- Simple search interface
- Easy menu with popular Duke info

Available now on iOS & Android smartphones

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Install the **DukeMobile** app for interactive campus navigation, directions to Penn Pavilion for Registration, Jummuah, and Opening Ceremony (West Campus), as well as Saturday and Sunday Competitions and Programs (East Campus).

Continue as Guest





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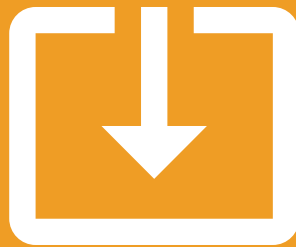


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