

In conjunction with Ann Arbor Running Company, Running Fit, and Tortoise & Hare Running and Fitness Shop Saline High School, A2 Race Management, Newton's Timing Services, and Mick the Meet Manager

**ONCE AGAIN WE WILL HOST SOME OF THE BEST CROSS COUNTRY RACES IN MICHIGAN IN 2016!
WE HOPE YOU CAN ATTEND ANY OR MANY OF THESE EVENTS!**

**WE GIVE OUT "HEAVY" METAL MEDALS WITH NICE NECK RIBBONS AT ALL INVITATIONALS!
WE RUN WELL ORGANIZED MEETS ON SOME AWESOME CROSS COUNTRY COURSES!
Lot's of COACHES GIFTS for coaches who bring complete teams!**

**EMAIL "MICK" FOR DETAILS ON THESE MEETS! tommicallef@gmail.com
2016 MEET INFORMATIONAL FLYERS AND CONTRACTS ARE NOW AVAILABLE AND ALSO POSTED ON ATHLETIC.NET**

COACHES NOTES:

**Practices can legally begin August 10. The first possible day you can compete in 2016 is Friday August 19.
Labor day is Monday, September 5. Most schools will not begin classes until after Labor Day per state law.
MHSAA Regionals are October 28-29. MHSAA State Meet is November 5.**

ANN ARBOR RUNNING COMPANY / SAUCONY FALL PREVIEW MEET - OPEN MEET

**FRIDAY, AUGUST 19, 2016
AT HURON MEADOWS METRO PARK**

ANN ARBOR RUNNING COMPANY / SAUCONY END OF SUMMER CLASSIC - OPEN MEET

**FRIDAY - AUGUST 26, 2016
AT HUDSON MILLS METRO PARK .
WE WILL UNVEIL A NEW COURSE THAT WILL BE AWESOME!
IT WILL BE A FAST, COACH AND SPECTATOR FRIENDLY COURSE. YOUR RUNNERS WILL LOVE IT!**

ANN ARBOR RUNNING COMPANY / SAUCONY SALINE HORNET EARLY BIRD - OPEN MEET

**THURSDAY, SEPTEMBER 1, 2016
AT HURON MEADOWS METRO PARK**

THE RUNNING FIT COACHING LEGENDS CLASSIC - MIDDLE SCHOOL & ELEMENTARY / K-6 MEET

**FRIDAY, SEPTEMBER 30, 2016
AT HURON MEADOWS METRO PARK**

Note: If the MHSAA has new guidelines for 6th grade runners we will follow them!

THE RUNNING FIT COACHING LEGENDS CLASSIC - HIGH SCHOOL MEET

**SATURDAY, OCTOBER 1, 2016
AT HURON MEADOWS METRO PARK**

Divisions based upon school enrollment. Three Divisions again this year with multiple JV races.

ANN ARBOR RUNNING COMPANY RUN THROUGH THE MEADOWS MIDDLE SCHOOL & K-6 MEET

**SATURDAY, OCTOBER 15, 2016
AT HURON MEADOWS METRO PARK**

Note: If the MHSAA has new guidelines for 6th grade runners we will follow them!

ANN ARBOR RUNNING COMPANY / ASICS - MICHIGAN MIDDLE SCHOOL MEGA JAM

**SATURDAY, OCTOBER 22, 2016
K-4 Races. 5-6 Races. 7-8 Varsity Races. 7th & 8th Grade Reserve races.
AT HUDSON MILLS METRO PARK**

Note: If the MHSAA has new guidelines for 6th grade runners we will follow them!

ANN ARBOR RUNNING COMPANY END OF AUTUMN - HARVEST A PR - PRE REGIONAL OPEN MEET

**WEDNESDAY, OCTOBER 26, 2016
AT HURON MEADOWS METRO PARK**

TORTOISE AND HARE POST A PR - POST REGIONAL OPEN MEET

**WEDNESDAY, NOVEMBER 2, 2016
AT HURON MEADOWS METRO PARK**