Your Track Team is invited to attend

The 61st Annual Kermit N. Ambrose Eastern Michigan Huron Relays

PROUDLY SPONSORED BY ANN ARBOR RUNNING COMPANY

Indoors at E.M.U. Bowen Fieldhouse on the Bob Parks Track

Schools with enrollments under 1300 students – Friday, March 25, 2016

Schools with enrollments above 1300 students – Saturday, March 26, 2016

There is some flexibility for teams with enrollments right on the borderline to move up or down.
Please contact Meet Manager "Mick" if you are a school on the edge of these enrollment figures.

THIS WILL BE A CO-ED MEET BUT IT IS NOT NECESSARY THAT BOTH MEN'S AND WOMEN'S TEAMS FROM SAME SCHOOLS ATTEND.

ENTRY FEE: $150 per team per gender. ($300 combined men + women)
For Incomplete teams - $20 per individual per event / $40 per relay team per relay
ADMISSION FOR SPECTATORS $5.00.
Concessions will be available inside Bowen Fieldhouse and also at the Student Union close by.

TROPHIES TO TOP THREE TEAMS.
We will score eight places (10-8-6-5-4-3-2-1)
Customized medals to the top SIX places in all events.
COACHES GIFTS TO ALL HEAD COACHES!
Gifts provided by Ann Arbor Running Company and Brooks.

This should be a fun meet with lots of opportunities for athletes to perform.
The meet is a combination of relays and open events – please check out the venue information below.
This should be a good opportunity for you to "Preview" your team indoors
under controlled weather conditions prior to the outdoor campaign!
This is the longest running, indoor high school track meet in the Midwest
COME AND BE A PART OF A PROUD TRADITION OF EXCELLENCE!
We will seed entries on the day of the meet (just like MITS Meets).
No need to send in entries prior to the meet. We will simply need a roster of possible participants.
This will allow you to have maximum flexibility with your lineup as it is quite early in the season.
We will use a wristband system to record results.
Details regarding entry procedure will be emailed to coaches after contracts are received.

RESULTS WILL BE POSTED ON LINE AS THEY BECOME AVAILABLE.
ALL RESULTS will be emailed and posted on line at Athletic.net at the conclusion of the meet.

FOR MORE INFORMATION CONTACT MEET MANAGER
Tom (Mick) Micallef – tommicallef@gmail.com 734.649.2091

DOORS OPEN AT 8:30 AM. TEAM PACKETS AVAILABLE FOR PICK UP AT THIS TIME.
10:00 am Field Events begin / 10:00 am Track Events begin

LINEUP OF EVENTS / ENTRY LIMITATIONS

FIELD EVENTS: Two entrants per team. Long Jump / High Jump / Pole Vault / Shot Put

TRACK EVENTS: in the following order. **NOTE**: Per MHSAA rules, MEN will run first in 2016.
Two entrants per team in the individual events. One entrant per team for the relay events.

1) 4 x 800 RELAY
2) 60 Meter Hurdle Semi Finals
3) 60 Meter Dash Semi Finals
4) DISTANCE MEDLEY RELAY (1200-400-800-1600)
5) 60 Meter Hurdle Finals
6) 60 Meter Dash Finals
7) 4 x 200 RELAY
8) 1600 Meter Run
9) 4 x 400 RELAY

All Track Events will be F.A.T. Timed.
Top 16 to finals in 60 + 60 Hurdles. Two heats.