

ATTENTION TRACK AND FIELD COACHES!

THE ANN ARBOR RUNNING COMPANY
21st ANNUAL "GOLDEN TRIANGLE" TRACK MEET
PRESENTED BY BROOKS RUNNING!
FRIDAY, MAY 6, 2016 at SALINE High School

Field Events – 10:00 am.

Women's Pole Vault, Discus. Men's Shot Put and High Jump. Men's & Women's Long Jump (Two Pits)

11:00 am Distance Medley Relay followed by Freshman Mile

Sprint / Hurdle Semi Finals – 12:30 pm

Note: No Preliminaries. Semi Finals Only.

4 x 800 will be run 15 minutes after the conclusion of the Sprint Semi Finals.

Running Finals beginning with the 110 / 100 Hurdles – 3:00 pm

Admission: EVERYONE who is not an athlete or coach pays \$5.00 at the gate.

Athletes MUST be in uniform to get in free!

NO TEAM SCORES

CO-ED MEET

ENTRY FEES: *Make checks payable to SALINE H.S. ATHLETICS*

\$150 per gender / team. \$300 if you bring both men's and women's team.

Note: If you have favorite people who like to work finish lines or field events we would welcome the help!

AWARDS:

SPECIAL SUPER DOOPER MEDALS TO TOP THREE

IN ALL EVENTS INCLUDING ALL RELAY TEAM MEMBERS.

These Medals are similar to the ones they give out at Nike Nationals!

ADDITIONALLY, INDIVIDUAL AND RELAY TEAMS

THAT ARE MEET CHAMPIONS WILL RECEIVE A SPECIAL AWARD!

MEDALS TO 4th – 8th places ALL EVENTS.

Nice customized medals with neck ribbons – keepsakes! Note: We went to 8 medals this year!!!!

TWO HONORARY MEDALS PER TEAM.

You can give them out to anyone on your team who had special performances!

COACHES GIFT FOR ALL COACHES WHOSE TEAMS PAY FULL ENTRY FEES.

ENTRY INFORMATION:

The meet will be run with a "Regional" format to prepare for the weeks ahead.

PRE MEET ENTRIES VIA AN ON ATHLETIC.NET

Doing this will help you get your Regional "homework" done early!

NOTE: EACH TEAM CAN ENTER TWO ATHLETES IN EACH INDIVIDUAL EVENT.

Please only enter athletes that are competitive. If you have additional athletes that compete at a high level that you would like to enter into the meet exceeding the entry limitations please contact Meet Manager Mick and we will review the athletes resume.

EACH TEAM WILL GET SIX WILD CARDS TO USE IN THE INDIVIDUAL EVENTS.

NOTE: A WILD CARD ENTRY IS SIMPLY AN ADDITIONAL ENTRY YOU CAN USE IN AN EVENT OF YOUR CHOICE.

NOTE: EACH TEAM CAN ENTER ONE RELAY TEAM IN EACH RELAY EVENT!

EACH TEAM WILL GET TWO WILD CARDS TO USE IN THE RELAY EVENTS.

This meet gives many athletes on your team a chance to compete at a high level and gain experience for your upcoming league and regional championship meets! Opportunity to compete – Priceless!

THERE WILL SEMI FINALS ONLY IN THE 100 Dash, 100 / 110 High Hurdles and 200 Dash.

MEET PHILOSOPHY:

Have some fun! Reduce the pressure as no team scores will be kept. Many teams will be missing individuals this weekend due to proms, SAT/ACT testing, band tours, and the other issues that plague spring sports – so what!

Come and run anyways with the athletes you have! Experiment with your lineup a bit!

Introduce your athletes to the "Regional" format that will evolve over the coming weeks!

Give many athletes a chance to run instead of the selected few that usually get to compete in large invitational meets.

Reward your individual athletes with some nice awards.

Compare yourselves to some of the best track and field teams in the State!

MAXIMUM NUMBER OF TEAMS COMPETING WILL BE LIMITED TO 40.

RESERVE YOUR SPOT EARLY BY RETURNING THE ATTACHED CONTRACT!

Please read this contract carefully and send to the correct address!!!

MEET MANAGER – TOM MICALLEF (mick)

CONTACT ME AT 649 – 2091

Email: tommicallef@gmail.com