COME JOIN US AS WE HOST THE SIXTH ANNUAL

"RUN THROUGH THE MEADOWS"

MIDDLE SCHOOL CROSS COUNTRY INVITATIONAL

Sponsored by THE ANN ARBOR RUNNING COMPANY

along with the Saline Cross Country Teams

SATURDAY, OCTOBER 14th, 2017

At the beautiful cross country course at HURON MEADOWS Metro Park

FORMAT: TEAM SCORES WILL BE KEPT. CHAMPIONS WILL BE CROWNED!

MEET PHILOSOPHY: We hope this will make it a competitive and fun day for all teams! We will make this a meet your athletes can enjoy as the season builds to a climax – a chance to run fast on a terrific cross country course and experience a well run meet by the seasoned veterans putting it on! Our first five meets were terrific events for everyone and we hope to make this one even bigger and better!

IT WILL BE A BIG OLD CROSS COUNTRY PARTY – COME OUT AND JOIN THE FUN!

COACHES PLEASE NOTE: There were changes at the MHSAA level last year allowing 6th graders to compete with 7th + 8th graders. As this change will impact programs differently depending upon your programs parameters, we will give Coaches the choice to run 6th graders in any of the races listed below. You can run some 6th graders in the 3,200 meter races and some 6th graders in the 2,500 meter races. Do what is best for your program and your individual athletes!

Note! FOR THE MIDDLE SCHOOL VARSITY RACES WE WILL ALLOW TEAMS TO ENTER TEN RUNNERS.

(only the top seven will figure into the meet scoring but all can earn medals)

RACE TIME SCHEDULE:

Note: All medals / All races will be passed out in the chute.

Girls Elementary / K-6	**2,500 Meter Race**	**10:00 am**
Boys Elementary / K-6	**2,500 Meter Race**	**10:30 am**

Note: Unlimited entries for each team in the Elementary/ K-6 races.

Girls VARSITY	**3,200 Meter Race**	**11:00 am**
Boys VARSITY	**3,200 Meter Race**	**11:30 am**

NOTE: Varsity races, each team can enter a maximum of 10 runners!

Girls RESERVE	**3,200 Meter Race**	**12:00 pm**
Boys RESERVE	**3,200 Meter Race**	**12:30 pm**

Note: Unlimited entries for each team in the reserve races.

Team Trophy plus Additional awards presentations to top 5 runners – for all races at 1:00 pm

RESULTS: Will be available "ON LINE" within minutes after each race.

ENTRIES: We will process all entries on line at Athletic.net

AWARDS: ALL MEDALS ARE CUSTOM "HEAVY HARDWARE" MEDALS – KIDS LOVE EM!

MEDALS to the top 75 in each Varsity gender race.
MEDALS to the top 75 in each Reserve gender race.
MEDALS to the top 75 in each K-6th gender race.
TEAM TROPHIES to the top 3 teams in Varsity races.
TEAM TROPHIES to the top 2 teams in Elementary / K-6th races

ENTRY FEES: Middle School 7-8 Teams $85.00 per team / per gender.
($170 if you enter both a boys' and girls' team – this covers all reserve runners!)
K – 6th Grade teams $65 per team / per gender. (Separate from 7-8 entry fees!)
($130 if you enter both a boys and girls team.)
Individual / unattached runners will be charged $20 per runner.

CONTRACTS: See Additional file attached. MAKE CHECKS PAYABLE TO SALINE HIGH SCHOOL.
Note: Completing the contract is your commitment to paying the entry fee and attending the meet!

Send contracts and entry fees to: Tom Micallef – Meet Manager 7184 Steeplechase Drive Saline, MI 48176

QUESTIONS / CONTACTS: Coach Mick tommicallef@gmail.com 734 – 649 – 2091