

COME CELEBRATE THE START OF THE 2017 CROSS COUNTRY SEASON
BY JOINING US FOR THE 30th ANNUAL

ANN ARBOR RUNNING COMPANY
“EARLY BIRD” CROSS COUNTRY INVITATIONAL

THURSDAY, August 31, 2017

on the Lightning *FAST* course at Huron Meadows Metro Park

(Sponsored by SALINE High School and Mick’s Meet Management Team!)

MEET PHILOSOPHY: **NO TEAM SCORES KEPT. HAVE SOME FUN WHILE WE INTRODUCE THE 2017 SEASON! LET YOUR LITTLE BIRDS LEARN HOW TO FLY!** We play music and try to let the kids have a nice, low key introduction to competition! We give out very nice awards and lots of them! Not keeping a team score allows athletes to compete without “team” pressure and rewards your hard working runners who have been putting in miles during the pre season months. Not keeping team scores allows for an even playing field for large and small teams as their season begins so that nobody goes home feeling like a loser! Running a meet like this helps you “coach” your athletes! Being able to run all of your runners on the same course on the same day will help you sort out your lineup for future meets! Running on a “real” cross country course complete with hills, mosquitoes, and chipmunks provides a nice introduction to the CC season for your athletes – and, our awards are second to none! Come Join Us! **A chance to compete just prior to Labor Day Weekend and the beginning of school! You will love Huron Meadows Metro Park!!! This is a terrific XC course!**

OUR PLAN IS TO DIVIDE THE RACES BY SCHOOL ENROLLMENTS / HISTORICAL TEAM STRENGTH

RACE TIME SCHEDULE:

Women’s BLUE Open 5,000 Meter Run	Smaller Schools (Maximum 14 entries per team)	4:00 pm
Women’s GOLD Open 5,000 Meter Run	Larger schools (Maximum 14 entries per team)	4:30 pm
Men’s BLUE Open 5,000 Meter Run	Smaller Schools (Maximum 14 entries per team)	5:00 pm
Men’s GOLD Open 5,000 Meter Run	Larger schools (Maximum 14 entries per team)	5:30 pm
Women’s Reserve / JV 5,000 Meter Run.	Blue + Gold Schools Combined – unlimited entries	6:00 pm
Men’s Reserve / JV 5,000 Meter Run.	Blue + Gold Schools Combined – unlimited entries	6:35 pm
Women’s Open 2,500 Meter Run	unlimited entries	7:05 pm
Men’s Open 2,500 Meter Run	unlimited entries	7:30 pm

2,500 Meter races are “OPEN” to athletes who are less experienced or just rounding into shape.

Middle school runners should only compete in this event, not the 5K races!

RESULTS: Will be posted on line within minutes after each race. Results will be uploaded to Athletic.net and emailed.

AWARDS: ALL MEDALS ARE CUSTOM “HEAVY HARDWARE” MEDALS – THE KIDS LOVE EM!
Medals to the top 75 in all 5,000 Meter Races. Medals to the top 25 in 2,500 Meter Races

One honorary medal will be given to each team to give to the person you choose!

COACHES GIFTS TO ALL HEAD COACHES WITH A COMPLETE TEAM ENTRY.

ENTRY FEE: \$100.00 per team per gender (\$200 if you enter both a men’s and women’s team!)

MAKE CHECKS PAYABLE TO SALINE AREA SCHOOLS.

MAIL CHECKS TO MY HOUSE PLEASE – SEE ADDRESS BELOW!

Send Contracts and Entry Fees to:

Tom Micallef – Meet Manager
7184 Steeplechase Drive
Saline, MI 48176

QUESTIONS / CONTACTS: Coach Mick
email: tommicallef@gmail.com
phone: 734.649.2091

A contract is attached. Mail or email a copy to reserve your spot in the meet.

Completing the contract is your commitment to paying the entry fee and attending the meet!

COURSE NOTES: The Huron Meadows course is fast and fun. It is a measured, 5k course located just west of US 23 (Exit 55 – Silver Lake Road) in the beautiful Huron Meadows Metro Park. (Near Brighton and Whitmore Lake) This course may be the best course in southeastern Michigan! It is a true Cross Country course complete with hills, and trails, but it runs like track on the grass! We think it is a great experience for runners who appreciate the sport of Cross Country – come out and run it! It is a good “introduction” course for your runners!

We put on a good show. Come out and join us for a big old cross country party!