

COME JOIN US AS WE RUN...

THE "POST A PR" CROSS COUNTRY RACE

Post Regional Open Meet – Come Dance at the PROM.

SPONSORED BY TORTOISE AND HARE RUNNING AND FITNESS SHOP

And Saline High School XC!

WEDNESDAY, NOVEMBER 1st, 2017

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

NO TEAM SCORES KEPT

RACES ARE 5,000 METERS (unlimited number of runners per team / individuals welcome)

MEET PHILOSOPHY: A chance to run fast at the end of the season when the "hay is in the barn!"

This course is measured, well groomed, and known to produce terrific times late in the season!

If you as an individual or your team didn't make the high school state meet and are hoping to post up a new PR as the season ends – this is the meet for you! We will make this a festive event at a marvelous metro park!

We have trained all season long – let's light it up and let it loose!

RACE TIME SCHEDULE: WE WILL ADHERE TO THIS SCHEDULE!

PLEASE PLAN AHEAD TO AVOID TRAFFIC DELAYS AND ALLOW FOR PROPER WARMUP.

NOTE: Sunset in Brighton is at 6:28 on this date.

WE WILL START RACES ON THIS SCHEDULE EVEN IF SLOWER RUNNERS ARE STILL ON THE COURSE!

"Open" Women's 5,000 Meter Race #1	(slowest ½ of the field)	3:45 pm
"Open" Men's 5,000 Meter Race #1	(slowest ½ of the field)	4:15 pm
"Open" Women's 5,000 Meter Race #2	(fastest ½ of the field)	4:40 pm
"Open" Men's 5,000 Meter Race #2	(fastest ½ of the field)	5:05 pm

NOTE: If the number of contestants entered warrants a third race for either or both genders, we will have enough daylight to add a race or two. We will not make this decision until after entries have closed.

We will attempt to limit the number of runners in any race to 200 or less.

RESULTS: Will be available on line within minutes of the final finisher. They will also be emailed.

AWARDS: ALL MEDALS ARE CUSTOM "HEAVY HARDWARE" MEDALS!

Medals to the top 100 in each race!!!! (If there is a third race for either gender we will add additional medals)

ENTRIES: DUE ON ATHLETIC.NET BY SUNDAY, OCTOBER 29 AT 4:00 PM

This will allow us to post the entrants and let athletes know what race they will compete in

PLEASE ENTER ONLY ATHLETES THAT WILL BE COMPETING – NOT YOUR ENTIRE ROSTER!

WHEN YOU GO TO ENTER ATHLETES THERE WILL BE ONLY ONE RACE LISTED.

WE WILL DIVIDE THE RACES UP ACCORDINGLY ONCE ENTRIES HAVE BEEN SUBMITTED.

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

\$20.00 per individual runner if you are not attached to a team.

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

MAKE CHECKS PAYABLE TO SALINE HIGH SCHOOL.

CONTRACTS: 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!

QUESTIONS / CONTACTS:

Meet Manager: Coach Mick email: tommicallef@gmail.com phone: 734.649.2091

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 – you will be glad you did and a good chance you will come home with a new PR!

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