

We hope you can attend the 26th annual Women's and 16th annual Men's....

ANN ARBOR RUNNING COMPANY

"APRIL SHOWERS RELAYS!"

(and, let's hope that we stay warm and dry!)

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

DATE: Saturday, April 21, 2018 SITE: DEXTER TRACK

2615 BAKER ROAD NEXT TO THE CREEKSIDE ELEMENTARY SCHOOL

DEXTER HIGH SCHOOL HAS A STATE OF THE ART FACILITY!

TIME: 10:00 am Field Events / 11:30 am Track Events

ENTRY FEE: \$175 per team (\$350 combined men + women)

INDIVIDUAL AWARDS:

Nice Customized medals to the top SIX places in all events. Coaches Gifts for all Head Coaches!

Two "Honorary" medals per team to give to athletes with memorable performances.

TEAM AWARDS: Trophies to the top THREE men's / women's teams

NOTE: This is strictly a relay format type meet and will run quickly so use your athletes wisely to insure proper recovery time. We anticipate being done no later than 4:30 pm unless there are issues.

NOTE: All entries will be submitted electronically prior to the meet. Details will be sent to attending coaches.

NOTE: ALL RESULTS will be available on line during the meet and will also be emailed upon completion of the meet.

NOTE: IF YOU HAVE FAITHFUL FOLLWERS THAT WOULD LIKE TO HELP WORK FIELD EVENTS WE WOULD WELCOME THEIR SUPPORT!

NOTE: Contact Meet Manager Tom (Mick) Micallef to secure your spot in the meet. 734.649.2091

Email: tommicallef@gmail.com US MAIL: Tom Micallef / Meet Manager 7184 Steeplechase Drive Saline, MI 48176

WE NEED CONTRACTS RETURNED TO GUARANTEE YOUR SPOT IN THIS EVENT!

LINUEP OF EVENTS!

FIELD EVENTS: Will all be three person relays but only your top two performers will count.

Simply add up the best effort of your top two performers and that is your team performance. All three participants will receive medals if they score in the top six. (High Jump / Long Jump / Shot Put / Discus and Pole Vault)

TRACK EVENTS: In the following order.

NOTE: Per MHSAA rules, MEN will run first in 2018

****UNSCORED "JV" 1600 RUN AT 10:15 AM. UNLIMITED ENTRIES MEN AND WOMEN****

- 1) SHUTTLE HURDLES (Low – High) Boys – 1st and 3rd runners will run 33" hurdles / 2nd and 4th run 39"
Girls – 1st and 3rd runners will run 30" hurdles / 2nd and 4th run 33"
- 2) 3200 RELAY (4 x 800, 2 turn stagger)
- 3) 800 RELAY (4 x 200, lanes all the way)
- 4) 900 HURDLE RELAY (3 x 300 hurdles) Athletes will be seeded. FAT Timed. Add three times for total time.
- 5) 1600 METER RUN. Limit – TWO entries per team. Max two heats per gender.
- 6) 1600 MEDLEY (400 – 200 – 200 – 800) First 200 runner can move to the inside lane of the track.
- 7) SPRINT RELAY (200 – 100 – 100 – 400) Your 400 runner can move to the inside lane of the track.
- 8) 400 RELAY (4 x 100)
- 9) DISTANCE MEDLEY (1200 – 400 – 800 – 1600)
- 10) 1600 RELAY (4 x 400, 3 turn stagger)

NOTE: "B" Teams will be allowed if after entries are received there is room to fit teams in without creating additional heats. THERE WILL BE AN ADDITIONAL FEE FOR "B" TEAM ENTRIES.

Please Contact Mick the Meet manager if interested. We should be able to accommodate most requests.