

**Your Track Team is invited to attend**

# **The 63<sup>rd</sup> Annual Kermit N. Ambrose Eastern Michigan Huron Relays**

**PROUDLY SPONSORED BY ANN ARBOR RUNNING COMPANY**

**Indoors at Bowen Field House on the Bob Parks Track**

**Schools with enrollments under 1300 students – Friday, March 23, 2018**

**Schools with enrollments above 1300 students – Saturday, March 24, 2018**

*There is some flexibility for teams with enrollments right on the borderline to move up or down.*

*Please contact Meet Manager "Mick" if you are a school on the edge of these enrollment figures.*

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

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

*For Incomplete teams - \$20 per individual per event / \$40 per relay team per relay*

**ADMISSION FOR SPECTATORS \$5.00.**

Concessions will be available inside Bowen Fieldhouse and also at the Student Union close by.

**TROPHIES TO TOP THREE TEAMS.**

We will score eight places (10-8-6-5-4-3-2-1)

**Customized medals to the top SIX places in all events.**

**COACHES GIFTS TO ALL HEAD COACHES!**

*Gifts provided by Ann Arbor Running Company.*

**This should be a fun meet with lots of opportunities for athletes to perform.**

**The meet is a combination of relays and open events – please check out the venue information below.**

*This should be a good opportunity for you to "Preview" your team indoors under controlled weather conditions prior to the outdoor campaign!*

***This is the longest running indoor high school track meet in the Midwest***

***COME AND BE A PART OF A PROUD TRADITION OF EXCELLENCE!***

**We will seed entries on the day of the meet (just like MITS Meets).**

**No need to send in entries prior to the meet. We will simply need a roster of possible participants.**

*This will allow you to have maximum flexibility with your lineup as it is quite early in the season.*

*We will use a wristband system to record results.*

**Details regarding entry procedure will be emailed to coaches after contracts are received.**

**RESULTS WILL BE POSTED ON LINE AS THEY BECOME AVAILABLE.**

**ALL RESULTS will be emailed and posted on line at Athletic.net at the conclusion of the meet.**

**FOR MORE INFORMATION CONTACT MEET MANAGER**

**Tom (Mick) Micallef – tomicallef@gmail.com 734.649.2091**

**DOORS OPEN AT 8:30 AM. TEAM PACKETS AVAILABLE FOR PICK UP AT THIS TIME.**

**10:00 am Field Events begin / 10:00 am Track Events begin**

## **LINEUP OF EVENTS / ENTRY LIMITATIONS**

**FIELD EVENTS:** Two entrants per team. Long Jump / High Jump / Pole Vault / Shot Put

**TRACK EVENTS:** in the following order. **NOTE:** Per MHSAA rules, MEN will run first in 2018.

*Two entrants per team in the individual events. One entrant per team for the relay events.*

- 1) 4 x 800 RELAY
- 2) 60 Meter Hurdle Semi Finals
- 3) 60 Meter Dash Semi Finals
- 4) DISTANCE MEDLEY RELAY (1200-400-800-1600)
- 5) 60 Meter Hurdle Finals
- 6) 60 Meter Dash Finals
- 7) 4 x 200 RELAY
- 8) 1600 Meter Run
- 9) 4 x 400 RELAY

All Track Events will be F.A.T. Timed.

Top 16 to finals in 60 + 60 Hurdles. Two heats.