

**ATTENTION TRACK AND FIELD COACHES!**

**PLEASE NOTE WE HAVE MADE SIGNIFICANT CHANGES TO THIS EVENT FOR 2018.  
PLEASE CAREFULLY REVIEW THIS DOCUMENT ALONG WITH THE EVENT CONTRACT.**

Mother Nature was a little unkind to us in 2016. We survived. We will come back stronger and wiser!  
**HOPE YOU CAN JOIN US FOR A FUN-FILLED TWO DAY TRACK AND FIELD EXTRAVAGANZA!**

**23<sup>RD</sup> ANNUAL "GOLDEN TRIANGLE" TRACK AND FIELD MEET**

**SPONSORSHIP OF THIS EVENT PROVIDED BY THE ANN ARBOR RUNNING COMPANY,  
ADDIX APPAREL, AND ADDITIONAL SPONSORS TO BE NAMED LATER.**

**FRIDAY, MAY 4 & SATURDAY, MAY 5, 2018 at Saline High School.**

**THE 2018 EVENT WILL BE A TWO DAY TRACK AND FIELD EXTRAVAGANZA!**

**THE GOLDEN TRIANGLE "FRIDAY FESTIVAL" – MAY 4**

**THE GOLDEN TRIANGLE "SATURDAY SHOWCASE" – MAY 5**

**NOTE: Your team has the option to attend both days of competition or just one of the two.**

**FOR A NUMBER OF REASONS WE ARE HOSTING TWO SEPARATE MEETS.  
IF YOUR TEAM COMPETES BOTH DAYS, YOUR PROGRAM WILL BE CHARGED WITH  
TWO DATES OF COMPETITION PER MHSAA GUIDELINES.**

**IF YOUR TEAM COMPETES BOTH DAYS, YOUR ATHLETES WILL BE ABLE  
TO COMPETE IN A MAXIMUM OF FOUR EVENTS EACH DAY.**

**WE HOPE THIS NEW FORMAT WILL IMPROVE THE GOLDEN TRIANGLE EXPERIENCE  
for everyone involved. The meet has grown in size and scope over the past few years,  
and moving to a two day / two meet format is an experiment that we hope will eliminate  
some of the time constraint issues we have experienced in recent years.  
*We hope you will join us as we host one of the premier track and field experiences in the Midwest.***

**ENTRY FEES:**

*Make checks payable to SALINE H.S. ATHLETICS*

**\$200 per gender / team if your team competes both days.**

**\$400 if you bring both men's and women's teams that compete both days.**

*Note: If your team decides to only compete one of the days fees are reduced – see below.*

**\$125 per gender / team if your team competes on only one of the days.**

**\$250 if you bring both men's and women's teams that compete only one day.**

**FEES FOR INDIVIDUALS = \$20 PER ATHLETE PER EVENT.**

**FEES FOR SINGLE RELAY ENTRIES = \$40 PER RELAY TEAM PER EVENT.**

**ADDITIONAL IMPORTANT NOTES:**

**Contracts must be returned before we will accept your teams into this event.**

**Once your teams or individuals have been entered into the event, payment is expected.**

**In case athletes or teams no show or decide at the last minute not to compete, we will still expect payment.**

**If the meet is hampered by mother nature, we will still expect payment from the teams / individuals entered.**

**Teams will only be allowed to register on A-Net after the meet contract has been returned.**

**General Admission for Spectators:**

**EVERYONE who is not an athlete or coach pays \$5.00 at the gate.**

**Admission will be charged both days.**

*Athletes MUST be in uniform to get in free! Coaches must be on our Coaches' Guest List.*

**\*\*\*AWARDS WILL BE DISTRIBUTED UNDER OUR AWARDS TENT AS RESULTS BECOME OFFICIAL\*\*\***

**SPECIAL SUPER DOOPER MEDALS TO TOP THREE FINISHERS  
IN ALL EVENTS INCLUDING ALL RELAY TEAM MEMBERS.**

*These medals are similar to the ones awarded at New Balance Nationals!*

**INDIVIDUAL AND RELAY TEAMS THAT ARE MEET CHAMPIONS  
WILL RECEIVE SPECIAL AWARDS PROVIDED BY ONE OF OUR SPONSORS!**

**ADDITIONAL MEDALS TO 4<sup>th</sup> – 8<sup>th</sup> places ALL EVENTS.**

*Nice customized medals with neck ribbons – keepsakes!*

**TWO HONORARY MEDALS PER TEAM.**

*You can give them out to anyone on your team who had special performances!*

**CUSTOM / PERSONALIZED COMPETITOR BIBS FOR ALL CONTESTANTS.**

**NICE GIFTS FOR ALL HEAD COACHES WHOSE TEAMS PAY FULL ENTRY FEES.**

**NO TEAM SCORES**

**MEET PHILOSOPHY:**

**Have some fun!**

Reduce the pressure as no team scores will be kept.

Many teams will be missing individuals this weekend due to proms, SAT/ACT testing, band tours, and the other issues that plague spring sports – so what!

**Come and compete anyways with the athletes you have! Experiment with your lineup a bit!**

**COME AND EXPERIENCE THE MAGIC OF THE GOLDEN TRIANGLE!**

Give many athletes a chance to run instead of just the select few that usually get to compete at invitational meets.

**Reward your athletes with some very nice awards.**

**Compare your team / individuals to some of the best track and field teams in the State and Midwest!**

The meet will potentially help your team gain additional qualifiers for Regionals!

This meet also gives your teams an opportunity to qualify for National Events to be held in the summer.

*This meet gives many athletes on your team a chance to compete at a high level and gain experience for League, Regional and State Championship meets! Opportunity to compete – Priceless!*

**MAXIMUM NUMBER OF COMPLETE TEAMS COMPETING WILL BE LIMITED TO 45 per gender.**

**RESERVE YOUR SPOT EARLY BY RETURNING THE ATTACHED CONTRACT!**

**YOUR TEAM WILL NOT BE IN THE MEET WITHOUT SENDING IN THE CONTRACT!**

**Please read the contract carefully and send to the correct address!!!**

**TOM MICALLEF – MEET MANAGER  
7184 STEEPLECHASE DRIVE, SALINE, MI 48176**

**YOU CAN EMAIL IT TO ME IF THIS IS MORE CONVENIENT.**

Email: [tommicallef@gmail.com](mailto:tommicallef@gmail.com)

**IF YOU SIGN THE CONTRACT AND SEND IT IN, PAYMENT WILL BE EXPECTED!**

MEET MANAGER – TOM MICALLEF (mick) 734.649.2091 Email: [tommicallef@gmail.com](mailto:tommicallef@gmail.com)

**PRE-MEET ENTRIES MUST BE SUBMITTED ON ATHLETIC.NET**

**WE ANTICIPATE ENTRIES WILL BE DUE SUNDAY, APRIL 29, 2018**

**EACH TEAM CAN ENTER TWO ATHLETES IN EACH INDIVIDUAL EVENT.**

***EACH TEAM WILL GET SIX WILD CARDS TO USE IN THE INDIVIDUAL EVENTS – both days!***

***NOTE: A WILD CARD ENTRY IS SIMPLY AN ADDITIONAL ENTRY YOU CAN USE IN AN EVENT OF YOUR CHOICE.***

**EACH TEAM CAN ENTER ONE RELAY TEAM IN EACH RELAY EVENT!**

***EACH TEAM WILL GET TWO WILD CARDS TO USE IN THE RELAY EVENTS – both days!***

**NOTES REGARDING THE SPRINT EVENTS**

**THERE WILL SEMI-FINALS ONLY IN THE 100 Dash, 100 / 110 High Hurdles and 200 Dash.**

***Both rounds of competition will be held on Friday. See time schedule below***

**Top 16 fastest Round One times will advance to the finals.**

TWO HEATS OF FINALS. EIGHT IN EACH HEAT.

EIGHT FASTEST TIMES FROM THE SEMI FINALS WILL BE IN HEAT TWO OF THE FINALS

NEXT EIGHT QUALIFIERS TO FINALS WILL BE IN HEAT ONE OF THE FINALS.

**HEAT WINNERS ARE NOT GUARANTEED A SPOT IN THE FINALS.**

**ATHLETES WILL ADVANCE TO THE FINALS BASED ON F.A.T. TIMES FROM THE ROUND ONE SEMI FINALS.**

**NOTE REGARDING THE 3200 RUN.**

**DUE TO TIME CONSTRAINTS**

**ONLY THE TOP 100 ATHLETES ENTERED FOR EACH GENDER  
WILL BE ALLOWED TO PARTICIPATE IN THIS EVENT.**

***TIMES MUST BE VERIFIED ON ATHLETIC.NET WITH NO OVERRIDES ALLOWED.***

***SEE TIME SCHEDULE BELOW FOR MORE INFORMATION REGARDING THIS EVENT.***

**SEE THE FINAL PAGE OF THIS DOCUMENT  
FOR A LIST OF EVENTS  
WE WILL CONTEST ON EACH DAY.**

**LINEUP OF EVENTS THAT WILL BE CONTESTED ON FRIDAY, MAY 4  
GOLDEN TRIANGLE FRIDAY FESTIVAL**

**FIELD EVENTS – 1:00 pm.**

**WOMEN'S POLE VAULT, WOMEN'S DISCUS, WOMEN'S LONG JUMP  
MEN'S SHOT PUT, MEN'S HIGH JUMP**

**SESSION ONE TRACK EVENTS – 1:00 pm.**

**MEN RUN FIRST ON THE TRACK IN 2018**

**FRESHMAN 1600 RUN  
100 METER DASH ROUND #1  
110 / 100 METER HURDLES ROUND #1  
NOVICE 3200 METER RUN SECTION #1 (entries ranked 66 – 100)  
200 METER DASH ROUND #1**

INTERMISSION / BREAK AT THE CONCLUSION OF ROUND #1 OF THE 200 METER DASH.  
ASSISTANT COACH OF THE YEAR AWARDS / SALINE TEACHER APPRECIATION AWARDS

**SESSION TWO TRACK EVENTS – 5:00 pm.**

**MEN RUN FIRST ON THE TRACK IN 2018**

**110 / 100 METER HURDLE FINALS  
100 METER DASH FINALS  
DISTANCE MEDLEY RELAY (1200-400-800-1600)  
200 METER DASH FINALS  
400 RUN (Multiple Sections)  
800 RUN (Multiple Sections)  
SPRINT MEDLEY RELAY (100-100-200-400)  
3200 METER RUN BLUE / GOLD SECTION #2 (Athletes ranked @ 31 – 65)  
MIKE SMITH ELITE 3200 METER RUN SECTION #3 (Athletes ranked as the top 30)**

*NOTE: We anticipate being done by @9:00 on Friday Night.*

**LINEUP OF EVENTS THAT WILL BE CONTESTED ON SATURDAY, MAY 5  
GOLDEN TRIANGLE SATURDAY SHOWCASE**

**FIELD EVENTS – 10:00 am.**

**MEN'S POLE VAULT, MEN'S DISCUS, MEN'S LONG JUMP  
WOMEN'S SHOT PUT, WOMEN'S HIGH JUMP**

**TRACK EVENTS – 10:00 am.**

**MEN RUN FIRST ON THE TRACK IN 2018**

**4 x 800 METER RELAY  
4 x 200 METER RELAY  
1600 METER RUN. (Multiple Sections)  
THE GOLDEN MILE  
*(Athletes will be selected for this race based on individual credentials)*  
4 x 100 METER RELAY  
300 HURDLES (Multiple Sections)  
4 x 400 METER RELAY**

*NOTE: We anticipate being done by @3:00 on Saturday afternoon.*