

We hope you can attend the 267h annual Women's and 17th annual Men's....

ANN ARBOR RUNNING COMPANY

"APRIL SHOWERS INVITATIONAL TRACK MEET!"

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

NOTE: WE HAVE MADE SIGNIFICANT CHANGES TO THIS EVENT IN FOR 2019. THE MEET WILL NO LONGER BE A SCORED EVENT. THE MEET WILL NOW HAVE A REGIONAL FORMAT VS. THE FORMER RELAY FORMAT. WE ARE MOVING TO THIS FORMAT BECAUSE IT IS EASTER WEEKEND AND WE KNOW NOT EVERYONE WILL HAVE COMPLETE TEAMS DUE TO ATHLETES TRAVELLING WITH THEIR FAMILIES. BRING THOSE WHO CAN COMPETE AND HAVE SOME FUN! YOU DON'T WANT TO WASTE A CHANCE TO TEST YOUR TEAM EARLY IN THE SEASON!

DATE: Saturday, April 20, 2019 SITE: DEXTER TRACK

2615 BAKER ROAD NEXT TO THE CREEKSIDE ELEMENTARY SCHOOL
DEXTER HIGH SCHOOL HAS A STATE OF THE ART FACILITY!

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

IT IS NOT NECESSARY THAT BOTH MEN'S AND WOMEN'S TEAMS FROM SAME SCHOOLS ATTEND.

INDIVIDUAL AWARDS / NO TEAM SCORES

Nice Customized medals to the top **TEN** places in all **INDIVIDUAL** events.

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

Coaches Gifts for all Head Coaches!

One "Honorary" medal per team to give to an athlete with a memorable performance.

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: 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 / ENTRY LIMITATIONS!

FIELD EVENTS will begin at 9:30 AM: Each school can enter 3 athletes in each field event.

TRACK EVENTS will begin at 9:30 am: In the following order.

"JV" 1600 RUN	UNLIMITED ENTRIES MEN AND WOMEN
"JV" 100 METER DASH	UNLIMITED ENTRIES MEN AND WOMEN
3200 RELAY	4 x 800. Each school can enter two relays.
100 / 110 HURDLES:	TIMED FINALS / No rounds of competition. Each school can enter two athletes
100 DASH	TIMED FINALS / No rounds of competition. Each school can enter two athletes
800 RELAY	4 x 200. Each school can enter two relays.
1600 RUN	Each school can enter two athletes
400 RELAY	4 x 100. Each school can enter two relays.
400 DASH	Each school can enter two athletes
300 HURDLES	Each school can enter two athletes
800 RUN	Each school can enter two athletes
200 DASH	TIMED FINALS / No rounds of competition. Each school can enter three athletes
3200 RUN	Each school can enter two athletes
1600 RELAY	4 x 400. Each school can enter two relays.