

ATTENTION TRACK AND FIELD COACHES!

**PLEASE NOTE WE HAVE AGAIN MADE CHANGES TO THE "GT" EVENT FOR 2019.
PLEASE CAREFULLY REVIEW THIS DOCUMENT ALONG WITH THE EVENT CONTRACT.**

THIS EVENT WILL MOVE BACK TO A ONE DAY TRACK AND FIELD EXTRAVAGANZA!

We hope you will join us as we host one of the premier track and field experiences in the Midwest.

24TH ANNUAL "GOLDEN TRIANGLE" TRACK AND FIELD MEET

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

FRIDAY, MAY 3, 2019 at Saline High School.

NOTES REGARDING THE 2018 TWO DAY EXPERIENCE

WE REALIZE THAT A TWO DAY FORMAT HAD BOTH PROS AND CONS.

Based upon feedback and after much thought we decided that we will return to a one day format for 2019.

PLEASE REVIEW CAREFULLY THE SCHEDULE OF EVENTS ON PAGE FOUR.

ENTRY FEES:

Make checks payable to SALINE H.S. ATHLETICS

\$200 per gender / team.

\$400 if you bring both men's and women's teams.

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.

AWARDS!

*****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 4th – 8th places ALL EVENTS.

Nice customized medals with neck ribbons – keepsakes!

TWO HONORARY MEDALS FOR COMPLETE TEAMS.

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.

NOTE: THERE WILL NOT BE 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!

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 like the Distance Medley and Sprint Medley 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 40 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.

**MEET MANAGER – TOM MICALLEF (mick) Email: tommicallef@gmail.com 734.649.2091
IF YOU SIGN THE CONTRACT AND SEND IT IN, PAYMENT WILL BE EXPECTED!**

General Admission for Spectators:

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

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

**SEE THE FINAL PAGE OF THIS DOCUMENT
FOR A LIST OF EVENTS AND THE ORDER IN
WHICH THEY WILL RUN.**

**THERE ARE A FEW TWEAKS FROM THE NORMAL SCHEDULE OF
EVENTS AT A REGIONAL STYLE TRACK MEET.**

PRE-MEET ENTRIES MUST BE SUBMITTED ON ATHLETIC.NET

ENTRIES WILL BE DUE SUNDAY, APRIL 28, 2019

EACH TEAM CAN ENTER TWO ATHLETES IN EACH INDIVIDUAL EVENT.

Teams that have more than two athletes in an event that can compete at a very high level can petition our entry managers to add these athletes to their entry. Kind of like additional qualifiers at Regionals.

This process will be spelled out in final information to be sent at a later date.

There will be additional qualifier standards set and announced prior to the event

EACH TEAM CAN ENTER ONE RELAY TEAM PER RELAY EVENT!

NOTES REGARDING THE SPRINT EVENTS

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

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 ALL TRACK EVENTS.

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

SEE TIME SCHEDULE BELOW FOR MORE INFORMATION REGARDING THE EVENT SCHEDULE.

ADDITIONAL INFORMATION WILL BE RELEASED REGARDING THE SEEDING OF EVENTS AS WE APPROACH THE ENTRY DEADLINE. PLEASE STAY TUNED.

ONE MORE PAGE TO GO – SEE LAST PAGE OF THIS DOCUMENT FOR LINEUP OF EVENTS.

LINEUP OF EVENTS THAT WILL BE CONTESTED ON FRIDAY, MAY 3

FIELD EVENTS – 9:30 AM.

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

Genders will switch events ½ hour after the completion of the first gender.

SESSION ONE TRACK EVENTS – 10:00 AM.

WOMEN RUN FIRST ON THE TRACK IN 2019

4 x 800 RELAY (ALL Sections)

100 METER DASH ROUND #1 *(Top 16 fastest times advance to Session #2 / Round #2)*

110 / 100 METER HURDLES ROUND #1 *(Top 16 fastest times advance to Session #2 / Round #2)*

1600 METER RUN

(ALL entries not selected to compete in the Golden Mile)

200 METER DASH ROUND #1 *(Top 16 fastest times advance to Session #2 / Round #2)*

800 (All heats except Top 16 seeded athletes)

400 (All heats except Top 16 seeded athletes)

300 Hurdles (All heats except Top 16 seeded athletes)

DISTANCE MEDLEY RELAY (1200-400-800-1600)

SPRINT MEDLEY RELAY (100-100-200-400)

3200 METER RUN – BLUE SECTION

(Entries not ranked in the top 50 after seeds are verified)

INTERMISSION / BREAK

ASSISTANT COACH OF THE YEAR AWARDS / SALINE TEACHER APPRECIATION AWARDS

SESSION TWO TRACK EVENTS – 5:30 PM.

3200 METER RUN GOLD SECTION

(Athletes not ranked as the top 20 – 24 but are ranked in the top 50. T.B.D. after entries are closed.)

110 / 100 METER HURDLE FINALS *(Top 16 fastest times that advanced from Round #1)*

100 METER DASH FINALS *(Top 16 fastest times that advanced from Round #1)*

4 x 200 METER RELAY (ALL SECTIONS)

THE GOLDEN MILE

(Athletes competing will be selected by a committee)

4 x 100 METER RELAY (ALL SECTIONS)

400 RUN (Two Heats – Top 16 Seeded athletes)

300 HURDLES (Two Heats – Top 16 Seeded athletes)

800 RUN (One Heat – Top 16 Seeded athletes)

200 METER DASH FINALS *(Top 16 fastest times that advanced from Round #1)*

MIKE SMITH ELITE 3200 METER RUN

(Athletes competing will be selected by a committee)

4 x 400 METER RELAY (ALL SECTIONS)

NOTE: We anticipate the meet being completed by @10:00 PM