

ATTENTION MIDDLE SCHOOL ATHLETIC DIRECTORS & TRACK AND FIELD COACHES!

We hope your team can attend the Saline Middle School Hornet Relays!
SPONSORED BY THE ANN ARBOR RUNNING COMPANY!
WEDNESDAY, MAY 15th, 2019 at SALINE Middle School Track

Field Events – 4:00 pm / Track Events – 5:15 pm

Admission: **EVERYONE** who is not an athlete or coach pays admission. \$5. Adults / \$3. students
NO TEAM SCORES CO-ED MEET (BOYS will run first in 2018 per state guidelines)

ENTRY FEES:

Boys teams = \$125 Girls teams = \$125

TOTAL OF \$250 IF BOTH GENDERS OF A SCHOOL ATTEND.

Make checks payable to SALINE ATHLETICS.

Please mail all entry fees and contracts to Tom Micallef – Meet Manager
7184 Steeplechase Drive, Saline MI 48176

AWARDS:

CUSTOM MEDALS WITH NECK RIBBONS TO TOP SIX IN ALL TRACK EVENTS.

CUSTOM MEDALS WITH NECK RIBBONS TO TOP TEN IN ALL FIELD EVENTS.

TWO HONORARY MEDALS PER TEAM PER GENDER WILL ALSO BE AWARDED.

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

ENTRY INFORMATION:

PRE MEET ENTRY IS REQUIRED ON ATHLETIC.NET.

FIELD EVENTS BEGIN AT 4:00.

BOYS LONG JUMP AND POLE VAULT WILL GO FIRST. GIRLS HIGH JUMP AND SHOT PUT WILL GO FIRST.

NOTE: EACH TEAM CAN ENTER THREE ATHLETES IN EACH FIELD EVENT.

FIELD EVENTS WILL NOT BE RELAYS!

TRACK EVENTS WILL BEGIN AT 5:15 AND RUN IN THE FOLLOWING ORDER.

NOTE: EACH TEAM CAN ENTER TWO RELAY TEAMS IN EACH RELAY EVENT!

- 1) SHUTTLE HURDLE RELAY.
4 x 55 meter hurdles. Standard Middle School Hurdle heights will be used.
- 2) 3200 METER RELAY: (4 x 800)
- 3) HORNET RELAY: (100 – 100 – 200 – 400)
- 4) 800 METER RELAY: (4 x 200)
- 5) OPEN 1600 METER RUN – Medals to the top TEN finishers each gender.
NOTE: EACH TEAM WILL BE ALLOWED UNLIMITED ENTRIES IN THE OPEN 1600 RUN!
- 6) SPRINT MEDLEY RELAY: (400 – 200 – 200 – 400)
- 7) 400 METER RELAY (4 x 100)
- 8) CO-ED 1600 METER RELAY: (4 x 400 – Girl / Boy / Girl / Boy)

MEET PHILOSOPHY:

Have some fun! Reduce the pressure as no team scores will be kept.

Give many athletes a chance to run instead of the selected few.

REMINDER – State Rules limit each athletes participation to a maximum of three events.

MAXIMUM NUMBER OF TEAMS COMPETING WILL BE LIMITED TO 10.

This will insure a fast moving meet. We anticipate being done by 8:30

RESERVE YOUR SPOT EARLY BY RETURNING THE ATTACHED CONTRACT!

Please read this contract carefully and send to the correct address listed above!!!

MEET MANAGER – TOM MICALLEF (mick) – SALINE HS ASSISTANT COACH

CONTACT ME AT 649 – 2091 (cell) Email: tommicallef@gmail.com