COME JOIN US AS WE RUN…

THE "POST A PR" CROSS COUNTRY RACE

Post Regional Open Meet – Come Dance at the PROM.

SPONSORED BY TORTOISE AND HARE RUNNING AND FITNESS SHOP

TUESDAY, OCTOBER 29TH, 2019

on the Lightning *FAST* course at Huron Meadows Metro Park

NO TEAM SCORES KEPT

(Unlimited number of runners per team / individuals welcome)

MEET PHILOSOPHY: A chance to run fast at the end of the season when the "hay is in the barn!"

This course is measured, well groomed, and known to produce terrific times late in the season!
If you as an individual or your team didn't make the high school state meet and are hoping to post up a new PR as the season ends – this is the meet for you! We will make this a festive event at a marvelous metro park!
We have trained all season long – let's light it up and let it loose!

RACE TIME SCHEDULE: WE WILL ADHERE TO THIS SCHEDULE!
PLEASE PLAN AHEAD TO AVOID TRAFFIC DELAYS AND ALLOW FOR PROPER WARMUP.

NOTE: Sunset in Brighton is at 6:31 pm on this date.

The schedule below will be explained / clarified when we post final information.
The goal is to have three balanced races for each gender.

"Open" Women's 5,000 Meter Mercurial Race #1	**3:00 pm**
Runners ranked in the top 20% of the field plus runners ranked between 61% - 70% of the field)	
"Open" Men's 5,000 Meter Mercurial Race #1	**3:25 pm**
"Open" Women's 5,000 Meter Winged Foot Race #2	**3:50 pm**
Runners ranked between 21% - 40% of the field plus runners ranked in the last 15% of the field)	
"Open" Men's 5,000 Meter Winged Foot Race #2	**4:25 pm**
"Open" Women's 5,000 Meter Fleet Foot Race #3	**4:55 pm**
Runners ranked between 41% - 60% of the field plus runners ranked between 71%-85% of the field)	
"Open" Men's 5,000 Meter Fleet Foot Race #3	**5:25 pm**

RESULTS: **Will be available on line minutes after each race. They will also be emailed.**

AWARDS: **ALL MEDALS ARE CUSTOM "HEAVY HARDWARE" MEDALS!**

Medals to the top 100 in each race!!!!

ENTRIES: ***DUE ON ATHLETIC.NET BY SUNDAY, OCTOBER 27 AT 4:00 PM - DEADLINE IS FIRM!***
This will allow us to post the entrants and let athletes know what race they will compete in – no late entries accepted!
PLEASE ENTER ONLY ATHLETES THAT WILL BE COMPETING – NOT YOUR ENTIRE ROSTER!
WHEN YOU GO TO ENTER ATHLETES THERE WILL BE ONLY ONE RACE LISTED.
WE WILL DIVIDE THE RACES UP ACCORDINGLY ONCE ENTRIES HAVE BEEN SUBMITTED.

ENTRY FEE: $125.00 per team per gender ($250 if you enter both a men's and women's team!)
$20.00 per individual runners / incomplete teams.
MAIL CHECKS TO MY HOUSE PLEASE – SEE ADDRESS BELOW!
Send Contracts and Entry Fees to:
Tom Micallef – Meet Manager 7184 Steeplechase Drive, Saline, MI 48176
MAKE CHECKS PAYABLE TO SALINE HIGH SCHOOL.

CONTRACTS: **A contract is attached. Mail or email a copy to reserve your spot in the meet.**
Completing the contract is your commitment to paying the entry fee and attending the meet!

QUESTIONS: **Meet Manager: Coach Mick email: tommicallef@gmail.com phone: 734.649.2091**

We put on a good show. Come out and join us for a big old cross country party!