

ANN ARBOR RUNNING COMPANY

LARRY STEEB

Memorial Track & Field Meet of Champions

TUESDAY, MAY 29, 2018 at AL RITT STADIUM

DEXTER Track – TERRIFIC FACILITY / VENUE!

**Note: The track is located at Creekside Intermediate School
2615 Baker Road, Dexter, MI**

TIME SCHEDULE: SEE ATTACHED TIME SCHEDULE – Page #3

ENTRY FEES:

IF YOU ENTER A COMPLETE MEN'S TEAM IT IS \$175.

IF YOU ENTER A COMPLETE WOMEN'S TEAM IT IS ALSO \$175.

(\$350 Combined men + women)

If you have less than a complete team.... \$20 per athlete / PER EVENT and \$40 per relay.

\$50 late fee for entries received after Friday, May 25.

NOTE: IF YOU ENTER ATHLETES AND THEY NO SHOW YOU STILL OWE!!!!!!

Checks made out to Dexter High School. Please mail them to this address!

Tom Micallef – Meet Manager 7184 Steeplechase Drive Saline, MI 48176

PAYMENT DUE NO LATER THAN DATE OF MEET – Too hard to collect after the fact!

ADMISSION:

ALL SPECTATORS – \$5.00. Children under 5 free.

Due to local policy, season passes not accepted.

AWARDS:

Medals with neck ribbons to top six places in individual and relay events.

Awards to Track & Field Athletes of the Year and area Coaches of the Year.

One Honorary Medal for each team coach to present at their discretion.

(provided you have paid a full team entry fee)

Coaches' Gift! Compliments of Ann Arbor Running Company!

For each coach that enters an entire team / full entry fee.

SCORING: NO TEAM SCORES KEPT.

ENTRIES: DUE FRIDAY, MAY 25, BY 9:00 PM. LATE ENTRIES = \$50 LATE FEE!

Entries will be made online using Athletic.net.

QUESTIONS:

Meet Manager(s)

Tom Micallef: 734.649.2091 or tommicallef@gmail.com

Kevin Behmer: 734.761.2453 or A2racemanagement.com

Mike Newton: 734.904.7870 or mikester819@gmail.com

Janell Gerstner: 734.476.5046 or jgerstner@comcast.net

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2018 Qualifying Standards

- Only athletes that have met the standards below (or come close) will be allowed to compete.
- *Each team may enter multiple athletes in each individual event as long as ALL have met the qualifying standard.*
- *Each team may enter multiple relays in each relay as long as they have met the qualifying standard.*
- Although we only want athletes that have met the qualifying standards, in the likelihood that a school does not have any athletes that have met the qualifying standards for any events, that school will be allowed entries in 5 events and can enter whichever events they are most competitive. We would like to have many schools represented in this outstanding meet!
Coaches of schools in this situation are asked to personally confer with meet management prior to the entry deadline for a clear understanding of the situation. We want to include you!
- **We are relying on coaches to be honest with their entries in order to keep the meet both competitive and manageable in size.**
- **Entries are due by Friday MAY 25 at 9 pm using Athletic.net**

<u>EVENT</u>	<u>BOYS</u>	<u>GIRLS</u>
Shuttle Hurdle	No Standard, any school may enter	
Distance Medley Relay	No Standard, any school may enter	
Freshman 1600 run	No Standard. Max entries per school is three.	
Pole Vault	11' 00"	8' 08"
Discus	120' 00"	90' 00"
Shot Put	43' 00"	31' 00"
Long Jump	19' 00"	15' 00"
High Jump	5' 10"	4' 10"
4 x 800 Meter Relay	8:55.0	10:50.0
110/100 Hurdles	16.0	17.0
100 Meter Dash	11.7	13.2
4 x 200 Meter Relay	1:34.0	1:52.0
1600 Meter Run	4:50.0	6:00.0
4 x 100 Meter Relay	45.0	53.5
400 Meter Dash	53.0	1:04.0
300 Meter Hurdles	44.0	50.0
800 Meter Run	2:08.0	2:35.0
200 Meter Dash	23.5	27.5
4 x 400 Meter Relay	3:35.0	4:25.0

Opening Heights:

<i>High Jump:</i>	<i>Boys start - 5'10"</i>	<i>Girls start - 4'08"</i>
<i>Pole Vault:</i>	<i>Boys start - 10'06"</i>	<i>Girls start - 8'06"</i>
<i>Long Jump:</i>	<i>Boys - no measure under 18'</i>	<i>Girls - no measure under 14'</i>
<i>Shot Put:</i>	<i>Boys - no measure under 42'</i>	<i>Girls - no measure under 30'</i>
<i>Discus:</i>	<i>Boys - no measure under 120'</i>	<i>Girls - no measure under 90'</i>

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TUESDAY, MAY 29, 2018 at AL RITT STADIUM

MEET TIME SCHEDULE

MEN RUN FIRST IN ALL TRACK EVENTS IN 2018

Boys run first in even years. Girls run first in odd years.

- 4:00** *Session 1 Field Events (Session 2 follows 30 minutes after Session 1)*
SHOT PUT: Men will compete first
Note: In shot and discus – 4 attempts – (2-2) no finals.
DISCUS: Women will compete first
LONG JUMP: We will have two pits operational so genders will jump simultaneously.
In Long Jump – open pit for 90 minutes. You can take up to 4 attempts during that time period.
HIGH JUMP: Men will compete first
POLE VAULT: We will have two pits operational so genders will vault simultaneously.
- 4:00** **Shuttle Hurdle Relay** (Boys: 4 x 110m @ 39" / Girls: 4 x 100m @ 33")
- 4:30** **3200 Meter Relay (4 x 800)**
- 5:00** **110 / 100 Meter Hurdles.** (No Semi-Final Heats. No prelims)
Heats seeded by time. Fastest run vs. fastest. Top six FAT Time medal.
100 Meter Dash (No Semi-Final Heats. No prelims)
Heats seeded by time. Fastest run vs. fastest. Top six FAT Time medal.

There will be an awards ceremony for Athletes of the Year and Coaches of Year at the conclusion of the 100 dash. This will be a short 15 – 20 minute intermission.

4 x 200 Meter Relay

Freshman 1600 Meter Run

1600 Meter Run

4 x 100 Meter Relay

400 Meter Dash

300 Meter Hurdles

800 Meter Run

200 Meter Dash (No Semi-Final Heats. No prelims)
Heats seeded by time. Fastest run vs. fastest. Top six FAT Time medal.

Distance Medley Relay (1200 – 400 – 800 – 1600)

4 x 400 Meter Relay