

***In conjunction with Ann Arbor Running Company and Tortoise & Hare Running and Fitness Shop
Saline High School, A2 Race Management, DL Pro Timing Services, and Mick the Meet Manager***

**ONCE AGAIN WE WILL HOST SOME OF THE BEST CROSS COUNTRY RACES IN MICHIGAN IN 2019!
*WE HOPE YOU CAN ATTEND ANY OR MANY OF THESE EVENTS!***

**WE GIVE OUT "HEAVY" METAL MEDALS WITH NICE NECK RIBBONS AT ALL INVITATIONALS!
WE RUN WELL ORGANIZED MEETS ON SOME AWESOME CROSS COUNTRY COURSES!
*Lot's of COACHES GIFTS for coaches who bring complete teams!***

**EMAIL "MICK" FOR DETAILS ON THESE MEETS! tommicallef@gmail.com
*2019 MEET INFORMATIONAL FLYERS AND CONTRACTS CAN BE EMAILED TO YOU!***

THESE MEETS ARE NOW UP ON A-NET SO YOU CAN REGISTER YOUR TEAMS.

COACHES NOTES:

**Practices can legally begin August 12. The first possible day you can compete in 2019 is Friday August 16.
Labor day is Monday, September 2. Most schools will not begin classes until after Labor Day but the landscape is changing!
MHSAA Regionals are October 25-26. MHSAA State Meet is November 2.**

ANN ARBOR RUNNING COMPANY END OF SUMMER / FALL PREVIEW MEET - OPEN MEET

**FRIDAY, AUGUST 23, 2019
AT HURON MEADOWS METRO PARK**

ANN ARBOR RUNNING COMPANY SALINE HORNET EARLY BIRD - OPEN MEET

**THURSDAY, AUGUST 29, 2019
AT HURON MEADOWS METRO PARK**

ANN ARBOR RUNNING COMPANY COACHING LEGENDS CLASSIC - MIDDLE SCHOOL & ELEMENTARY MEET

**FRIDAY, SEPTEMBER 27, 2019
AT HURON MEADOWS METRO PARK**

ANN ARBOR RUNNING COMPANY COACHING LEGENDS CLASSIC - HIGH SCHOOL MEET

**SATURDAY, SEPTEMBER 28, 2019
AT HURON MEADOWS METRO PARK**

Divisions based upon school enrollment and team strength - TWO Divisions with TWO JV races for each gender.

ANN ARBOR RUNNING COMPANY MICHIGAN MIDDLE SCHOOL MEGA JAM

**SATURDAY, OCTOBER 19, 2019
AT HURON MEADOWS METRO PARK**

TORTOISE AND HARE POST A PR - POST REGIONAL OPEN MEET

**TUESDAY, OCTOBER 29, 2019
AT HURON MEADOWS METRO PARK**