

COACHES – PLEASE READ THIS SLOWLY. THEN READ IT AGAIN!

THIS YEAR WE WILL BE ACCEPTING ENTRIES ON ATHLETIC.NET
PLEASE, IF YOU WANT AN EFFICIENTLY RUN MEET HELP US OUT WITH THIS PROCESS.

**ON A-NET YOU WILL HAVE TO SUBMIT NAMES FOR ATHLETES
COMPETING IN THE FIELD EVENTS (max 3 entries per event)**

THE 300 HURDLES (max 3 entries)

THE 1600 RUN (max 2 entries)

AND THE J.V. 1600 METER RUN (unlimited entries)

YOU WILL ALSO HAVE TO SUBMIT A SEED TIME FOR EACH RELAY.

YOU DO NOT HAVE TO SUBMIT NAMES FOR RELAYS

ENTRIES MUST BE SUBMITTED ON ATHLETIC.NET
BY THURSDAY NIGHT, APRIL 20 AT 9:00 PM.

Be fair to all involved – submit “EARLY SEASON” realistic times!

*Lane assignments and heats will be determined on the day of the meet
based upon the times you submitted on Athletic.net.*

*On Meet Day....If you have to make change to your lineup that will affect your
submitted seed times, please report them as early as possible to our clerks.*

Our clerks are the best in the business. Charlie Janke and Kim Spalsbury!

ALSO PLEASE REPORT ANY SCRATCHES TO OUR CLERKS!

**ONLY ATHLETES in the FIELD EVENTS, the 300 HURDLES, the 1600 RUN, and
ALL J.V. 1600 RUNNERS WILL BE ASSIGNED WRISTBANDS!**

ATHLETES NOT IN THESE EVENTS WILL NOT BE ASSIGNED WRISTBANDS.

PICK UP THE WRISTBANDS FOR YOUR FIELD EVENT ATHLETES,
300 HURDLERS, 1600 RUNNERS AND J.V. 1600 RUNNERS WHEN YOU ARRIVE!
THESE WRISTBANDS WILL BE AVAILABLE FOR PICK UP IN THE PRESS BOX.

**REMINDER - ALL FIELD EVENT ATHLETES, 300 HURDLERS, 1600 RUNNERS and JV 1600
Runners MUST HAVE WRISTBANDS ON WHEN THEY COMPETE!**

**IF YOU ARE ENTERING “B” TEAMS YOU NEED TO CONTACT MIKE NEWTON
OUR ENTRY MANAGER. HE WILL ASSIST YOU WITH THIS PROCESS.**

Email him at mikester819@gmail.com

AWARDS / RESULTS:

Two Honorary medals to each team. Trophies to top three teams each gender.

Coach’s gifts to Head Coaches compliments of Ann Arbor Running Company!

Medals to top six places in all events.

Awards and Coaches gifts will be distributed at the end of the meet. Please be patient.

The press box will be locked... “off limits” at the beginning of the last event – the 1600 Relay.

This will help us “get it right” and speed up the process. It won’t take long as we stay current all day long.

COMPLETE RESULTS WILL BE E MAILED IMMEDIATELY AFTER THE MEET
AND POSTED UP ON ATHLETIC.NET

THROWING EVENTS!

Will be run in flights – Flight assignments are attached on a separate file – Please review carefully.

2017 – MEN will throw **DISCUS** first. **3 athletes can enter. 2 count** **2017 – WOMEN** will throw **SHOT** first.
THREE throws. NO finals.

LONG JUMP!

2017 – WE WILL HAVE TWO PITS MEN’S / WOMEN’S OPERATING SIMULTANEOUSLY
OPEN PITS: Pits will be open for exactly **THREE HOURS**. After that, athletes will forfeit jumps.
3 athletes can enter. 2 count.
THREE jumps. NO finals.

HIGH JUMP!

2017 – WOMEN will jump first. **3 athletes can enter. 2 count.**
Women’s bar will begin at 4’ 03”. Raises will be 4’ 06” / 4’ 09” / 4’ 11”. Additional raises will be two inch increments.
Men’s bar will begin at 5’ 03”. Raises will be 5’ 06” / 5’ 09” / 5’ 11”. Additional raises will be two inch increments.

POLE VAULT!

2017 – We will have TWO PITS. Men and Women will vault simultaneously. **3 athletes can enter. 2 count.**
Women’s bar will begin at 7’ 00” with six inch increments used throughout the competition.
Men’s bar will begin at 10’ 00” with six inch increments used throughout the competition.

AGAIN - ALL FIELD EVENT ATHLETES MUST HAVE WRISTBANDS ON!

Track events – 2017 is an “ODD” year – this means WOMENS events will run first!

900 HURDLE RELAY!

Heats will be seeded based on times submitted on A-Net.
This means there will be eight hurdlers in each heat.
Times will be rounded up to the nearest tenth and then combined to get your team’s final performance.
ATHLETES IN THIS EVENT MUST HAVE THEIR WRISTBANDS ON!

1600 RUN – BOTH VARSITY AND EXHIBITION!

Heats will be seeded based on time submitted on A-Net.
ATHLETES IN THIS EVENT MUST HAVE THEIR WRISTBANDS ON!

SHUTTLE HURDLE RELAY!

For the women – first and third runners will run 30” hurdles.
Second and third runners will run 33” hurdles (normal height)
There is a one meter cheater zone.
For the men – first and third runners will run 33” hurdles.
Second and fourth runners will run 39” hurdles (normal height)

PROBLEMS?

Come up to the press box and let us know and we will try to fix it.
Remember, we must follow association rules and be fair to all.
We are human. We do make mistakes. Be patient please!
It’s a track meet, not Paradise. If you are having a bad day, go to the concession stand!

STORMY WEATHER?

If there is a need to take shelter we will open the intermediate school to the north of the track.

2017 APRIL SHOWERS RELAYS!

LET'S REVIEW THE BASICS!

SATURDAY, APRIL 22, 2017 in DEXTER.

The track is located on BAKER ROAD – see attached parking map.

ENTRY FEE: \$150 GIRLS / \$150 BOYS. \$300 if both genders attend.

PLEASE CHECK WITH YOUR HS ATHLETIC OFFICE TO SEE IF YOUR CHECK HAS BEEN SENT!!!!

MAKE CHECKS PAYABLE TO DEXTER HIGH SCHOOL. SEND CHECKS TO MY HOUSE!!

TOM MICALLEF / MEET MANAGER 7184 STEEPLECHASE DRIVE, SALINE, MI 48176

PLEASE INFORM PARENTS

\$5.00 ADMISSION FOR ALL SPECTATORS.

NO "FREE" PASSES ACCEPTED

PLEASE INFORM ALSO – FAIRLY PRICED T-SHIRTS WILL BE ON SALE.

GREAT FAIRLY PRICED CONCESSIONS WILL ALSO ON SALE.

FIELD EVENTS BEGIN AT 10:00

SHOT PUT / DISCUS / LONG JUMP / HIGH JUMP/ POLE VAULT

ATHLETES MUST WEAR WRISTBANDS IN ALL FIELD EVENTS

THREE ATHLETES IN EACH FIELD EVENT.

TAKE YOUR BEST TWO PERFORMERS AND ADD UP THEIR BEST PERFORMANCES TO GET YOUR TEAM RESULTS.

The third member of the team will not count but will be awarded a medal if top six.

TRACK EVENTS:

10:15 AM

JV / EXHIBITION 1600 RUN

Athletes must wear wristbands!

Enter as many runners as you wish – Awards to the top six finishers

11:30 AM

SHUTTLE HURDLES

4 x 800 RELAY

4 x 200 RELAY

900 HURDLE RELAY

Athletes must wear wristbands

VARSITY 1600 METER RUN (2 entries per school)

Athletes must wear wristbands

Athletes should not run both the JV 1600 and the Varsity 1600 please!

1600 MEDLEY (400-200-200-800)

SPRINT RELAY (200-100-100-400)

4 x 100 RELAY

DISTANCE MEDLEY (1200-400-800-1600)

4 x 400 RELAY

OUR MANTRA..... NO RAIN. NO WIND. IN DEXTER IT'S ALWAYS SUNNY AND 75!