

**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)**

**\*ON A-NET YOU WILL HAVE TO SUBMIT NAMES FOR ATHLETES  
COMPETING IN ALL INDIVIDUAL TRACK EVENTS (max 3 entries per event)**

**\*\*\*PLEASE NOTE: IN THE VARSITY 3200 METER RUN AND THE FRESHMAN /  
SOPHOMORE 1600 RUN THE MAX ENTRIES ARE TWO PER TEAM.**

**YOU WILL HAVE TO SUBMIT A SEED TIME FOR EACH RELAY.  
YOU DO NOT HAVE TO SUBMIT NAMES FOR RELAYS.**

**Please Note: For the Co-Ed 4 x 100 Relay A Net will only allow you to enter  
one team – you can enter as either male or female. It's easy!**

**ENTRIES MUST BE SUBMITTED ON ATHLETIC.NET  
BY WEDNESDAY NIGHT, APRIL 25 AT 9:00 PM.**

*Be fair to all involved – submit “MID 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 ERIKA RAFFIN at the Finish line.***

**ALSO PLEASE REPORT ANY SCRATCHES TO ERIKA RAFFIN AT THE FINISH LINE TENT!**

**ONLY ATHLETES IN INDIVIDUAL EVENTS, WILL BE ASSIGNED WRISTBANDS!**

**ATHLETES COMPETING ONLY IN RELAY EVENTS WILL NOT BE ASSIGNED WRISTBANDS.**

**PICK UP WRISTBANDS / TEAM PACKAGE IMMEDIATELY UPON ARRIVAL.  
THESE WRISTBANDS WILL BE AVAILABLE FOR YOU AT THE FINISH LINE.**

**REMINDER – ATHLETES IN INDIVIDUAL EVENTS  
MUST HAVE WRISTBANDS ON WHEN THEY COMPETE!**

***FIELD EVENT ATHLETES SHOULD CHECK IN WITH OFFICIALS IN THE FIELD EVENT AREAS.  
PLEASE MAKE SURE THEY HAVE THEIR WRISTBANDS ON WHEN THEY ARRIVE FOR EVENTS!***

**AWARDS:** Two Honorary medals to each team. Medals to top six places in all events.  
Awards 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.

**COMPLETE RESULTS WILL BE E MAILED ONLY...AS SOON AS THEY ARE FINALIZED!  
RESULTS WILL ALSO BE UPLOADED TO ATHLETIC.NET.**

## **THROWING EVENTS! 9:30 START TIME**

*Will be run in flights – Flight assignments can be found on another document.*

*FOUR attempts / jumps. NO finals.*

**2018 – Men will throw Shot Put first.**

**2018 – Women will throw Discus first.**

## **LONG JUMP! 9:30 START TIME**

**2018 – Women will jump first.**

*FOUR attempts / jumps. NO finals.*

Pit will be open for exactly 150 minutes (two and 1/2 hours) for each gender.

After that, athletes will forfeit jumps.

Men will jump after the men after a 45 minute warm up period.

## **HIGH JUMP! 9:30 START TIME**

**2018 – Men will jump first.**

Women's bar will begin at 4' 06". Raises will be 4' 09" / 5' 00"

*After 5' 00" raises will be two inch increments.*

Men's bar will begin at 5' 06". Raises will be 5' 09" / 6' 00"

*After 6' 00" raises will be two inch increments.*

There will be a 45 minute warm up period in between genders.

## **POLE VAULT! 9:30 START TIME**

**2018 – Women will vault first.**

Men's bar will begin at 10' 00"

Six inch increments used throughout the competition.

Women's bar will begin at 7' 06"

Six inch increments used throughout the competition.

There will be a 45 minute warm up period in between genders.

## **PROBLEMS?**

We will try solve it but we must follow the rules and be fair to all.

We are human. We do make mistakes. Be patient please!

If you are having a bad day, go to the concession stand!

## **INCLEMENT WEATHER?**

Head to your busses! We will wait it out unless it is hopeless.

**LET'S REVIEW THE BASICS!**  
**SATURDAY, APRIL 28, 2018 AT BRIGHTON HIGH SCHOOL**

**ENTRY FEE: \$175 GIRLS / \$175 BOYS. \$350 IF YOU BRING BOTH TEAMS!**

**9:30 AM FIELD EVENTS**

**SHOT PUT / DISCUS / LONG JUMP / HIGH JUMP/ POLE VAULT**  
**FIELD EVENTS: YOU CAN ENTER UP TO THREE ATHLETES IN EACH FIELD EVENT.**

**TRACK EVENTS: BEGIN AT 9:30 AM**

*In the following order.*

**NOTE: Per MHSAA rules, Men will run first in 2018.**

<b>VARSITY 3200 METER RUN</b>	<b>Maximum of Two entrants per team</b>
<b>FRESHMAN / SOPHOMORE 4 X 800 METER RELAY</b>	<b>One entry per team</b>
<b>VARSITY 100 METER DASH - Prelims</b>	<b>Three entrants per team</b>
<b>VARSITY 110 / 100 METER HURDLES - Prelims</b>	<b>Three entrants per team</b>
<b>FRESHMAN / SOPHOMORE 4 x 200 Meter Relay</b>	<b>One entrant per team</b>
<b>VARSITY 200 METER DASH - Prelims</b>	<b>Three entrants per team</b>
<b>VARSITY 4 X 800 METER RELAY</b>	<b>One entry per team</b>
<b>FRESHMAN / SOPHOMORE 4 X 100 METER RELAY</b>	<b>One entry per team</b>
<b>30 minute break. Finals begin after the break.</b>	
<b>VARSITY 110 / 100 HURDLES</b>	<b>Top 8 to finals from prelims – FAT Timed</b>
<b>VARSITY 100 METER DASH</b>	<b>Top 8 to finals from prelims – FAT Timed</b>
<b>VARSITY 4 X 200 METER RELAY</b>	<b>One entry per team</b>
<b>VARSITY 1600 METER RUN</b>	<b>Three entrants per team</b>
<b>VARSITY 4 X 100 METER RELAY</b>	<b>One entry per team</b>
<b>VARSITY 400 METER DASH</b>	<b>Three entrants per team</b>
<b>VARSITY 300 METER HURDLES</b>	<b>Three entrants per team</b>
<b>VARSITY 800 METER RUN</b>	<b>Three entrants per team</b>
<b>VARSITY 200 METER DASH</b>	<b>Top 8 to finals from prelims – FAT Timed</b>
<b>FRESHMAN/SOPHOMORE 1600 METER RUN</b>	<b>Two entries per team</b>
<b>VARSITY 4 X 400 METER RELAY</b>	<b>One entry per team</b>
<b>THROWERS CO- ED 4 X 100 RELAY</b>	<b>One entry per team</b>

**IF YOU HAVE ADULTS WHO WOULD LIKE TO HELP OUT IN THE FIELD EVENTS,  
WE APPRECIATE ALL AVAILABLE HELP! IT IS ALWAYS TOUGH TO FIND GOOD WORKERS!**