

ATTENTION MEN'S AND WOMEN'S TRACK AND FIELD COACHES!

FINAL INFORMATION

HURON RELAYS MEN'S AND WOMEN'S TRACK MEET!
FRIDAY, MARCH 22 / SATURDAY, MARCH 23, 2019

Eastern Michigan University Bowen Fieldhouse / Bob Parks Track

FIELDHOUSE OPENS AT 8:30 am each day.

Field Events – 10:00 am

Running Events – 10:00 am

SPECTATOR ADMISSION = \$10

Children under 5 = Free.

ATHLETES EXPECTING TO ENTER FOR FREE MUST BE IN UNIFORM!

ENTRY FEES:

*Make checks payable to **EASTERN MICHIGAN UNIVERSITY TRACK AND FIELD.***

PLEASE MAIL PAYMENT TO:

STERLING ROBERTS – MEN'S TRACK OFFICE
200 BOWEN FIELDHOUSE, YPSILANTI, MI 48197

FEES SHOULD BE PAID IN ADVANCE!

PLEASE INFORM YOUR ATHLETIC OFFICES THAT PAYMENT IS DUE!

\$175 FOR MEN'S TEAM. \$175 FOR WOMEN'S TEAM.

\$350 if entering BOTH MEN'S & WOMEN'S TEAMS

If you are entering a B Team, the prices above are simply doubled.

TEAM SCORING = 10-8-6-5-4-3-2-1

AWARDS: MEDALS TO 1st – 6th places in ALL EVENTS.

Nice customized medals with colorful neck ribbons!

QUESTIONS? PROBLEMS? NEED MORE INFORMATION?

MEET MANAGERS

TOM MICALLEF (Mick)

Email – tommicallef@gmail.com

Phone: 734.649.2091

DAVE LUSTIG

Email – dlprotiming@gmail.com

Phone: 734.837.4363

SEE NEXT PAGE FOR MORE INFORMATION!

HURON RELAY ENTRY PROCEDURE – PLEASE FOLLOW INSTRUCTIONS!

ENTRIES ARE DUE NO LATER THAN WEDNESDAY NIGHT, MARCH 20 AT 9:00 PM.

WE WILL BE USING ATHLETIC.NET TO LOAD ENTRIES!

All athletes **AND ONLY THOSE ATHLETES** that you believe will or may compete at the Huron Relays must be REGISTERED on Athletic.net.

HERE IS THE IMPORTANT PART!

The event ALL athletes must be registered for is the 100 m Dash.
It is the ONLY option available on A-Net when you go to register your athletes

**Field Event Athletes, Relay Athletes, Hurdlers, Distance, Sprinters....
they ALL must be entered into the 100 m Dash!!!!**

WHEN YOU LOG ON TO ATHLETIC.NET

(THERE IS A YOU TUBE VIDEO YOU CAN WATCH IF YOU HAVE QUESTIONS!)

Step 1: Update your rosters on athletic.net

- a. Deactivate non-returning athletes
- b. Add in your new athletes

Step 2:

1. On your athletic.net calendar, click on the Huron Relays event.
2. Click on Register Athletes.
3. Your roster should now be visible.
4. Underneath the 'REGISTER BY EVENT' label, click on the '100m Dash' button.
5. Use the drop down next to the list of athletes to register your athlete.

6. ONLY REGISTER ATHLETES THAT YOU THINK WILL COMPETE!

THIS WILL HELP CUT DOWN ON THE WRISTBANDS, PROCESSING TIME AND FEES THAT WE INCUR.

QUESTIONS REGARDING ENTRIES? EMAIL DAVE LUSTIG / ENTRY MANAGER AT dlprotiming@gmail.com

Each athlete will be assigned a wristband that he/she must wear during competition.

Coaches can pick up their packet of athlete wristbands on the main floor of the arena when you arrive.
CHECK IN FOR COACHES WILL BE UNDER THE YELLOW ANN ARBOR RUNNING CO. TENT.
ATHLETES MUST BE IN UNIFORM TO BE ALLOWED IN WITHOUT PAYING THE ENTRANCE FEE!

NO PRE MEET SEED TIMES OR EVENTS THAT ATHLETES WILL BE IN ARE REQUIRED!

We will seed athletes prior to each event the same way we do at M.I.T.S. Meets.

Just have your athletes know a reasonable early season seed time and we will seed heats based upon ability.
This format makes it easy on everyone and allows athletes to compete against other athletes of similar ability!

Be honest. Be fair to your athletes and others! This is not liar's poker!

RELAY CARDS WILL BE AVAILABLE AT THE MEET OR YOU CAN PRINT THEM (file attached) AND BRING THEM TO THE MEET – RELAY CARDS MUST BE FILLED OUT.

SEE NEXT PAGE FOR MORE INFORMATION!

FIELD EVENTS – ALL BEGIN AT 10:00 AM

ALL MHSAA RULES OF COMPETITION WILL BE IN EFFECT!

POLE VAULT – two entries. (Men will vault first – Women to follow)

Women's starting height will be 8' 00" / Men's starting height will be 11' 00"

Raises will be in six inch increments until 3 competitors remain – then we will go three inch raises.

Women will have a 45 minute warm up window after the completion of the men's event.

PLEASE DO NOT ENTER ATHLETES THAT ARE NOT ABLE TO CLEAR OPENING HEIGHTS!

LONG JUMP – two entries. (Men first – Women to follow – four jumps / no finals)

OPEN ORDER: Men will have 2 hours to complete their jumps. 10:00 – Noon.

Women will have warm ups from Noon – 1:00.

Women will begin at 1:00 and then have two hours to complete their jumps.

ALL ATHLETES BOTH GENDERS MUST GET THEIR JUMPS IN WITHIN THE ALLOTTED TIME FRAME!

WE WILL HAVE MINIMUM MARKS THAT WE WILL MEASURE. WOMEN = 13'00" / MEN 17' 00"

Every athlete will have their first jump recorded (unless it is a foul) if the jump is below the minimum standard.

AFTER THE FIRST JUMP, ANY JUMP LESS THAN THE MINIMUM STANDARD WILL NOT BE RECORDED.

THIS IS NECESSARY TO GET THE EVENT DONE WITHIN THE ALLOTTED TIME SCHEDULE.

EVERY ATHLETE WILL GET AT LEAST ONE MARK.

PLEASE do not enter athletes that cannot jump close to the minimum standards!

HIGH JUMP – two entries. (Women jump first – Men to follow)

Women's starting height will be 4' 06" / Men's starting height will be 5' 06"

First raise will be a three inch increment. Additional raises will be two inch increments.

Men will have a 45 minute warm up window after the completion of the women's event.

PLEASE DO NOT ENTER ATHLETES THAT ARE NOT ABLE TO CLEAR OPENING HEIGHTS!

SHOT PUT – two entries. (Women throw first – Men to follow – four throws / no finals)

Men will have a 45 minute warm up window after the completion of the women's event.

Schools will throw in flights. Five schools per flight. This event will not be seeded.

Flights to be announced the day of the event as the entries are always quite fluid.

Shot puts will be weighed.

WE WILL HAVE MINIMUM MARKS THAT WE WILL MEASURE. WOMEN = 26'00" / MEN 36' 00"

Every athlete will have their first throw recorded (unless it is a foul) if the throw is below the minimum standard.

AFTER THE FIRST THROW, ANY THROW LESS THAN THE MINIMUM STANDARD WILL NOT BE RECORDED.

THIS IS NECESSARY TO GET THE EVENT DONE WITHIN THE ALLOTTED TIME SCHEDULE.

EVERY ATHLETE WILL GET AT LEAST ONE MARK.

PLEASE do not enter athletes that cannot throw close to the minimum standards!

**SEE NEXT PAGE FOR MORE INFORMATION
REGARDING TRACK EVENTS!**

TRACK EVENTS – EVENTS BEGIN AT 10:00 am

ROLLING TIME SCHEDULE IN THE FOLLOWING ORDER

Women will compete first on the track in 2019

ALL MHSAA RULES OF COMPETITION WILL BE IN EFFECT!

(The actual number of heats in each event will be determined by number of entries on meet days. Heats will be filled.)

ALL EVENTS WILL BE F.A.T. TIMED.

¼” pyramid spikes will be allowed in competition.

4 x 800 Meter Relay

One entry per school.

60 Meter Hurdle Semi Finals **Two entrants per school.** **(top 16 to finals – FAT Timed)**

NOTE: Heat winners are not guaranteed a spot in the finals. Finals determined only on time.

60 Meter Dash Semi Finals **Two entrants per school.** **(top 16 to finals – FAT Timed)**

NOTE: Heat winners are not guaranteed a spot in the finals. Finals determined only on time.

Distance Medley

One entry per school.

(1200 – 400 – 800 – 1600)

60 Meter Hurdle Finals

PLEASE NOTE! In both the 60 Hurdle Finals and 60 Dash Finals there will be Two Heats.

Heat two will be top 8 times from semi finals. Heat one will be top 9 – 16 times from semi finals.

Top eight FAT times will score. Top six FAT times will medal.

60 Meter Dash Finals

800 (4 x 200) RELAY

One entry per school.

1600 Meter Run

Two entrants per school.

4 x 400 Meter Relay

One entry per school.

RESULTS

ALL RESULTS WILL BE POSTED ON LINE AS THEY BECOME AVAILABLE

Dlprotiming.org

ALL RESULTS WILL BE EMAILED TO COACHES AT THE CONCLUSION OF THE MEET.

ALL RESULTS WILL BE POSTED ON LINE AT ATHLETIC.NET

[SEE NEXT PAGE FOR MORE INFORMATION!](#)

PACKET PICKUP

Please pick up your team packet of wristbands when you arrive.
This packet will be available on the main floor near the finish line under the yellow AARC tent.

AWARDS

All awards will be available at the end of the meet.
These will be available on the main floor near the finish line.

AWARDS WILL NOT BE MAILED!
REMEMBER TO PICK THEM UP BEFORE YOU LEAVE!

POLES FOR POLE VAULT

Please have your vaulters bring their poles in through the lower doors
in the parking lot area directly to the west of Bowen Field House.
There will be a sign on the door directing vaulters as to which door to bring poles in through.

RELAY CARDS

These will be available at packet pick up table.
You can print them off if this is easier for you. They are included with this mailing.

**RELAY CARDS MUST BE FILLED IN COMPLETELY AND
TURNED IN PROMPTLY UPON YOUR ARRIVAL.**

*If you have to make substitutions throughout the day,
don't worry about changing names unless your team sets a new meet record.*

B TEAMS WILL BE ALLOWED AND ACCEPTED.

THERE WILL BE A SEPARATE PROCEDURE FOR ENTERING B TEAMS.

YOU WILL NOT LOAD THEM ON A-NET.

If you wish to enter a complete B team please contact DAVE LUSTIG our entry manager!
dlprotiming@gmail.com

WE WILL ONLY ACCEPT COMPLETE B TEAMS NOT INDIVIDUALS FOR "B" TEAMS.

YOU CANNOT MIX A TEAM ATHLETES AND B TEAM ATHLETES.

B TEAM ATHLETES CAN ONLY COMPETE ON B TEAMS A TEAM ATHLETES CANNOT COMPETE ON B TEAMS.

BE FAIR TO ALL – PLEASE FOLLOW THESE RULES!

DISQUALIFICATION OF YOUR RELAY TEAMS COULD HAPPEN IF YOU DO NOT FOLLOW THE RULES.

PLEASE INFORM YOUR PARENTS **PARKING PLEASE INFORM YOUR PARENTS**

**PARKING FOR SPECTATORS WILL BE AVAILABLE IN THE PARKING STRUCTURE
TO THE WEST OF BOWEN FIELD HOUSE.**

THERE WILL BE A \$10.00 PER VEHICLE CHARGE.

**LIMITED PAY TO PARK OPPORTUNITIES ARE ALSO AVAILABLE IN OTHER LOTS CLOSE BY.
PLEASE READ THE LOT RESTRICTIONS CAREFULLY TO AVOID TICKETING.**

**EMU CLASSES ARE IN SESSION ON FRIDAY SO PLEASE BE
AWARE THAT PARKING MAY BE A BIT CONGESTED.**

PLEASE DO NOT PARK IN RESERVED PARKING AREAS ANYWHERE ON CAMPUS!

**BUSSES MUST PARK IN THE GREEN LOTS OFF OF HURON RIVER DRIVE NEAR THE MCDONALDS.
BUSSES WILL BE ALLOWED TO DROP OFF ATHLETES AT THE FRONT ENTRANCE TO THE ARENA.**

T- shirts / Concessions will be sold at the meet
Please inform your athletes!