

We hope you can attend the 22nd annual Women's and 12th annual Men's....

## "APRIL SHOWERS RELAYS!"

*(and, let's hope that we stay warm and dry!)*

THIS WILL BE A CO-ED MEET BUT IT IS NOT NECESSARY THAT BOTH MEN'S AND WOMEN'S TEAMS FROM SAME SCHOOLS ATTEND.

DATE: Saturday, April 19, 2014 SITE: DEXTER HIGH SCHOOL  
**DEXTER HIGH SCHOOL HAS A ONE YEAR OLD STATE OF THE ART FACILITY!**

TIME: 10:00 am Field Events / 11:30 am Track Events

ENTRY FEE: \$150 per team (\$300 combined men + women)

**INDIVIDUAL AWARDS:** Nice Customized medals to the top SIX places in all events.

Two "Honorary" medals per team to give to athletes with memorable performances.

**TEAM AWARDS:** Trophies to the top THREE men's / women's teams

NOTE: Maximum number of teams participating will be 20. (20 men's teams / 20 women's teams)

NOTE: EACH SCHOOL WILL BE ASKED TO PROVIDE ONE ADULT worker to help officiate / work at a field event.

Men's teams will work men's events / Women's teams will work women's events. Some teams may be asked to work as zone judges instead of officiating at Field Events. *If you have an event you would like to work at inform us in advance!*

NOTE: This is strictly a relay format type meet and will run quickly so use your athletes wisely to insure proper recovery time. We anticipate being done no later than 4:30 pm unless there are issues.

NOTE: All entries will be submitted electronically prior to the meet. Details later.

NOTE: ALL RESULTS will be printed and available and emailed upon completion of the meet.

NOTE: **Contact Meet Manager Tom (Mick) Micallef to secure your spot in the meet. 734.649.2091**

**Email: [tommicallef@gmail.com](mailto:tommicallef@gmail.com) US MAIL: Tom Micallef / Meet Manager 7184 Steeplechase Drive Saline, MI 48176**

## LINUEP OF EVENTS!

**FIELD EVENTS:** Will all be three person relays but only your top two performers will count.

Simply add up the best effort of your top two performers and that is your team performance. All three participants will receive medals if they score in the top six. (High Jump / Long Jump / Shot Put / Discus and Pole Vault)

**TRACK EVENTS:** in the following order. **NOTE:** Per MHSAA rules, MEN will run first in 2014.

### **UNSCORED "OPEN" / "JV" 1600 RUN AT 10:15 AM. UNLIMITED ENTRIES WOMEN AND MEN.**

- 1) SHUTTLE HURDLES (Low – High) Boys – 1<sup>st</sup> and 3<sup>rd</sup> runners will run 33" hurdles / 2<sup>nd</sup> and 4<sup>th</sup> run 39"  
Girls – 1<sup>st</sup> and 3<sup>rd</sup> runners will run 30" hurdles / 2<sup>nd</sup> and 4<sup>th</sup> run 33"
- 2) 3200 RELAY (4 x 800, 2 turn stagger)
- 3) 800 RELAY (4 x 200, lanes all the way)
- 4) 900 HURDLE RELAY (3 x 300 hurdles) Athletes will be seeded. FAT Timed. Add three times for total time.
- 5) OPEN 1600 METER RUN. Limit – TWO entries per team. Max two heats per gender.
- 6) 1600 MEDLEY (400 – 200 – 200 – 800) First 200 runner can move to the inside lane of the track.
- 7) SPRINT RELAY (200 – 100 – 100 – 400) Your 400 runner can move to the inside lane of the track.
- 8) 400 RELAY (4 x 100)
- 9) DISTANCE MEDLEY (1200 – 400 – 800 – 1600)
- 10) 1600 RELAY (4 x 400, 3 turn stagger)

**NOTE:** "B" Teams will be allowed if after entries are received there is room to fit teams in without creating additional heats. Please Contact Mick the Meet manager if this is something you would like to do. We should be able to accommodate most requests.