

## 2014 RUNNING FIT / NEW BALANCE “COACHING LEGENDS CLASSIC” CROSS COUNTRY MEET

\*\*\*\*\***FIFTH ANNUAL**\*\*\*\*\*

**ON THE LIGHTNING FAST COURSE AT “HURON MEADOWS” METROPARK**  
(YOU WILL LOVE THIS COURSE – IT IS ONE OF THE BEST IN MICHIGAN!)

This meet will be co-hosted by Saline and Brighton High Schools.  
Meet managers are Tom (Mick) Micallef and Gary Meehan.  
This meet will be hosted on the regional course at Huron Meadows.

### **PLEASE NOTE:**

**1) The Junior High and K / 6<sup>th</sup> grade races will once again be on Friday night!**

**2) We are going to have THREE divisions for the High School races on Saturday.**

*Smallest schools will compete in the Orange Division. Schools with enrollment under approximately 800 students.*

*Mid Size schools will compete in the Blue Division. Schools with enrollment between approximately 800 - 1300 students.*

*Largest Schools will compete in the Gold Division. Schools with enrollments above 1300 students.*

**We will entertain requests to move up or down based on team strength. We will attempt to balance the divisions.**

**NO DIVISION WILL HAVE MORE THAN 22 TEAMS ON THE START LINE!**

**3) We will have TWO JUNIOR VARSITY RACES for EACH GENDER.**

### FRIDAY, SEPTEMBER 26, 2014 – MIDDLE SCHOOL AND ELEMENTARY RACES

**THIS FORMAT WORKED GREAT IN 2013!**

|                 |  |                      |         |
|-----------------|--|----------------------|---------|
| <b>Time</b>     | K – 6 <sup>th</sup> Grade Boys 2,500 Meter Race  | (unlimited entries)  | 4:00 PM |
| <b>Schedule</b> | K – 6 <sup>th</sup> Grade Girls 2,500 Meter Race | (unlimited entries)  | 4:20 PM |
|                 | Boys 7 / 8 Junior High Varsity 3,200 Meter Race  | (limit of 8 entries) | 4:45 PM |
|                 | Girls 7 / 8 Junior High Varsity 3,200 Meter Race | (limit of 8 entries) | 5:05 PM |
|                 | Boys 7 / 8 Junior High Reserve 3,200 Meter Race  | (unlimited entries)  | 5:30 PM |
|                 | Girls 7 / 8 Junior High Reserve 3,200 Meter Race | (unlimited entries)  | 5:55 PM |
|                 | AWARDS CEREMONY – ALL RACES                      |                      | 6:30 PM |

### SATURDAY, SATURDAY 27, 2014 – HIGH SCHOOL RACES

**Note! FOR HIGH SCHOOL RACES WE WILL ALLOW TEAMS TO ENTER TEN RUNNERS IN THE VARSITY RACES.**

*(only the top seven will figure into the scoring)*

*This will help you to “sort” out your varsity team as championship meets approach.*

**ALL RACES ARE MEASURED 5,000 METERS.**

**NO MORE THAN 22 TEAMS WILL BE IN ANY OF THE VARSITY RACES!**

**WE WILL ENTERTAIN SCHOOLS REQUESTS TO MOVE UP OR DOWN IN DIVISIONS BASED UPON TEAM STRENGTH.**

|                 |   |          |
|-----------------|---|----------|
| <b>Time</b>     | Men’s Orange Division Varsity Race ( <i>smaller schools</i> )               | 9:00 AM  |
| <b>Schedule</b> | Women’s Orange Division Varsity Race ( <i>smaller schools</i> )             | 9:30 AM  |
|                 | Men’s Junior Varsity Race #1 ( <i>Orange and Blue Division Combined</i> )   | 10:05 AM |
|                 | Women’s Junior Varsity Race #1 ( <i>Orange and Blue Division Combined</i> ) | 10:40 AM |
|                 | Men’s Blue Division Varsity Race ( <i>mid size schools</i> )                | 11:20 AM |
|                 | Women’s Blue Division Varsity Race ( <i>mid size schools</i> )              | 11:50 AM |
|                 | Men’s Gold Division Varsity Race ( <i>largest schools</i> )                 | 12:25 PM |
|                 | Women’s Gold Division Varsity Race ( <i>largest schools</i> )               | 12:50 PM |
|                 | Men’s Junior Varsity Race #2 ( <i>Gold Division</i> )                       | 1:20 PM  |
|                 | Women’s Junior Varsity Race #2 ( <i>Gold Division</i> )                     | 1:50 PM  |

**TEAM AWARDS AND SPECIAL RECOGNITION AWARDS FOR TOP FIVE ATHLETES FROM EACH RACE WILL BE GIVEN OUT ON OUR AWARDS STAND AS RACE RESULTS BECOME OFFICIAL.**

*This will be a rolling time schedule. Please listen for announcements.*

*We will do our best to recognize top individuals and teams!*

*All medals will be given out in the chute as runners finish.*

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### **MEET PHILOSOPHY!**

**THE IDEA BEHIND THIS MEET IS TO HONOR MICHIGAN COACHING LEGENDS!**

Each year we will honor two high school coaches – one for the ladies and one for the gentlemen.

We also will honor an elementary / middle school coach each year.

Pictures of these coaching legends will be placed on medals and trophies for the meet.

We hope to make this the best invitational in the state on our corresponding weekend each year.

We hope you can join us for this Fifth adventure. The first four were a HUGE successes!

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*Our 2014 “LEGENDS” honorees will be as follows: All have committed a lifetime of service to our sport!*

#### **HIGH SCHOOL COACHES:**

Dave Bork – Retired Coach. Monroe.

Kim Spalsbury – Retired Coach. Fowler & Grand Ledge.

#### **K-6 / MIDDLE SCHOOL COACHES:**

Gerald Bliznik – Hartland Ore Creek

Jeff Hollobaugh – Pinckney Pathfinder

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### **MEDALS MEDALS MEDALS!**

*Beautiful, keepsake, custom medals with neck ribbons!*

*NOTE: IN ALL RACES, MEDALS WILL BE AWARDED AS ATHLETES PASS THROUGH THE CHUTE!  
TOP FIVE RUNNERS WILL BE RECOGNIZED AT THE TEAM AWARDS CELEBRATION!*

#### **HIGH SCHOOL RACES – EACH GENDER**

**ALL VARSITY RACES – TOP 75 FINISHERS!**

**ALL JUNIOR VARSITY RACES – TOP 75 FINISHERS!**

#### **MIDDLE SCHOOL / ELEMENTARY RACES – EACH GENDER**

**ALL RACES – TOP 75 FINISHERS**

### **TEAM AWARDS**

**ALL HIGH SCHOOL VARSITY RACES – TROPHIES TO THE TOP THREE TEAMS!**

**MIDDLE SCHOOL RACES AND K - 6<sup>TH</sup> GRADE RACES.**

**TROPHIES TO THE TOP THREE TEAMS!**

### **COACHES NOTE!!!!!!**

**TO ALL COACHES - HIGH SCHOOL, MIDDLE SCHOOL, CLUBS WHO REGISTER THEIR TEAMS AND PAY THE A FULL TEAM ENTRY FEE!!!!  
YOU WILL GET A SPECIAL GIFT! YOU WILL LIKE IT!**

Entry Fees: High School Teams - \$100.00 per team (\$100 for women / \$100 for men = \$200 combined)  
Middle School Teams - \$75 per team (\$75 for boys / \$75 for girls = \$150 combined)  
K - 6<sup>th</sup> Grade Teams – \$50 per team (\$50 for boys / \$50 for girls = \$100 combined)  
Individual / Unattached entries - \$20 per runner if you do not have a full team.

**PLEASE MAKE CHECKS PAYABLE TO SALINE HIGH SCHOOL ATHLETICS!**

**Please forward contracts and send entry fees to:**

**Tom Micallef – Meet Manager  
7184 Steeplechase Drive  
Saline, MI 48176**

**Contacts:  
email: [tommicallef@gmail.com](mailto:tommicallef@gmail.com)  
phone: 734.649.2091**

**THIS WILL BE A TERRIFIC CROSS COUNTRY MEET!**

**ENTRIES AND RESULTS RUN ON THE ATHLETIC.NET PROGRAM.**

**WE GIVE AWAY “HEAVY HARDWARE” – TERRIFIC MEDALS AND TROPHIES!**

**We will give out more medals than any other invitational on this date!**

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**THE HURON MEADOWS COURSE IS MEASURED, WELL GROOMED AND LIGHTNING FAST!!**

**THIS IS A CHANCE FOR YOUR RUNNERS TO POST A NEW PR!**

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**WE RUN A GOOD MEET!**

**RESULTS WILL BE AVAILABLE QUICKLY – WITHIN MINUTES OF THE FINAL FINISHERS!**

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**NOTE: THIS MEET WILL HAVE A LIMITED ENTRY.**

**22 TEAMS MAXIMUM PER DIVISION. WE WILL FILL THE FIELD!**

**IF YOU WANT TO BE A PART OF THE ACTION – SIGN AND SEND THE CONTRACT EARLY!**

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**COACHES PLEASE NOTE!**

**THIS MEET IS A GREAT OPPORTUNITY FOR YOUR TEAM TO FEEL LIKE A WINNER!**

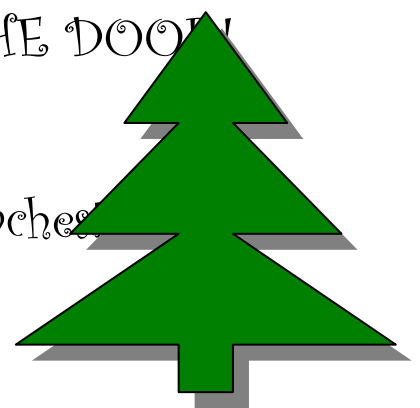


**OPPORTUNITY KNOCKS! ANSWER THE DOOR!**

Kind of like the Readers Digest sweepstakes!

AND Who knows ...next year,

you might be ONE OF our honored coaches!



at Huron Meadows Metropark

CC IS FUN ON THE RUN