**Northern Michigan Meet of Champions**

 **5/28/24**

Top 16 run in the 100, 200, 400, 100H, 110H, 300H, 800m

Top 20 run in the 1600m if under the time requirement (5:10 boys, 6:10 girls)

Top 12 run in the 3200m if under the time requirement (11:15 boys, 13:30 girls)

TOP 12 in the FIELD EVENTS WILL COMPETE ON MEET DAY  - Long Jumpers will have 40 minutes to get in 4 jumps.  Discus and Shot Put will have 1.5 hours to get in 4 throws (2 & 2).  Pole Vault will start 6 inches below the lowest height of competitor’s seed heights.  Raises will be 6 inches. High Jump will start 2 inches below lowest height of competitor’s seed heights.  Raises will be 2 inches.

TOP 8   in the RELAY TEAMS WILL COMPETE ON MEET DAY

Minimum Standards         1600 – 5:10 for boys      1600 – 6:10 for girls -- Will max out the 1600 @ 20 runners

Minimum Standards         3200 - 11:15 for boys     3200 - 13:30 for girls -- Will max out the 3200 @ 12 runners

\*This meet will NOT have a 3200 relay.  The times listed below are approximate times – we WILL run ahead of schedule if possible.

5:00pm (Pole Vault)

5:30pm – Remaining FIELD EVENTS

6pm   110/100m Hurdles - top 16 entries run

6:10  110m Dash - top 16 entries run

6:20  800m Relay - top 8 teams run

6:30  1600m run - limited to 20 entries total

6:50  400m Relay - top 8 teams run

7:00  400m Dash - top 16 entries run

7:10  300m hurdles - top 16 entries run

7:20  800m run - top 16 entries run

7:30  200m Dash - top 16 entries run

7:40  3200M run - top 12 entries run

8:10  1600m Relay - top 8 teams run

CHECK CURRENT RANKING ON ATHLETIC.NET UNDER THE VIEW ENTRIES (click MEET INFO, then ENTRIES link) NOT the SIMULATION!!

At 12noon on the day of the meet we will LOCK ENTRIES and you can then see who has qualified for the meet. WHEN YOU ARRIVE AT THE MEET THERE SHOULD BE NO SCRATCHES UNLESS AN ATHLETE BECAME SICK ON THE WAY TO THE MEET.  PLEASE ENTER ONLY THOSE ATHLETES THAT YOU KNOW WILL COMPETE ON THIS DAY!!  In other words 12noon on Tuesday May 31st is both the entry deadline and the scratch deadline.

MEDALS TO THE TOP 3 ATHLETES IN EACH EVENT.

Dear Coach/AD – Please consider attending the GAYLORD HERALD TIMES TWILIGHT MEET OF CHAMPIONS.  We hope to provide a high class “all-star” meet to showcase some of the finest track talent in northern Michigan.  If you are interested in competing please MAKE YOUR ENTRIES ON ATHLETIC.NET ----- Cost for the meet will be $10 per athlete OR $80 per TEAM (Boys = $80 and Girls = $80), whichever is less.

Note there are NO prelims so this meet will move along FAST.  Make your scratches accordingly.

Questions?  Contact Christian Wilson at GHS wilsonc@gaylord.k12.mi.us