

GREAT LAKES TRACK & FIELD HOLIDAY CLASSIC

Sunday December 27, 2009

Eastern Michigan University/Ypsilanti, Michigan/Bowen Field House

Open to males and females: Youth-10-12, 13-14, High School & Open (19& Over).

High School events: 60M, 60MH, 200, 400, 800, 1600, 3200

Relays: Medley (4x2,4x4,4x8) **Field events:** SP, LJ, HJ, PV

Semi-finals: 60M, 60MH. **All other events are timed finals.**

Youth events: 60, 400, 1600 **Field events:** SP, HJ, LJ

All running events are timed finals.

Open division events (19& Over): 3200/TF, 60M/TF

Awards: Trophies for all first-place finishes, medals for second and third places.

Entry fee: \$15 for high school and open and \$10 for youth

Coaches: Coaches submitting team entries will receive 2 complimentary coaches' passes. Only one coach per team will be allowed in competition venue.

¼ inch spikes are allowed!

Registration: On-line registration at <http://www.Directathletics.com>

Registration opens on November 1, 2009 and will close on December 22, 2009 at 12 midnight. **“Please submit accurate times for all running events.”**

Scratches: Any and all scratches must be done before registration closes on December 22nd. All entries recorded after the 22nd will be owed for said amount.

Each athlete must have a complete waiver form to compete.

Packet pick-up: Will be located at Marriott Hotel in Ypsilanti at Eagle Crest Resort on: Saturday December 26th from 8:00am-10:00pm

Host hotel: Marriott Hotel in Ypsilanti at Eagle Crest Resort 1275 S. Huron Street, Ypsilanti Michigan 48197 (734) 487-2000 **Hotel rate:** \$65 for registrations confirmed by December 1, 2009. Please make reference to the Great Lakes Track & Field Holiday Classic when making reservations.

I would like to encourage our of town guest to stay at this wonderful hotel. We have gone to great lengths to consider your accommodations. Click link for hotel web page.

<http://www.marriott.com/hotels/travel/dtwys-ann-arbor-marriott-ypsilanti-at-eagle-crest/>

Track & Field Coaches Clinic

Track & Field Coaches Clinic: On Saturday December 26th from 2:00pm-6:00pm there will be a track & field coach's clinic held at the Marriott Hotel in Ypsilanti at Eagle Crest Resort 1275 S. Huron Street, Ypsilanti Michigan 48197 (734) 487-2000 Participants will share coaching strategies and discuss issue within the track & field community as well as share ideas to help improve programs. After clinic there will be a social gathering from 8:00pm – 10:00pm. Registration for clinic will be on site from 8:00am to 1:00pm. Cost of clinic is \$10. Cost for dinner is \$20. It would be extremely helpful if you plan to attend the Coaches Clinic that you would email your intentions to greatlakestf@hotmail.com There is no financial obligation for pre-registration.

Clinic Schedule

2:00 – 2:30/Registration

2:45 – 4:00/Open forum

4:00 – 4:45/Lunch Break

4:50 – 6:00/Special Presentation

6:00 – 7:30/Dinner

8:00 – 11:00/Social

Tentative Schedule

Eastern Michigan Univ.
Manager

HY-TEK's Meet

Great Lakes Track & Field - 12/27/2009
Holiday Classic
Bob Parks Track, Bowen Fieldhouse EMU
Session Report

Session: 1 Running Events
Day 1 - Sunday 12/27/2009 - Starts at 09:00 AM

Starts at	Event	Round
9:00 AM	#1 Girls 12&U 60 Meter Dash Midget	Finals
9:15 AM	#2 Boys 12&U 60 Meter Dash Midget	Finals
9:30 AM	#13 Girls 13-14 60 Meter Dash Youth	Finals
9:45 AM	#14 Boys 13-14 60 Meter Dash Youth	Finals
10:00 AM	#25 Girls 15-18 60 Meter Dash Young	Prelims
10:00 AM	#26 Boys 15-18 60 Meter Dash Young	Prelims
10:15 AM	#27 Girls 15-18 60 Meter Hurdles Youn	Prelims
10:30 AM	#28 Boys 15-18 60 Meter Hurdles Young	Prelims
10:45 AM	#5 Girls 12&U 1500 Meter Run Midget	Finals
10:55 AM	#6 Boys 12&U 1500 Meter Run Midget	Finals
11:05 AM	#17 Girls 13-14 1500 Meter Run Youth	Finals
11:15 AM	#18 Boys 13-14 1500 Meter Run Youth	Finals
11:25 AM	#35 Girls 15-18 1500 Meter Run Young	Finals
11:35 AM	#36 Boys 15-18 1500 Meter Run Young	Finals
11:45 AM	#3 Girls 12&U 400 Meter Dash Midget	Finals
12:00 PM	#4 Boys 12&U 400 Meter Dash Midget	Finals
12:20 PM	#15 Girls 13-14 400 Meter Dash Youth	Finals
12:40 PM	#16 Boys 13-14 400 Meter Dash Youth	Finals
1:00 PM	#31 Girls 15-18 400 Meter Dash Young	Finals
1:20 PM	#32 Boys 15-18 400 Meter Dash Young	Finals
1:40 PM	#25 Girls 15-18 60 Meter Dash Young	Finals
1:45 PM	#26 Boys 15-18 60 Meter Dash Young	Finals
1:50 PM	#53 Women 19+ 60 Meter Dash Open	Finals
1:55 PM	#54 Men 19+ 60 Meter Dash Open	Finals
2:05 PM	#27 Girls 15-18 60 Meter Hurdles Youn	Finals
2:15 PM	#28 Boys 15-18 60 Meter Hurdles Young	Finals
2:30 PM	#33 Girls 15-18 800 Meter Run Young	Finals
2:45 PM	#34 Boys 15-18 800 Meter Run Young	Finals
3:00 PM	#39 Girls 15-18 4x200 Meter Relay You	Finals
3:20 PM	#40 Boys 15-18 4x200 Meter Relay Youn	Finals
3:40 PM	#37 Girls 15-18 3200 Meter Run Young	Finals
4:00 PM	#38 Boys 15-18 3200 Meter Run Young	Finals
4:15 PM	#55 Women 19+ 3200 Meter Run Open	Finals
4:30 PM	#56 Men 19+ 3200 Meter Run Open	Finals
4:45 PM	#41 Girls 15-18 4x800 Meter Relay You	Finals
5:00 PM	#42 Boys 15-18 4x800 Meter Relay Youn	Finals

Session: 2 Field Events
Day 1 - Sunday 12/27/2009 - Starts at 09:00 AM

Starts at	Event	Round
9:00 AM	#7 Girls 12&U High Jump Midget	Finals
9:30 AM	#8 Boys 12&U High Jump Midget	Finals
10:00 AM	#19 Girls 13-14 High Jump Youth	Finals
10:30 AM	#20 Boys 13-14 High Jump Youth	Finals
11:00 AM	#43 Girls 15-18 High Jump Young	Finals
11:30 AM	#44 Boys 15-18 High Jump Young	Finals
9:00 AM	#47 Girls 15-18 Long Jump Young	Finals
9:30 AM	#48 Boys 15-18 Long Jump Young	Finals
10:00 AM	#21 Girls 13-14 Long Jump Youth	Finals
10:30 AM	#22 Boys 13-14 Long Jump Youth	Finals
11:00 AM	#9 Girls 12&U Long Jump Midget	Finals
11:30 AM	#10 Boys 12&U Long Jump Midget	Finals
9:00 AM	#51 Girls 15-18 Shot Put Young	Finals
9:30 AM	#52 Boys 15-18 Shot Put Young	Finals
10:00 AM	#23 Girls 13-14 Shot Put Youth	Finals
10:30 AM	#24 Boys 13-14 Shot Put Youth	Finals
11:00 AM	#11 Girls 12&U Shot Put Midget	Finals
11:30 AM	#12 Boys 12&U Shot Put Midget	Finals
9:00 AM	#45 Girls 15-18 Pole Vault Young	Finals
10:00 AM	#46 Boys 15-18 Pole Vault Young	Finals
12:00 PM	#49 Girls 15-18 Triple Jump Young	Finals
12:30 PM	#50 Boys 15-18 Triple Jump Young	

“Please print Accident Wavier and Release of Liability Form and bring to meet. Must have form filled out completely to compete.”

Great Lakes Track & Field and Eastern Michigan University Accident Waiver and release of Liability Form for Holiday Indoor Track & Field Classic December 27, 2009 at Bowen Field House.

I acknowledge that this athletic event is an extreme test of a person’s physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletes, but are also present for volunteers. **I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.** I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person, I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holder titled above, sponsors, and organizers in events in which I may participate and that it will govern my actions and responsibilities at Great Lakes Holiday Classic. In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assign as follow: A) Waiver, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me or my traveling to and from this event, The Great lakes Track & Field Organization and Eastern Michigan University, its officers and members, the FOLLOWING ENTITIES OR PERSONS: Their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers, and event officials. B) Indemnify and hold harmless the entities or persons mentioned in the paragraph from any and all liabilities or claims made by other individuals or entities as a results of any actions during this event. I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness during this event. I understand that at this event or related activities I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and/or assigns. **This Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I hereby certify that I have read this document and I understand its contents.**

Name (print) : _____

Club Name _____ Coach _____

Telephone #: _____ Home _____

Emergency Contact: _____ Phone: _____

SIGNATURE OF ENTRANT _____ Date _____

PARENT OR GUARDIAN FOR MINORS (UNDER 18 YEARS OF AGE)

The undersigned parent and/or natural guardian or legal guardian does hereby represent that he/she is, in fact acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which my be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

Signature of Parent or Guardian of Minor _____ Date _____

Directions to Bowen Field House

Bowen Field House Indoor Track/Circle Dr.

(Directions A) From exit 37A to east on Washtenaw Ave. to left on Oakwood then right on Circle Dr.

From Chicago area: take 94 east to 23 north exit at Washtenaw 37A then follow directions A Directions to hotel stay on 94 east. Take the US-12-BR/ HURON ST exit, EXIT 183, toward DOWNTOWN YPSILANTI. Turn RIGHT onto S HURON ST. End at 1275 S Huron St Ypsilanti, MI 48197

From Fort Wayne area: take 69 North to 94 east then to 23 north exiting at Washtenaw 37A Then follow directions A Directions to hotel stay on 94 east. Take the US-12-BR/ HURON ST exit, EXIT 183, toward DOWNTOWN YPSILANTI. Turn RIGHT onto S HURON ST. End at 1275 S Huron St Ypsilanti, MI 48197

From Cincinnati area: take 75 north to 475 north, then to 23 north. Then exit at Washtenaw 37A then follow directions A. directions to hotel take 94 east then take the US-12-BR/ HURON ST exit, EXIT 183, toward DOWNTOWN YPSILANTI. Turn RIGHT onto S HURON ST. End at 1275 S Huron St Ypsilanti, MI 48197

From Cleveland area: take 90 west to 80/90 west. Exit to 23 north. Exit at Washtenaw 37A then follow directions A. Directions to the hotel take 94 east then take the US-12-BR/ HURON ST exit, EXIT 183, toward DOWNTOWN YPSILANTI. Turn RIGHT onto S HURON ST. End at 1275 S Huron St Ypsilanti, MI 48197

For information, please contact

Meet Directors:

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Greatlakestf@hotmail.com

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(734) 487-0236

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Great Lakes web page: www.eteamz.com/greatlakestrackfield/

Last years results: <http://www.dyestat.com/?pg=reg42008IndoorMI-Great-Lakes-Holiday-Classic>