



# Greater Lansing Junior Honor Roll Track & Field Meet Invitation



**Attention:** Middle school track coaches. 6th - 8th grade.  
**Subject:** **12th Annual** Junior Honor Roll Track and Field Meet.  
**Date and time:** Thursday, May 31st 4:00 pm field events 5:00 pm running events.  
**Location:** Okemos High School, 2800 Jolly Rd. Okemos 48864  
**Entries:** \*See entries information and procedures page.  
**Sponsor:** Playmakers of Okemos and Michigan Running Foundation.  
**Meet Director:** Jeff Crowe 517-648-1775 Jeffc@Playmakers.com  
**Awards:** Medals 1<sup>st</sup> – 8<sup>th</sup> place, (mascot dash award-most spirited)  
**Cost:** **Spectators: \$5** **No cost to qualifying athletes or teams.**

We are inviting schools that typically compete in the High School Greater Lansing Honor Roll Meet.

Alma	Dansville	Fowlerville	Lansing Christian	Morrice	Pewamo-Westphalia
Ashley	DeWitt	Grand Ledge	Leslie	Mason	Perry St. Johns
Bath	East Lansing	Howell	Lansing Catholic	Okemos	Portland St. Louis
Carson City	Eaton Rapids	Haslett	Lansing MS teams	Olivet	Potterville Waverly
Charlotte	Fowler	Holt	Laingsburg	Ovid-Elsie	Saranac Webberville
Corunna	Fulton	Ionia	Lakewood	Owosso	Stockbridge
Capital Home School		Ithaca	Maple Valley	Portland St. Patrick	Williamston

## NOTE running event schedule mimics the high school schedule!

MHSAA rules will apply. Athletes can participate in a maximum of three events.

Boys run first in 2018. All events are timed finals.

<u>Event</u>	<u>Maximum Qualifiers</u>
High jump	10
Shot put	16
Long jump	16
Pole vault	8
3200 (4 X 800) <b>Relay</b>	18 teams
55 Low hurdles	18
* 55 M Mascot Dash	all teams
100 M Dash	18
800 (4 X 200) <b>Relay</b>	14 teams
1600 M Run	20
400 (4 X 100) <b>Relay</b>	14
400 M Dash	16
70 M Dash	18
800 M Run	16
200 M Hurdles	16
200 M Dash	16
3200 M Run	22
1600 (4 X 400) <b>Relay</b>	15 teams

Coaches/Athletic directors/Parents are encouraged to nominate a coach for the

### **“2018 Coaching Honoree Award”**

**Nominees to - Jeff Crowe Jeffc@Playmakers.com or cell 517-648-1775**