

LARRY STEEB
MEMORIAL TRACK & FIELD MEET OF CHAMPIONS
TUESDAY, MAY 27, 2025 at AL RITT STADIUM
Co Sponsored by The Ann Arbor Running Company and Fleet Feet

DEXTER Track – TERRIFIC FACILITY / VENUE!

Note: The track is located at Creekside Intermediate School
2615 Baker Road, Dexter, MI

SUPER IMPORTANT! THIS IS TRICKY!!!

YOU WILL NOT BE ALLOWED TO ENTER ATHLETES INTO THE EVENT
ON A-NET UNTIL PAYMENT IS GUARANTEED!
YOU CAN PAY BY CREDIT CARD ON ATHLETIC.NET
(There is a service fee in addition to the entry fee)
PAYING BY CARD WILL IMMEDIATELY ALLOW YOU TO ENTER ATHLETES.

IF YOUR SCHOOL WILL BE PAYING BY CHECK...
YOU WILL NEED TO SEND AN EMAIL TO MICK
tommicallef@gmail.com

ONCE I HEAR FROM YOU...
I CAN OPEN UP A-NET TO ALLOW YOU ENTER ATHLETES.
LET ME KNOW IF A CHECK WAS SENT BY YOUR SCHOOL OFFICE.
I WILL NEED THE CHECK NUMBER AS PROOF
IF A CHECK HAS YET TO BE SENT AND YOU PLAN ON PAYING BY CHECK...
I NEED SOME TYPE OF GUARANTEE ...

Checks should be made out to Dexter High School.
BUT ... Please mail them to this address!

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

ENTRY FEES:

IF YOU ENTER A COMPLETE MEN'S TEAM IT IS \$225.

IF YOU ENTER A COMPLETE WOMEN'S TEAM IT IS ALSO \$225.

(\$450 Combined men + women)

If you have less than a complete team....

\$25 per athlete (covers 4 events if qualified) \$50 per relay.

\$50 late fee for entries received after Friday, May 24.

NOTE: IF YOU ENTER ATHLETES AND THEY NO SHOW YOU STILL OWE!!!!!!

If the meet has weather issues and there are delays or cancellations we will still expect payment. We will consider it an act of God.

EVENT TIME SCHEDULE: SEE Page #3

NOTE: The meet will follow the same schedule as the past two years.
Past two years, the meet was complete at or before 8:15 pm.

AWARDS:

Medals with neck ribbons to top six places in individual *and* relay events.

Awards to Track & Field Athletes of the Year and area Coaches of the Year.

SCORING: NO TEAM SCORES KEPT.

ENTRIES: DUE FRIDAY, MAY 23, BY 9:59 PM. **LATE ENTRIES = \$50 LATE FEE!**
Entries will be made online using Athletic.net.

There are QUALIFYING STANDARDS for athletes to compete in most of the events in this meet. Please see Qualifying standards file Page 4.

QUESTIONS:

Meet Manager(s)

Tom Micallef:	734.649.2091 or tommicallef@gmail.com
Kevin Behmer:	734.761.2453 or A2racemanagement@gmail.com
Alex Heidtke	734.645.3631 or heidtkea@dexterschools.org

LARRY STEEB

TRACK & FIELD MEET OF CHAMPIONS

TUESDAY, MAY 27, 2025 AT AL RITT STADIUM

MEET TIME SCHEDULE

WOMEN RUN FIRST IN ALL TRACK EVENTS IN 2025

Boys run first in even years.

Girls run first in odd years.

FIELD EVENTS 4:30 **PLEASE REVIEW FIELD EVENT INFORMATION PAGE 4!**

SHOT PUT: Women will compete first. Men will begin competition 15 minutes after the women.

Note: In shot and discus – 4 attempts – (2-2) no finals.

DISCUS: Men will compete first. Women will begin competition 15 minutes after men.

HIGH JUMP: Women will compete first. Men will begin competition 15 minutes after women.

LONG JUMP: *We will have two pits operational so genders will jump simultaneously.*

In Long Jump – open pit for 90 minutes. You can take up to 4 attempts during that time period.

POLE VAULT: *We will have two pits operational so genders will vault simultaneously.*

TRACK EVENTS BEGIN 4:30 AND WILL ROLL QUICKLY IN THE FOLLOWING ORDER!

3200 Meter Relay (4 x 800)

110 / 100 Meter Hurdles. *(No Semi-Final Heats. No prelims)*

Heats seeded by time. Fastest run vs. fastest. Top six FAT Time medal.

100 Meter Dash *(No Semi-Final Heats. No prelims)*

Heats seeded by time. Fastest run vs. fastest. Top six FAT Time medal.

4 x 200 Meter Relay

There will be a very short awards ceremony for Athletes of the Year and Coaches of Year.

1600 Meter Run

4 x 100 Meter Relay

400 Meter Dash

300 Meter Hurdles

800 Meter Run

200 Meter Dash *(No Semi-Final Heats. No prelims)*

Heats seeded by time. Fastest run vs. fastest. Top six FAT Time medal.

Freshman 1600 Meter Run – Maximum entries TWO per school

4 x 400 Meter Relay

Larry Steeb Track & Field Meet of Champions

2025 POST REGIONAL Qualifying Standards

We must and will enforce these standards in order to have the meet completed in a timely manner.

- Only athletes that have met the standards will be allowed to compete.
- Note: We will not allow overrides. Athletes must have a valid entry mark listed on A-Net.
- Each team may enter multiple athletes in each individual event as long as ALL have met or exceeded the entry standards.
- We will have a “wait list.” If you have an athlete you would like to enter but has not hit the qualifying standards (but is very close) please send an email to tommicallef@gmail.com If after entries close we can accommodate your request without having to create additional heats or overload field events we will let you know. This will be a work in progress after entries close.
- Each team may enter **ONE RELAY IN EACH RELAY EVENT** as long as the team has met the minimum standards listed below.
- COACHES: Please poll your athletes to make sure they intend on competing prior to entering!
- Entries are due by Friday MAY 23 at 10 pm using Athletic.net. **DON'T BE LATE!!!**

<u>EVENT</u>	<u>BOYS STANDARD</u>	<u>GIRLS STANDARD</u>
Pole Vault	11' 00"	9' 00"
Opening Heights	11' 00"	9'00"
High Jump	5' 10"	4' 10"
Opening Heights	5' 06"	4'06"
Long Jump	19' 00"	14' 10"
	Boys - no measure under 18'06"	Girls - no measure under 14'06"
Discus	120' 00"	85' 00"
	Boys - no measure under 120'	Girls - no measure under 85'
Shot Put	40' 00"	30' 00"
	Boys - no measure under 40'	Girls - no measure under 30'
4 x 800 Meter Relay	8:30.00	10:40.00
110/100 Hurdles	17.59	18.50
100 Meter Dash	11.55	13.30
4 x 200 Meter Relay	1:35.00	1:51.00
1600 Meter Run	4:37.00	5:30.00
4 x 100 Meter Relay	45.00	53.00
400 Meter Dash	53.00	1:03.50
300 Meter Hurdles	44.00	53.00
800 Meter Run	2:04.00	2:30.00
200 Meter Dash	23.40	27.50
Freshman 1600 Run	No Standard.	No Standard.
Max entries per school = TWO.		
4 x 400 Meter Relay	3:37.00	4:25.00

FIELD EVENT ATHLETES MUST CHECK IN WITH OFFICIALS IN THE FIELD EVENT AREAS

WHEN EACH EVENT IS CALLED.

**ATHLETES MUST CHECK OUT WITH FIELD EVENT OFFICIALS IF THEY ARE LEAVING
TO RUN A RACE BUT MUST RETURN IN A TIMELY MANNER.**

Please have other athletes "hold their spots" on relay teams so they can compete in their field events and get their field attempts completed so that the meet can move forward in a timely manner!

ALL FIELD EVENTS WILL BEGIN AT 4:30

Shot Put and Discus.

FOUR Throws per contestant. NO FINALS.

Throwers will throw 2 – 2 in seeded order.

Throwers will throw in order of FIRST TO WORST.

SHOT PUT – WOMEN THROW FIRST

No measure under 40' 00 for men / 30' 00 for women.

DISCUS – MEN THROW FIRST

No measure under 120' 00 for men / 85' 00 for women.

LONG JUMP - TWO PITS.

Men and Women will jump simultaneously.

OPEN PIT FROM 4:30 – 6:00 PITS WILL CLOSE AT 6:00!

FOUR attempts per contestant. NO FINALS.

No measure under 18' 06 for men / 14' 06 for women.

HIGH JUMP

Men's opening Height will be 5' 06"

Women's opening Height will be 4' 06"

All raises will be two inches.

POLE VAULT - Two Pits.

Men and Women Vault simultaneously

Women's opening height will be 9'00"

All raises will be six inches

Men's opening height will be 11'00"

All raises will be six inches.