

RACE THE BEST ON ONE  
OF THE PREMIERE  
XC COURSES  
IN MICHIGAN!!

**PRESENTED BY MITCA**

Shepherd HS Cross Country Course (located at Shepherd HS) Saturday, November 12<sup>th</sup>, 2022  
321 South Fourth Street  
Shepherd, Michigan

**Meet Manager:**

Dave Lustig – [DLProTiming@gmail.com](mailto:DLProTiming@gmail.com)

**Registration:** \$20 per runner. Custom Beanie included with registration. Register on Run Signup:

<https://runsignup.com/race/mi/Shepherd/TeamMichigan>

**Registration Deadline:** Monday, November 8<sup>th</sup> @ 8pm

**Awards:** Top 30 in each race medal! Medals given in the chute

**Elite Team Winners:** Cool gifts!

**Results and Live Stream:**

Live Stream – [freetracklive.com](http://freetracklive.com)

**Spectator Parking & Admission:** Parking available at Shepherd HS \$5 admission fee for spectators

**Apparel Sales:** ADDIX will be selling custom event apparel on site



## **EVENT TIMELINE**

### **2022 Michigan Meet of Champions – DRAFT ORDER & LIVE DRAFT !**

**SUNDAY, NOVEMBER 6TH @ 8PM** - This will determine the draft order for our sponsors

**TUESDAY, NOVEMBER 8TH @ 8PM**

Once registration closes, the top 110 runners will be announced and then our ten awesome sponsors will have a LIVE Draft in which teams will be filled. We encourage participation in the live draft with potential athlete interviews, draft parties, etc! Live Draft date and time will be posted at a later date.

## **RACE DAY SCHEDULE**

**11:00AM** - Course preview and packet pickup

**1:00PM** – Boys Elite TEAM Race The Top 110\* boys registered will be drafted LIVE by our sponsors and will compete on one of 10 teams. Each runner will receive a jersey to wear for competition.

\*Top 110 will be determined by 2022 cross country performances and by meet management rankings

\*Top 110 will be announced before the draft night

**1:35PM** – Boys Elite Open Race - Total number of runners will be based on registration totals. 55 runners will be selected to wear sponsor jerseys

**2:05PM** – Girls Elite Team Race The Top 110\* girls registered will be drafted LIVE by our sponsors and will compete on one of 10 teams. Each runner will receive a jersey to wear for competition.

\*Top 110 will be determined by 2022 cross country performances and by meet management rankings

\*Top 110 will be announced before the draft night

**2:40PM** – Girls Elite OPEN Race - Total number of runners will be based on registration totals. 55 runners will be selected to wear sponsor jerseys

**3:10PM** – Boys All-Comers Open Race - 55 runners will be selected to win sponsor swag!

**3:40PM** – Girls All-Comers Open Race - 55 runners will be selected to win sponsor swag!

ELITE TEAM Jerseys and beanie can be picked up at your specific sponsor's tent. Elite Open and All-Comers Open Race competitors can pick up Bib and beanie at the barn!