

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 12th, 2022
321 South Fourth Street
Shepherd, Michigan

Meet Manager:

Dave Lustig – 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 8th @ 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

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

1:40PM – Boys Elite Open Race - Total number of runners will be based on registration totals. 55 runners will be selected to wear sponsor jerseys

2:10PM – 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 100 will be determined by 2022 cross country performances and by meet management rankings

*Top 110 will be announced before the draft night

2:50PM – Girls Elite OPEN Race - Total number of runners will be based on registration totals. 55 runners will be selected to wear sponsor jerseys

3:20PM – Boys All-Comers Open Race - 55 runners will be selected to win sponsor swag!

3:50PM – Girls All-Comers Open Race - 55 runners will be selected to win sponsor swag!

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