

MITCA Presents: TEAM MICHIGAN TRIALS

November 8th, 2014
Grand Rapids, MI

What? Last CC race in Michigan for 2014

3 races

- Senior only race for each gender. Is the Mideast qualifier.
- Open Race - all classes/genders will run together, awards will be given to top male and female in each class



When? November 8th, 2014

11:00 Check in at Hilton Grand Rapids Airport

11:30 Meet Lynn Jennings and be inspired (30 minutes)

1:00 Senior Boys race

1:30 Senior Girls race

2:00 Futures Race (includes 9-11 grade boys and girls combined)

Where?

Check in- Hilton Grand Rapids airport- Site of this year Cross Country Clinic

4747 28th street SE, Grand Rapids MI 49512

Race- Gainey Athletic complex- GR Christian's and Calvin College's Home Course-

1661 East Paris ave SE, Grand Rapids MI 49546 (2.3 miles from Hotel)

Cost?

Pre-register at michianatiming.com/registration before November 6th

Seniors FREE Pre-registered \$5 on site

Underclassman \$10 pre-registered \$20 on site

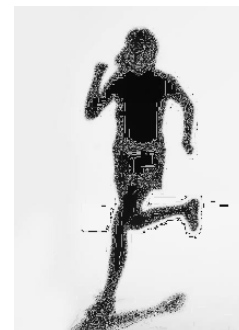
****First 500 athletes will receive a free Cinch Sack style Back Pack****

MidEast Qualifiers?

All Michigan seniors are eligible to compete. The top 12 seniors will be selected to compete for team Michigan at the MidEast Championships.

Results?

Same day at michianatiming.com/results and mitca.org



NO TEAM UNIFORMS – ATHLETES COMPETE AS INDIVIDUALS