



High School **Seniors**

November 21, 2009

Kettering Recreation Park
Kettering, OH

Teams Invited	Illinois, Indiana, Michigan, Ohio
	Each state will have teams of twelve senior boys and twelve senior girls. The winner will be the state with the lowest combined total of the top five runners
Pre-Meet Social	Friday for all contestants
Awards Banquet	Following the race; awards will be given to all participants. Trophies will be given to all members of the winning teams.

Qualify for Team Michigan	Sunday, November 15th Ella Sharp Park, Jackson, MI (see back)
	GIRLS – 2:00 PM BOYS – follow

(Seniors Only) No Entry Fee, No Awards for qualifying race

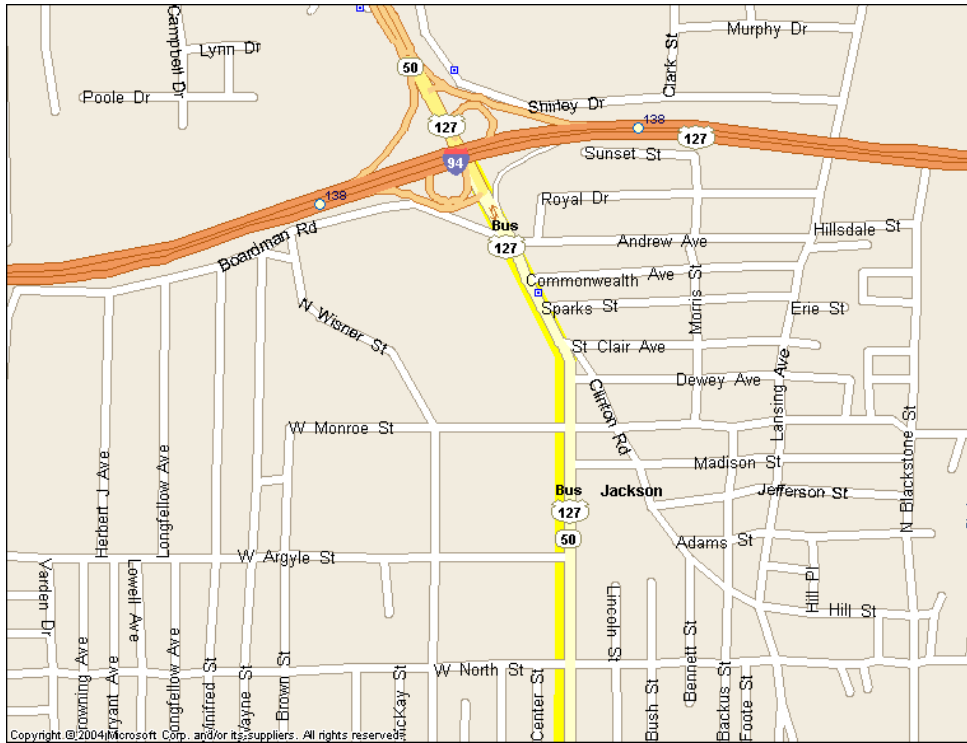
Runners must run UNATTACHED from their High Schools
DO NOT WEAR SCHOOL UNIFORMS

Athlete lodging and meals in Kettering will be paid for by the Michigan Interscholastic Coaches Association (MITCA)

MI Coaching Staff	Mike Woolsey	Lumen Christi	517.768.0929
	Kevin Hanson	Sterling Hts Stevenson	586.268.6964

The Mid-East meet has been approved by the MHSAA and adheres to all rules regarding post season competition

From Exit 138 off of I-94,



1. South on US-127/M-50 (also called West Ave)
2. After about two miles,
3. Turn left onto I-94 Business Route (also called West Michigan Ave)
4. After about 0.25 miles
5. Turn right onto 4th Street
6. After about two miles,
7. Enter Traffic circle
8. Park entrance is south east of the traffic circle

