



**2008 CROSS COUNTRY INVITATIONAL  
INFORMATION SHEET**

**WHEN AND WHERE:** At U-32, on Saturday, September 27, 2008.

**RACE TIMES:**

<b>TIME</b>	<b>DISTANCE</b>	<b>CATEGORY</b>
8:00	.45 MILE	K-2ND GIRLS
8:15	.45 MILE	K-2ND BOYS
8:30	.7 MILE	3RD + 4TH GIRLS
8:45	.7 MILE	3RD + 4TH BOYS
9:00	1.1 MILE	5TH + 6TH GIRLS
9:15	1.1 MILE	5TH + 6TH BOYS
10:00	1.7 MILES	7TH + 8TH GIRLS
10:25	1.7 MILES	7TH + 8TH BOYS
10:55	3.1 MILES	JV GIRLS
11:35	3.1 MILES	JV BOYS
12:05	3.1 MILES	VARSITY GIRLS
12:30	3.1 MILES	VARSITY BOYS
1:15		AWARDS CEREMONY

**ENTRIES:**

**MS & HS Teams:** Entries by Hy-Tek by Wednesday, September 24<sup>TH</sup>. Email to [xcracer1@aol.com](mailto:xcracer1@aol.com) (preferably as a TCL file attachment)

**K-6 entries ONLY:** Your Typed Roster can be sent one of three ways no later than Tuesday, September 23rd:

E-Mail - [xcracer1@aol.com](mailto:xcracer1@aol.com) - (preferably as a TCL file attachment)

Fax: 1-802-223-7411, Attn: Mark Chaplin

U.S. Mail – U-32, 930 Gallison Hill Rd, Montpelier, VT 05602

**Please help pass the word!!!!**

**Dogs are not allowed on the U-32 campus. Please ask your parents and fans to leave their pets at home so that they don't have to be left in the car!**

## **ENTRIES (con't):**

We will again be using a computer for results, so we will need the names of all of your runners early enough in the week to be entered into our database. If you have access to Hy-Tek Team Manager, please send your entry as a TCL file (attached to an email), as this will save considerable time on our part. The high school runners should be entered in the 5K race, and the younger runners in the 3k race (though their actual courses may not be that length). You do not need to designate your JV and varsity runners in advance. For the K to 6th races, we only need the approximate number of entries, so that we will be sure to have enough finish tickets.

The entry fee is \$3.00 per athlete, (grades 7 to 12 only; K-6 runners are free), to a maximum of \$60.00 per school. Checks can be made out to "U-32."

**TOURS:** Tours will be given of the junior high and high school courses from 8:00 until about 9:30. Any course walks after this time will have to be self-guided, as our guides need sufficient time to warm up for their races. The tours will be organized in front of the Shapiro building (the separate building out in front, where the snack bar is located). The courses will be the same as last year.

**AWARDS:** Individual awards will be handed out in the chute in each race up through the junior high races (some schools like to leave after the junior high races). Junior high team trophies, as well as high school ribbons and team trophies, will be given out at the awards ceremony on the hill. (If junior high teams would like to leave before the awards ceremony, they are permitted to pick up their team trophies as soon as the team scores are calculated.)

We will give out ribbons and/or trophies at the Awards Ceremony as listed below. In an effort to be fair to everyone, we will ask coaches to enter athletes in the JV race only after they have entered a complete team in the Varsity race. While there would normally be seven runners in the Varsity race, we always seem to have JV team trophies (especially for girls) left over after the meet. So, we will amend this to at least five runners in the Varsity race before you enter a team in the JV race. (The other exception is that individuals who are clearly slower runners may be entered in the JV race if that is more appropriate.)

**LOCKER ROOMS:** There will be access to bathrooms, showers and locker rooms, although U-32 assumes no responsibility for valuables left in the locker rooms.

**CONCESSION STAND:** Refreshments & t-shirts will be sold during the meet.

**WATER & MEDICAL SUPPLIES:** A Certified Athletic Trainer will be on site for the event. Please bring your own supplies (tape, ice etc). Water jugs will be set up around the start and finish lines but athletes must bring their own cups/water bottles.

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