Stevenson School

Dear Cross Country Coach:

Stevenson School will hold its 41st ANNUAL CROSS COUNTRY INVITATIONAL MEET on Saturday, September 13, 2008. The races will have a relay format, with 5-person teams, where each relay member runs a 1.6-mile loop on grass, trails, dirt fire roads, and asphalt.

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8:00 a.m.	Course open for inspection (Start/Finish area is on Wilson Field, which is on			
	the corner of Faculty Drive and Forest Lake Road)			
8:45	Coaches' meeting at finish chute			
9:10	Boys' Races (Varsity, Junior Varsity #1, Junior Varsity #2, Junior Varsity #3)			
10:30	Girls' Races (Varsity, Junior Varsity #1, Junior Varsity #2, Junior Varsity #3)			
12:00	Awards ceremony			

DIVISIONS:

There will be small and large school divisions for the Varsity and Junior Varsity #1 races, with schools having coed enrollments over 1099 for grades 9 through 12 being designated as "large school." In the Junior Varsity #2 and Junior Varsity #3 races, small and large schools will be combined.

AWARDS:

All members of Varsity 1st- through 3rd-place teams will receive medals. All members of Junior Varsity 1st- through 3rd-place teams will receive ribbons.

RULES:

All of the boys' teams (Varsity, Junior Varsity #1, Junior Varsity #2, and Junior Varsity #3) will compete in the same race at 9:10. Likewise, all of the girls' teams will compete together in a single race at 10:30.

Each school may enter any number of relay teams consisting of one to five persons, but only five-person teams in the categories Varsity through Junior Varsity #3 will receive a place ranking and be eligible for awards. A school's fastest five boys or girls must be on the Varsity team. No athlete is permitted to compete in more than one leg of the relay.

Each runner must carry a baton, and runners #2 - 5 must receive the baton in the exchange zone that is marked by four cones. Please provide your own batons (maximum of four needed).

The #5 runners will finish their legs of the race in a chute. The #5 runners will wear two identical labels on their uniforms to indicate the name of their school and their race category: for example, "Stevenson/Small School Junior Varsity Girls #1." These labels will be removed at the end of the chute for scoring purposes.

Total team times (the cumulative time for each five-person team) will be provided, but coaches will be responsible for obtaining individual split times for their own runners.

FEES:

\$18 for each team (consisting of one to five runners) entered, with a maximum fee of \$90: payable to Stevenson School Athletic Department. Entries must be received by 7 p.m. on September 11th. Don't wait for your check to be prepared. Mail or fax the entry right away. You can bring the check to the meet or mail it later.

REPLY TO:

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