

Middle School

2015 Cross Country County Championship Invitational

Montgomery Hill Park, San Jose Tuesday, October 20

This meet is an attempt to bring the top middle school runners in the area together at the end of the season for a high level competition on a demanding and tough course. We are hoping to have teams and individuals who have placed high in their league/division/section finals throughout Santa Clara County and the San Francisco Bay Area. *Please use top 3 teams and top 15 individuals not on a team as a guideline (not concrete).* There is no plan to charge anyone to compete but donations of \$20, or your assistance with meet operations, will be happily accepted. Other than that, show up with your top runners, coach your athletes, and enjoy the race. **All runners must have their school coach and school sanctioning.** We plan to run rain or shine unless it gets really bad. I'll post (below) on race day if we are canceling.

* Results and Meet Information will be posted on the website below

<http://www.sjUSD.org/willow-glen-middle/teachers/pappadakis-cliff/wgms-cross-country/24098>

Directions and Parking Instructions:

US-101 (north or south)

Take the Yerba Buena Rd exit and go EAST (about) 3.1 mi

Just past Evergreen Valley College (on the left)

Montgomery Hill Park, San Jose, California 95135

Please have your bus park away from the racing/starting area. This will free up more spaces for parents, spectators, and carpools. The parking lot is a college lot and there is a small fee to park (\$6).

Please have athletes stay off of the course unless they are racing. Parents and spectators are not allowed on the course at any time (staff photographers should see the meet director for access).

Medical issues will initially be taken care of by course monitors and coaches. Coaches should have a first aid kit, emergency contact information, and be certified in First Aid and CPR. Coaches are responsible for the safety of their athletes. We will be using the CIF NFHS XC rules as a guideline.

Park Rules:

- This is a public park that has been reserved for use by the meet director. We are not allowed to exclude the public, but we do ask that they stay off of the course and avoid impeding the runners. All coaches are responsible for the safety and behavior of their team/runners and their spectators.
- Please advise athletes and parents to be on their best behavior and emphasize good sportsmanship.
- Keep your area clean, no littering!
- No footballs, soccer balls, Frisbees, music (headphones are okay,) noise makers, etc.
- Each coach/school must have first aid kits and medical insurance information about their athletes

About the Course:

- All races will start and finish on the South side of the park by the portable bathroom.
- The course is made up of dirt paths and is approximately 2.06 miles long.
- The course has a flat start and lots of hills throughout with a flat loop in the middle. There is a downhill to flat finish approx ¼ mile long
- The course will be marked with white chalk** arrows.

Please have your runners follow these markings. There will be course monitors at key points along the course to help as needed. Any runners who cut the course will be **disqualified.

- Please bring garbage bags to pick up after your runners.
- This is (usually) a hot, dry, dusty course with little shade. Please bring lots of water for your team.
- Additional bathrooms can be found on the Evergreen campus
- Course records: Julia Bounds (Woodside Priory) 12:48 (2012)
Alex Scales (Dartmouth) 12:00 (2013)

Preparation:

- Please bring your own stickers - all schools need to supply their runners with stickers that state their first and last name, school, grade, and race division. **Please print clearly and use 1"x2 5/8" labels.**
- Each runner should wear the sticker on the front of his/her jersey during the race.
- When the runners finish the race, please have them remove their sticker and give it to the race official at the finish line.
- Please keep athletes and spectators off the course and away from the finish and scoring area.

The Races:

- **The Champions race: This race is for TOP individual runners** regardless of their grade level. It is meant to test their strength, endurance, and speed against the other top runners. The best boys and girls from all three grades run together (the top girl from 2012 was the 6th fastest time of the day). We will not have a team score or team champion in this race, but medals will go to places 2-15 for both male and female runners. **The top male and the top female finishers will get a trophy and the title of County Grand Champion.** This race is meant to be THE race, so please enter your fastest kids here.
- **Team race divisions** are 8th grade, 7th grade, & 6th grade. These will be separate boys and girls races.
- Enter a **maximum of 7** runners in each race. Runners may not enter more than one race.
- To receive a team score, each team must have at **least 5 members enter and complete the race.**
- Individual runners and those on incomplete teams will retain their overall place, but will be removed numerically for scoring purposes.
- A runner may not impede another runner nor may they intentionally interfere with another runner's pace at the start, finish, or during the race.

Awards:

- 1st place teams will receive a trophy; The top 10 individuals in each race will get ribbons.
- All races will be scored the same way. 1st=1 point, 2nd=2 points, 3rd= 3 points & so on. Low score wins.
- Individual awards will be given at the finish line
- Team awards will be given as results are calculated. Team awards that have not been picked up by the coach can be picked up at the Willow Glen Middle School main office once the results have been finalized.

Order/Time of Races:

3:30 – Coaches Meeting (meet at the starting line)

3:45 – Champions Race (all grades - boys & girls combined)

4:00 - 8th grade Boys

4:05 - 8th grade Girls

4:30 - 7th grade Boys

4:35 - 7th grade Girls

5:00 – 6th grade Boys

5:05 – 6th grade Girls

Times may be adjusted if necessary to compensate for slower runners (I will try to avoid this as much as possible). The race clock will be stopped at 25 minutes except for the 6th grade races.

Please email me if you plan to bring runners. I would like to know how many people to expect.

Cliff Pappadakis

Willow Glen Middle School

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