

2018 Jackson High School Cross Country Invitational

Date: Saturday, August 25, 2018
Location: Jackson City Park, below lake levee (same location as last year.) Course and race starting times could be altered due to extreme heat index or wet weather. Be prepared to run an hour earlier if extreme heat returns.

Divisions: 9th, 10th, 11th, 12th grades---Boys and Girls will have separate divisions. H.S. teams may run a person 'up' a division, but not 'down'.

Race Times

and distances: 9 th	9:00 a.m.	1.95 miles
10 th	9:30 a.m.	2.35 miles
11 th	10:00 a.m.	2.35 miles
12 th	10:30 a.m.	2.35 miles
Fun Run	10:50 a.m.	2.35 miles
Awards	11:15 a.m.	

(Girls will start 1 minute after each boy's race). If the heat is extreme, teams should be prepared to run the race one hour earlier. Schools will be notified in advance if race times change due to heat. Please include your contact information on the entry page so that we can contact you if weather conditions dictate time changes.)

Coach Meeting: 8:30 a.m. at the scoring pavilion

Awards: 2 team plaques and 25 individual medals in each H.S. division. Awards ceremony will be located at the scoring pavilion.

Entry Fee: \$160.00 per High School (boys and girls) - \$10/individual and

Team Scores: Top 4 boys and 3 girls in each division will be calculated for team scores

Scoring: Coaches, **please print legibly**, on the result sheet provided, the name, and finish time for all runners that finish so that results can be provided at the conclusion of the meet. Tabulate the total score and return **all** cards in the envelope and return to the scorer's table as soon as possible.

Race Clock/Timer: A race clock will be located at the finish line. Coaches may obtain Race times from the clock, but remember that the girls in each division Start 1 minute after the boys, so the times will be off by a minute. Adjust times accordingly. The start, finish and 1 mile mark are all in close proximity, so times can be easily recorded. Spectators can see much of race from the start/finish area, as runners pass through twice, in addition to the start and finish.

The start: Starting positions will be drawn by each coach at the coaches meeting. Check the position of your start well before your starting time. A 5-Minute gun will sound before the start of each race.

Restrooms: Located at Safety City bike area and across the low water bridge. There will also be portable toilets at the t-shirt/ concessions/score pavilion.

Bus Parking: You may drop off runners, coolers, and tents, at the lower tennis Court/pavilion area. Your bus may then park at the pool parking lot.

T-Shirts/ The Cross-Country Parent's Club will again sell Invitational t-shirts (\$15)

Concessions: Concessions will include muffins, bagels, chips, cookies, brownies, Granola bars, grilled burgers, hot dogs, pizza, water and PowerAde.