

Gettysburg Cross Country Invitational

HIGH SCHOOL & MIDDLE SCHOOL

September 11, 2010

Meet Information

Site: Gettysburg Area High School, 1130 Old Harrisburg Rd, located 1 mile north of Gettysburg on Business Route US 15.

Use main entrance off Old Harrisburg Road. Side entrances will be blocked.

Courses: High School Course = 5,000 meters.

One of the fastest invitational courses in Pennsylvania.

Flat with one long gradual upgrade. Mostly grass with $\frac{3}{4}$ mile of winding trail.

boys course record - 14:55.2. & girls course record- 18:23.1.

Middle School/JH Course = 2 miles.

Very fast, a shorter version of the 5 K course. Flat with one short gradual upgrade.

Race

Schedule: Time Race Maximum Runners per Team

7:00 Cannon Clash 5K..... non-scholastic runners

8:30 #1 Middle School/JH Boys.....Unlimited

9:00 #2 Varsity Girls HS..... 10 Runners

9:45 #3 Middle School/JH Girls Unlimited

10:15 #4 Varsity Boys HS.....10 Runners

10:45 #5 JV Girls HS.....(open to seniors).....Unlimited

11:30 #6 JV Boys HS..... (open to seniors).....Unlimited

*High school teams must score as a team in the varsity race in order to enter runners in the JV race. JV races are open to seniors.

Scoring: Top 5 finishers score. Sixth and seventh finishers will displace. Additional finishers will not displace. Runners may compete in only one race.

Time and place will be determined when chip crosses the finish line.

Timing: Time and place will be determined when chip crosses the finish line.

Timing by Motion Timing company using the Chronotrack Timing system.

Runners will wear a single chip attached to a D-tag on one shoe. The D-tag is disposable, not returned. More information is available at www.motiontiming.com.

On-line Entry: Coaches will enter their teams online at www.motiontiming.com. Entries close at 9:00 am on Wednesday, September 8, 2010. All runners must be registered online. There is no need to specify varsity or JV when entering.

Results: Printed results distributed to coaches and professional media only.

Results posted on the internet at www.PennTrackXC.com

Entry Forms due June 4, 2010 by mail, scan via email, or fax

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Entry Information

Entry: Entry is by invitation only. If you did not receive an invitation, please contact Jack Harbaugh. Forms and fees from schools not formally invited will be returned. This meet will be sanctioned by the NFHS. Only eligible runners representing invited member schools may participate.

Entry Fees: Boys and Girls are separate teams. Fees are based on the numbers of runners entered on-line, not how many runners actually participate. No refunds.

Make checks payable to: "**GASD-XC Fund**"

High School Team (boys and girls are separate teams):

11 or more registered runners of same gender = \$120

5 to 10 registered runners of same gender = \$80

Individual registered runners = \$16 /registered runner

*High school teams must score in a varsity race. A team's remaining paid registered runners may run JV race.

Middle School/JH Team (boys and girls are separate teams):

5 or more registered runners of same gender = \$60

Individual registered runners = \$12 /runner

Online Coaches will enter their teams online at www.motiontiming.com. Entries close at 9:00 am

Registration on Wednesday, September 8, 2010. All varsity and JV runners must be registered online. There is no need to specify varsity or JV when entering.

Important June 4 Contract received by race director.

Dates: August 28 Entry Fees **must be received** on or before race day.

Do not mail checks after August 28.

Sept 8 On-Line Entry Closes at 9:00 am. The race is only 3 days away.

Travel Info: Contact Gettysburg Convention & Visitors Bureau, PO Box 4117, Gettysburg, PA 17325,

1-800-337-5015, www.gettysburgfun.com

Questions: Jack Harbaugh, Race Director

School Voice: 717-334-6254 X6177

School Email: jharbaugh@gettysburg.k12.pa.us

Fax: 717-337-4438

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Awards Information

Awards: Awards follow a "Historic Gettysburg" theme. Team champion trophy is a model cannon mounted on a hardwood base with the GXCI logo as a backdrop. It is one of the nicest team trophies awarded anywhere. Trophy is a one-time award. Repeat champions receive a plate to mount on previously awarded trophy. Medals are custom cast with GXCI logo.

HS Varsity Races Team: Large School Trophies to Top Teams, 8 Medals/Team

Small School Trophies to Top Teams, 8 Medals/Team

Individual: Overall Medals to Top 50 Overall

The number of team trophies and medals awarded will be determined by the number of teams entered per school class. A minimum of 3 teams per school size will be awarded trophies and medals.

Large Schools = Out-of-state schools with 440 or more students per gender grades 9-12, Pennsylvania "3A".

Small Schools = Out-of-state schools with less than 440 students per gender grades 9-12, Pennsylvania "2A".

HS JV Races Team: Trophies to Top 3, 8 Medals/Team

Individual: Medals to Top FR(10), SO(10), JR(7), SR(3)

MS/JH Races Team: (No Reranking)

No 9th Graders Trophies to Top Teams, 8 Medals/Team

9th Grader(s) Trophies to Top Teams, 8 Medals/Team

Individual: Overall Medals to Top 30, Ribbons to All

The number of team trophies awarded will be determined by the number of teams entered with and without 9th graders.

Award

Schedule: Time Awards Presentation (approximate) Location

10:30 Awards: Middle School/Junior High (Boys then Girls).....Cafeteria

12:00 Awards: High School (Varsity Girls then Boys, JV Girls then Boys).....Cafeteria

Results: Printed results distributed to coaches and professional media only.