

DON SWIGER INVITATIONAL

SITE OF THE 2011 REGION II AAA CHAMPIONSHIPS

LOCATION: HC 63, Box 1970
Hampshire High School
Romney, WV. 26757

DATE: September 24, 2011

RACE SCHEDULE: 9:00 Course opens
9:30 Coaches Meeting
10:30 Girls Varsity (7 runners)
11:15 (or 15 min after last runner) Boys Varsity (7 runners)
12:00 Combined JV (no limit)

ENTRY FEE: An entry fee of \$ 75.00 will be assessed for 2 varsity teams; \$40.00 for 1 varsity team; or \$5 per individual.

COURSE DESCRIPTION: A 5k course on mostly grass and wooded trails on the grounds of the middle and high school. The course starts on top of the hill at the middle school and finishes on the track at the high school.

FACILITIES: Restrooms will be open underneath the football scoreboard. Tents are permitted.

SHIRTS: Shirts will be made on site by American Screen Printing.

ROSTER: Please send all team rosters by **September 17, 2011**
Submit team entries through www.athletic.net. **Faxed or emailed rosters will not be accepted.** Entry instructions are below.

Coach Craig Nething @ Cell 240-362-4616 or nething_cd@yahoo.com

Admission: Admission will be \$3.00 per spectator collected at the entrance of the school.

Awards: Top 10 on both Boys and Girls Varsity.
Top 10 on both Boys and Girls JV.
Team awards will be 1-3 for Boys & Girls varsity only.

Don Swiger Invitational (#45220)

Online Entry Submission

This meet is using free online registration at Athletic.net!

Athletic.net is a resource for Track & Field and Cross Country coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and free tools to simplify coaching tasks. **Follow the 4 steps below to get started:**

1. Locate your school and sign up for a free coach account

(if you do not have one)

- Go to the website: www.athletic.net
- Click on your level under "Cross Country"
- Click on your state, and then your school
- Once on your school's page, click the "**Sign Up Here**" link and follow the instructions
- After receiving the confirmation email, continue with these instructions

2. Add meets to your season calendar

- Use your email address and password to sign into the website, and click on your school's name in the left navigation bar
- Click "**Edit Calendar**" in the Coach Tools bar at the top of your school home page
- Where it says "Meet ID:" enter **45220** and click **Add**
- Review the information and click **Save and Continue >**
- You may need to click **Save and Continue >** again
- Repeat this process for the rest of your season calendar (*You can also add meets by date, if you don't know the Meet ID*)
- Verify on the "Edit Calendar" page that your calendar is correct. Use the Edit button next to the meet to make corrections.

3. Enter team roster

- Click "**Edit Athletes**" on the Coaches Toolbar, on your school's page
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option

4. Register athletes for the Don Swiger Invitational

- Locate **Don Swiger Invitational** on your school's main cross country page and click on it
- On the right under **Team Tools**, click **Register Athletes**.
- Click **Increment Divisions** to quickly register all your athletes in the first race division,
- or manually select the race division for each athlete
- Use the boxes on the bottom of the page to add additional athletes to your roster

You can use the meet registration feature of Athletic.net for all your meets. You can print out and fax the entries, or the host team can download them from the website, all for free.