

HEREFORD HIGH SCHOOL

BULL RUN INVITATIONAL CROSS COUNTRY MEET – 2010

You are invited to participate in the Bull Run Invitational Cross Country Meet and the Reunion Run Open Race on Saturday, September 25, 2010 at Hereford High School, site of the annual Maryland State Cross Country Championships and the original Hereford Invitational.

- SANCTION:** MPSSAA for Maryland, Pennsylvania, Delaware, Virginia, West Virginia, District of Columbia,
- DATE:** **Saturday, September 25, 2010.**
- COURSE:** 3.0 miles. Site of the Maryland State Cross Country Championships. Grass and dirt trails with rolling hills and two challenging trips into the Dip. Spikes permitted. Map attached.
- DEADLINE:** Entry form, completed roster and check must be received no later than Friday, September 10 to avoid a late fee. **NO EXCEPTIONS.** **\$50 late fee if all information and check are not received by 9/10.** **Entry limited to 110 schools.**
- ENTRY FEES:** \$70 Boys Team – 7 Varsity, unlimited JV.
\$70 Girls Team – 7 Varsity, unlimited JV.
\$125 for Girls + Boys teams. Schools must enter a varsity team in order to enter JV events. Nonscoring varsity teams (fewer than 5 runners) may compete for individual awards.
1 runner – \$35, 2 – \$40, 3 – \$45, 4 – \$50.
- MAIL TO:** Hereford High School 410-887-1910
Attn: Mike Kalisz, Athletic Director 410-887-1944 FAX
17301 York Road mkalisz@bcps.org
Parkton, Maryland 21120
- ENTRY INFO:** Each school may enter one boys and one girls varsity team with a maximum of 7 runners each. JV races are open to all other members of your team. For example, if your boys team has 20 runners, 13 may run in the JV race. JV races will not be scored. Coaches are responsible for their JV runners' times & are allowed on the course during JV races. Coaches are not allowed on the course in the finish area during varsity races.
- AWARDS:** **Varsity** – Individual awards to the top 15 finishers. Numbered ribbons to places 16-100, and participant ribbons to all finishers thereafter. Team awards to the first 3 teams. **JV** – Medals to the top 5 finishers and participant ribbons to every finisher thereafter.

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- DIRECTIONS:** Interstate 83 to Exit 27, travel east on Mt. Carmel Road (Rte. 138) 0.5 mile to York Road. Left on York Road (north). Hereford High School is 0.5 mile on right.
- CONCESSIONS:** Quality food and beverages are sold throughout the day. Concessions are provided by the Hereford High School Sports Boosters Club.
- MEDICAL INFO:** Hereford Physical Therapy is providing certified athletic Trainers and EMT's for the meet. We have medical stations at the finish line and in a classroom adjacent to the course. This is the same medical coverage we have at the Maryland State Cross Country Championships.
- LITTER:** Bring trash bags to keep your area clean.
- REST ROOMS:** Rest rooms are available near the gymnasium. Portable toilets are in the spectator's area.
- COURSE WALKS:** Course walks are held at 8:00 AM and 12:50 PM
- T-SHIRTS:** Custom-designed, long-sleeve T-shirts are available for purchase on race day.
- Long-sleeve T-shirt – \$20.00
- All runners competing in the Reunion Run Open Race will receive a T-shirt as part of their entry fee.
- BAD WEATHER:** We will make every attempt to run rain or shine on 9/25. If postponed, we will reschedule to Saturday, October 9th.
- ELITE RACES:** Boys and girls varsity teams interested in a very competitive event may run in elite races regardless of their school's enrollment. **Please indicate your interest in competing in elite races on the entry form.**
- LARGE, MEDIUM, SMALL RACES:** In addition to the elite races, we offer large, medium, and small school divisions based on enrollment. We will send coaches a schedule by September 17. **Please provide a carefully-printed e-mail address if you haven't already.**

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OPEN RACE: The Hereford Bull Run Invitational also hosts the Reunion Run for adults and children in 8th grade or younger. We encourage course alumni for the 37 years of the Maryland State Cross Country Championships and the Hereford Invitational, active and former coaches, parents, and others to register. This race is for men and women and is run on the Bull Run Invitational 3-mile course at 12:30. The registration form for this race is attached. \$18 Reunion Run fee if received by September 17. \$20 on race day. Volunteers and officials may run for free.

RESULTS: Robert Hall's firm Maryland Timing will post varsity results after each race and on his site www.mdtiming.com. Results also will be posted on: www.runningmaryland.com, www.tristaterunnur.com and www.dyestat.com.

SCHEDULE:

7:30 A.M. Team registration begins by tree near water tower (gym lobby if raining).

8:00 Course walk for Large school and Elite races. Meet at start line.

8:15 Coaches meeting (Large school and Elite races). Gym activity room.

9:00 Boys Large & Elite JV/Open

9:35 Boys Large Varsity

10:05 Girls Large Varsity

10:35 Girls Large & Elite JV/Open

11:05 Awards presentation for Large schools on hillside by backstop.

11:10 Boys Varsity Elite

11:40 Girls Varsity Elite

12:30 P.M. Reunion Run

12:40 Awards presentation for Elite races on hillside by backstop.

12:50 Course walk for Small & Medium schools. Meet at the start line.

1:05 Coaches meeting (Small & Medium schools). Gym activity room.

1:55 Boys Small/Medium JV/Open

2:30 Boys Medium Varsity

3:00 Girls Medium Varsity

3:30 Boys Small Varsity

4:00 Girls Small Varsity

4:10 Awards presentation for Medium schools on hillside by backstop.

4:30 Girls Small/Medium JV/Open

4:50 Awards presentation for Small schools on hillside by backstop.

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BULL RUN INVITATIONAL 2010 ENTRY FORM

– MUST BE RECEIVED BY SEPTEMBER 10, 2010 –

All official entries must be signed by the coach, athletic director, and principal to be valid. This form will certify the eligibility of each entrant and school enrollment. Complete the ENTIRE form or entry will be rejected.

ALL REQUESTED INFORMATION IS REQUIRED!

School _____

School address _____ ZIP _____

School telephone number _____ School fax number _____

Boy's coach _____ Coach's cell no. _____

Girl's coach _____ Coach's cell no. _____

School enrollment _____ (Must complete) My school is: All male ___ All female ___

Principal's signature _____

I am certifying that the enrollment numbers listed above are accurate

Athletic director's signature _____ E-mail _____

Boy's coach signature _____ E-mail _____

Girl's coach's signature _____ E-mail _____

Check if you want to compete in the **ELITE** Varsity Race: ___ Boys ___ Girls

Entry fees: \$125 – Boys and girls teams (varsity and unlimited JV)
\$70 – Single team entry (varsity and unlimited JV)
\$35 – 1 runner; \$40 – 2 runners; \$45 – 3 runners; \$50 – 4 runners

Varsity team: Boys (\$70) _____ Girls (\$70) _____ Co-ed (\$125) _____

Individual: Male entries 1 (\$35) _____ 2 (\$40) _____ 3 (\$45) _____ 4 (\$50) _____

Female entries 1 (\$35) _____ 2 (\$40) _____ 3 (\$45) _____ 4 (\$50) _____

Junior varsity (unlimited, no fee) # of male entries _____ # of female entries _____

MAKE CHECK PAYABLE TO: Hereford High School
17301 York Road
Parkton, Maryland 21120
Attn. Mike Kalisz

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OTHER IMPORTANT INFORMATION

1. Schools must have runners in a varsity race in order to enter JV races.
2. Coaches are responsible for their runners before, during, and after their race.
3. Coaches must have their runners at the starting line 15 minutes prior to their race.
4. Large, medium and small race divisions are based on student enrollment. **The enrollment section of the official entry form must be certified by the school principal.**
5. **All information requested on the official entry form must be completed or the entry will be rejected.** Be sure to include coach's e-mail address, school's fax number, required signatures, enrollment numbers, and number of entries for all races, including JV races. **Entry form and payment are due by September 10, 2010. Do not mail an incomplete package. Include check. Entry is limited to the first 110 teams with complete information.**

A \$50 late fee will apply to any school allowed to participate that did not meet the 9/10 deadline requirements. (Completed entry, roster and fees)

6. Indicate if you will be competing in elite varsity races. Elite races differ from enrollment-based varsity races. Entire team must compete in the Elite Race.
7. Please don't forget to include the participant entry form that lists the names of all varsity runners. We need this information for the computer program that will score this meet. Please mail it along with your official entry form. You may make substitutions on race day.
8. **We will confirm all teams of their race divisions and schedule no later than September 17, 2010 by e-mail (preferred) or fax. PLEASE LIST COACH'S E-MAIL ADDRESS AND SCHOOL'S FAX NUMBER ON THE ENTRY FORM.**
9. Course map is included.

QUESTIONS: Please contact race directors:
Mike Kalisz John Roemer IV
410-887-1910 e-mail: roemeriv@juno.com
410-887-1944 Fax

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VARSITY ROSTER

REQUIRED!

– Mail this with entry form –

SCHOOL NAME _____

COACH'S EMAIL _____

Names of varsity participants. Please type or print very neatly.

Boys

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Girls

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Substitutions may be made on race day at the coaches meeting.

HEREFORD HIGH SCHOOL

The *Hereford Bull Run Invitational* Presents The **Reunion Run**

An All-Comers 3 mile Cross Country Race
Celebrating Over 30 Years of Cross Country at Hereford High School

Saturday, September 25, 2010 at 12:30 p.m.

T-shirt to all entrants.

Bull Run Invitational entrants are ineligible. Parents, coaches, and all other runners may participate.

Directions to Hereford High School in Parkton, Maryland: From Interstate 83, Exit 27, go east on Mt. Carmel Road 0.5 mile to York Road light. Travel north (left turn) 0.5 mile to school on right.

Description: 3.0 miles at site of Maryland State Cross Country Championships. Grass and dirt paths with 2 challenging trips into the Dip. This race will be held during the *Bull Run Invitational* for high school athletes. 110 schools will attend, so there will be many spectators. *Arrive early* to familiarize yourself with the course.

Registration and entry fees: \$18 if received by 17 September. \$20 Race-day registration & packet pick-up until 12:00 at T-shirt table.
Make checks payable to ***Bull Run Invitational*** and send to:

Hereford High School
c/o Mike Kalisz
17301 York Road
Parkton MD 21120

E-mail inquiries: John Roemer IV -- roemeriv@juno.com

PRINT NEATLY

Last Name _____ First Name _____

Address _____ Phone # _____

Age on race day _____ Circle: Male Female Circle T-shirt size: S M L XL

If High School Cross Country Coach: School _____ Years _____

If Invitational/MD HS Cross Country Alumnus: School _____ Years _____

In consideration of your acceptance of this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release all rights and claims for damages I may have against Hereford High School, Baltimore County Public Schools, the race directors and any other sponsors and their representatives, successors and assigns for any and all injuries suffered by me in this event, even if such injuries result from the negligence of any of the above named groups or entities. I represent that I understand that physical training is required in order to reduce the risk of injury and I represent that I am physically fit and sufficiently trained for the completion of this event.