

*Conducted by the
Brothers of Holy Cross*

GILMOUR ACADEMY
34001 CEDAR ROAD
GATES MILLS, OHIO 44040-9356

GILMOUR ACADEMY
Founded 1946
GLEN OAK SCHOOL
Founded 1969

October 2, 2015

Dear Coaches,

Welcome to the 56th annual Gilmour Academy Paul Primeau Cross Country Invitational. We appreciate your coming, and we hope all of your athletes do their best.

Here are a few things to read over before we begin:

Today's race schedule is as follows:

Blue Division Boys (DII and DIII): 4:00 PM

Grey Division Boys (DI): 4:30 PM

Blue Division Girls (DII and DIII): 5:00 PM

Grey Division Girls (DI): 5:30 PM

JV/Open Boys: 6:00 PM

JV/Open Girls: 6:30 PM

Course records:

Boys: Stephen Schultz, Mentor: 15:57 (2008)

Girls: Jessica Zangmeister, Fairview: 18:12 (2008)

- **If you have less than five athletes, they must run in the open race.** Varsity races are limited to **nine** athletes per school. Usual scoring rules, with only two displacers, will still apply. Starting assignments are in your packet. For the open races, there are no chute assignments. It is not necessary to indicate beforehand which athletes are in the varsity race and who is in the open race.

- We are utilizing chips this year. Please consult the attached sheet for specifics. Please consult your team list to match the appropriate chip number with your athletes. In addition, the chips will be collected at the end of the race in the chute. If you have any runners who did not run but were entered, or any who did not finish, please return their chips to the finish area. **Your school will be billed \$15.00 for each chip not returned.**
- Please stay out of the track and off the football field. The finish is in front of the grandstand, so there will be ample opportunity to time your runners as they finish. The only people allowed inside the fence will be meet officials and those athletes currently competing.
- The results of the races, including individual places and times along with team scores, will be posted by the concession stand behind the stadium approximately 30 minutes after the conclusion of each race.
- Individual awards will be given out at the tent near the finish line after official results are announced. Please have a **coach** come pick up the awards. Team awards will be given out at that time as well.

Varsity Races: Team trophies for the top three teams in each race

For each varsity race:

1st and 2nd place individuals: plaques

3rd through 15th place individuals: medals

16th through 40th place individuals: ribbons

JV/Open Races:

1st Place Team: Trophy

Individuals:

1st place: medal

2nd through 25th: ribbons

- Please consult the course map. We have flags, lines and cones up to mark the course.
- This year, we will put the results on the Internet on Baumspage.com and www.gopherarun.com. They should be up tonight. We will not be mailing results.

- Our concession stand is open behind the grandstand. Second Sole is also selling official meet t-shirts.
- **Please advise your athletes to stay out of all the school buildings, including the athletic center. At no time should they be west of the main parking lot. Also, please stay out of the Tudor House and the garden behind the house.**
- Bathrooms are available at the track stadium, as are concessions. Port-a-johns are also available.