

**4th Annual
Highland FLYING SCOTS
Cross Country Invitational
Saturday, September 2nd, 2023
Coach's Information**

Race Schedule

High School BOYS and GIRLS

8:55 AM High School Boys

9:30 AM High School Girls

Middle School BOYS and GIRLS

10:45 AM - High School Boys Open

11:15 AM - High School Girls Open

Elementary Fun Run

11:45 AM - 3rd grade and under - ½ mile race

12:00 PM - 4 thru 6th grade - 1 mile race

Elementary Fun Run. \$1 entry per runner. Boys and Girls run together. All finishers will receive a ribbon.

Course Maps: Our course is located on the Highland Campus and in the adjacent Community Park. Maps are attached below.

Roster Submission: Coaches should submit their rosters on [Baumspage](#).

Entry window opens: Sunday, 08-06-2022, 1:00 AM

Entry window closes: Wednesday, 08-30-2022, 7:01 PM

Timing: F.A.B. Timing will be handling meet timing and scoring. Timing chips will be used and results will be posted on Baumspage after the meet. We will not hand out paper copies of results. Timing chips do not need to be returned at the end of the race.

Awards: Team and Individual

The top two HS teams (Boys/Girls) and the top two MS teams (Boys/Girls) will receive a trophy.

Top 25 HS runners in each race and the top 20 in each HS Open and the MS race will receive medals.

SPECIAL NOTES

All teams have been invited on the new DragonFly system. For most teams the invite will be under High School Boys and Middle School Boys, but the invitation will cover all of your HS and MS teams. The cost for all four teams is \$180, \$100 for two teams. Please submit payment with the attached contract.

The Middle School race is only open to current 7th and 8th grade athletes, 6th graders will not be allowed to race per OHSAA regulations.

Arrival Info: Buses and spectators will use the same entrance, which is the main HS entrance off of Church St/St Rt 314. Township Road 16/Johnstown Shelby Road near the MS will be closed to all traffic. Please refer to the MS map for specific info on where to enter and park.

Buses: Buses will be directed to the drop off/loading area on the west side of the HS and will then loop around by the HS to make their way to the bus parking area at the elementary. Follow signs and exit the HS parking lot by turning left and then park in the elementary lot across close to the water tower. Buses will then be able to pull back around to the drop off/loading area to pick their teams up.

Team Packets: Coaches will receive their packets upon arrival at the team drop off area.

Packets will contain the following:

- Team roster. Please ensure that rosters are accurate. Any additions can be made at the timing trailer.
- RFID timing will be provided by FAB timing and each athlete will receive two timing bands and a disposable bib number. Please double check that the two bands match each other and the bib and that they are given to the correct athlete. Make sure that athletes understand that the bands should not be bent or creased in order to make sure that we get accurate results. Bands are disposable, so coaches do not need to worry about collecting them at the end of the race.
- Trash bags will be provided for each team to use for cleaning up team camps.

Team Camps: Right next to the bus drop off there is a large area that is convenient to restrooms and the concession stand. It is also close to the start/finish line.

Tents: Teams may put up tents on the field adjacent to the bus drop off area. **Please DO NOT use stakes!** We have a sprinkler system in that field. There will be plenty of space for everyone to spread out.

Spectator Entrance: All spectators will also need to use the main High School entrance on SR 314 since all other entrances will be closed for the race. Spectators may park in any of the HS parking lots except for the lot directly behind the HS which will be blocked off. Spectators may also use the parking lots by the Middle School and Elementary if necessary.

Admission: Admission is \$5 per person or \$10 per carload. Please have exact change if possible to help speed up entry into the meet. No dogs or pets are allowed, with the exception of support and service animals.

Concessions/Restrooms/T-shirts: Concessions and restrooms will be available inside the football stadium. We will also have invite T-Shirts on sale for \$20.

For additional information or questions

contact Head Coach Rich Williams

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Middle School Course



High School Course

