

6th Annual Vinton County Cross Country Invitational

Saturday, September 2, 2017

Time Schedule

MS Girls 9:00 - MS Boys 9:30 - HS Girls 10:00 - HS Boys 10:45 - Awards - 11:30

Race Distances

MS Boys and Girls – 2 Miles

HS Boys and Girls – 5000 Meters

Course Details

Course maps are included with the packet. The course is well marked with white lines and arrows, posts with flags, and small ground flags. Runners are responsible for staying within the bounds of the course. The course is very spectator friendly. The mile mark is at the bottom of the gravel hill, and the two mile mark is located close to the first base foul pole. Please remind your athletes to be aware of ongoing races, so we do not have any collisions.

Chips/Tags/Finish Line

Each athlete will receive a tag to be pinned to the front of the uniform and a chip to be tied to the right shoe. After crossing the finish line, the runner is to remove the chip and return it to the person collecting the chips in the finish area.

Awards

Team Plaques – 1st and 2nd Place Teams

Plaques – 1st Place each race

**To be distributed at the conclusion of the final race near the baseball field at 11:30

Medals – Places 2-21 each race/Ribbons – Places 22-50

**Individual awards will be given out as the runners cross the finish line.

Tents/Team Camp

Tents and team camps can be set up next to the high school in the grass or in the field next to the middle school as long as they are not in the way of the races. **NO TEAM CAMPS ON TOP OF THE HILL.** Please use the trash bags to clean your camp areas.

Concessions and T-Shirt

Located next to the baseball field backstop

T-Shirts will be for sale

Restrooms

Located next to the football stadium...High school restrooms are not available. **ATHLETES ARE NOT PERMITTED IN THE HIGH SCHOOL OR THE MIDDLE SCHOOL!!!**

Payment

If you have not already, be sure to submit payment ASAP. The cost is \$25 per team up a maximum of \$75 per school. If runners are not part of a full team, then the cost is \$5 per runner. Checks can be made out to the **Vinton County High School Athletic Department.**