

Xenia Christian's Ambassador Classic Invitational

September 10, 2011

Welcome coaches and runners to the Ambassador Classic, Cross Country Invitational. We're pleased to have you participate in this year's meet and trust you'll have a wonderful time. Following are some instructions to help this meet run efficiently.

BEFORE THE RACE:

Included in the coach's packet are tags with each runner's name, school, and bib number. Please check for accuracy and inform the registration assistants in the tent of any problems. Please instruct your runners to pin the tags onto the front of their jersey.

Team camps may be set up behind the gymnasium or behind the school. Also included is a garbage bag. We'd appreciate each team cleaning the area around their camp.

SCHEDULE OF RACES:

9:00 AM	4 th – 6 th Grade 1Mile (\$1 Registration)
9:30 AM	Jr. High Girls
10:00 AM	Jr. High Boys
10:30 AM	High School Girls
11:15 AM	High School Boys
12:00 PM	2 mile Open (\$5 Registration)

Open Race is intended for the general public. Coaches, parents, siblings, or former cross country runners might be interested.

FINISH CHUTE:

A runner must go through the chute to finish the race. Water is provided at the end of the race. An athletic trainer from Greene Memorial Hospital will be available.

AWARDS:

Individual awards:

Junior High and High School: Medals awarded to top ten runners in each race. Place ribbons awarded to places 11-50 in each race.

Elementary and Open Race: Place ribbons to top 25 runners.

Team trophies:

Junior High: 1st, and 2nd place

High School: 1st, 2nd, and 3rd place. Team trophies will be available at the registration table and may be picked up by the team coach.

Standard team scoring rules will apply. Teams with less than five runners competing in the race will not be tabulated in the team scoring results.

Results will be posted after each race near the registration tent and will also be posted at www.baumspage.com later in the day.

Next year our meet will be held on September 8, 2012.