

Sixth Annual Unioto Cross Country Invitational

Saturday – October 6, 2018

Time Schedule:

8:30 Course open

2:00 Elementary 1 mile run/Open community 5k

10:00 Jr. High Girls

10:30 Jr. High Boys

11:00 H.S. Girls Varsity Purple Race (less competitive)

11:45 H.S. Girls Varsity Gold Race (more competitive)

12:30 H.S. Boys Varsity Purple Race (less competitive)

1:15 H.S. Boys Varsity Gold Race (more competitive)

Entry Fee: \$100 maximum per school\$35 per team....\$10 per individual. **Must be paid in advance.**

Make checks payable to: Unioto H.S. Athletic Department

Rosters: You will need to submit your rosters online to baumspage.com by Thursday, October 4 at 6:00pm

Admission: \$5 for spectators.

Awards:

Jr. High – two team trophies, 1-25 medals, 26-35 ribbons

High School – two team trophies, 1-25 medals, 26-50 ribbons for EACH race

**Note that individual awards will be done in the chute for all athletes outside the top 10 this year while the top 2 teams and top 10 individuals will be announced and awarded ON THE TRACK at the middle of the straightaway after each of the races as time permits when we do not have finishers in the stadium.

Course: Flat and Fast around our athletic complex. I use a road roller to help make it smooth.. Course map will be posted on baumspage.com before the meet. The course has been used for the last 10 years, so it is fairly smooth. I mow the grass down quite a bit as well. The entire course can be viewed from the football stadium at the top of the bleachers. finish will be inside the stadium with a running scoreboard with the race time.

Race Selection: New last year: Due to the growth of our meet, we will be having TWO sections in the varsity races this year. Enter all your athletes as usual on baumspage.com as outlined above, then ON RACE day, coaches determine who runs in which section. You may enter runners in either race or both races based on your team and individual goals of your athletes. Just have them report to the line during the race you want them to run. Gold will be the more competitive section, purple is designed for less competitive teams and/or individuals. We would ask that you not run athletes outside your top 7 in the Gold Race, but if you have an 8 or 9 who is very competitive, please use your judgment.

Scoring: Using HyTek Meet Manager. All results will be posted on site and on oh.milesplit.us and www.baumspage.com at the conclusion of the races.

T-Shirts: Ares sportswear will be selling T-shirts and Sweatshirts at the event.

Parking: In bus parking lot at the middle school with overflow directed to the elementary. All spectators are to park in the high school and junior high parking lots and walk through the tunnel to the complex.

Contact: Matt Paxton (740)253-8297 or email coachpaxton@gmail.com if you have any questions.