

COACHES: WE HAVE CHANGED THE TIME SCHEDULE AND RACE FORMAT FOR 2021.

BECAUSE OF POTENTIAL COVID CONCERNS, THE MEET IS NOW SPLIT INTO SMALL AND BIG SCHOOL EXCLUSIVE DIVISIONS. SMALLER SCHOOLS WILL RUN THE EARLY VARSITY AND OPEN RACES, AND BIGGER SCHOOLS TO FOLLOW.

VARSITY RACES WILL BE 5 – 9 RUNNERS PER TEAM'

SCHOOLS MAY ALSO ENTER A B VARSITY TEAM FOR THEIR RACE IF THEY CHOOSE. (SORRY, NO C TEAMS)

IF THERE IS A LARGE IMBALANCE IN RACE SIZES, WE MAY ASK TEAMS TO SWITCH DIVISIONS PRIOR TO THE MEET.

SMALLER SCHOOLS: WHEN YOUR RACES ARE COMPLETED, PLEASE LEAVE FOREST HILL PARK TO REDUCE INTERACTION WITH OTHER TEAMS.

VASJ MCDONOUGH INVITATIONAL CROSS COUNTRY 2021 TIME SCHEDULE

9:30 AM BOYS VARSITY BLUE (smaller schools) 5-9 RUNNERS

10:05 AM GIRLS VARSITY BLUE (smaller schools) 5-9 RUNNERS

10:40 AM BOYS BLUE OPEN (unlimited entry)

11:15 AM GIRLS BLUE OPEN (unlimited entry)

11:50 AM BOYS VARSITY RED (larger schools) 5-9 RUNNERS

12:25 PM GIRLS VARSITY RED (larger schools) 5-9 RUNNERS

1:00 PM BOYS RED OPEN (unlimited entry)

1:35 PM GIRLS RED OPEN (unlimited entry)