

Caribou Invitational 2010

Saturday, September 11, 2010

12:00

Caribou High School, Caribou Maine

Format The meet will consist of 15 different races. (7 Varsity Boys races, 7 Varsity Girls races, The Boys JV race and Girls JV race will be combined. Each school will send out their # 1 runner in race 1, their # 2 runner in race 2, etc.

Time: Boys will begin at 12:00 pm. Girls will follow the last boys race. Each race will be run 5 minutes apart. The course is designed to

be a large loop with no intersections. No part of the course will be repeated or doubled back onto so that more than one race can be going on at the same time.

Course: The course is a challenging 2.73-mile course through woods, on grassy trails, across athlete fields, and up and down various hills. This is a spectator friendly course with easy access to 1 and 2 mile points.

Course walks: The course may be viewed Friday afternoon and evening as well as Saturday morning.

Entry fee: The Standard PVC meet fee will be charged. (\$ 50 dollars per team)

Directors: David Wakana and Roy Alden

Internet Address: dwakana@rsu39.org or ralden@rsu39.org

Locker rooms: Locker/dressing rooms and shower facilities will be available.

Awards

- Individual race winners will receive medals
- Members of the winning boy's and girl's teams will receive t- shirts.
- The top 5 boys and top 5 girls will be presented t-shirts in the JV race.
- Boys and Girls Varsity and JV team winners will receive a plaque

Scoring: Each race will be scored like an individual meet. (1 point for first 2 points for second etc.) Five of your seven racers will count toward your team score. The team with the lowest score wins.

Boys and girls will be scored separately. The JV race will be scored like a regular meet.

Clean – up Trash bags will be provided. All teams are responsible for their team areas.

Entries Entries must be sent to **David Jeffrey using Team Manger by Wednesday, September 8th at noon.** The event file for the meet can be downloaded on the Maine Cross Country Website along with instructions. (<http://www.sub5.com/pvcxc/home.htm>) If you have questions on sending in your events contact David Jeffrey at DJeffrey@breweredu.org