

## Thursday, October 3, 2019 -- 4:15 @ The Colorado Springs School, Boddington Fields

Your Junior High/Middle School Cross-Country team is invited to participate in our 11<sup>th</sup> annual cross-country meet on the historical CSS campus. We are accepting all middle school runners in our two events which features only one boys' race and one girls' race.

**Directions:** Take I-25 to exit 138, Circle Drive, and head west on Circle which turns into Lake Avenue. In about 2 miles turn left at the second roundabout which is Berthe Circle. After turning left at Hutton Lane, the CSS soccer fields will be on the left and the school on the right. Please park in the lots across from the field and not on Hutton Lane as it is in strict violation with our local fire codes.

A coaches' meeting will take place at 3:45 at the finish area on the soccer fields. There is limited seating on the soccer fields where fans will be able to witness the beginning and finish of the race. Parents may want to bring lawn furniture and teams need to bring their own water/refreshments. Bathrooms and water fountains are available in the Louisa Performing Arts Center and Tutt Field House across the street from the fields.

**Race**: The course is 1.5 miles on our school grounds while starting and finishing on the soccer fields. The course is partially on grass, loose gravel, and rough terrain that travels over a creek bed and bridge, while hay bales are strategically placed to present jumping barriers. Cones and white paint will mark the course, and a rabbit (mountain biker) will lead the runners.

**Entry:** The entry fee is 50 dollars. Please submit a check at the race or mail one to The Colorado Springs School, 21 Broadmoor Ave., CS, CO 80906. Checks should be made out to The Colorado Springs School, Attention: Vicki Vaughan.

Entries for the meet will be through **MileSplit** – see next page for details

For any additional questions, please contact:

AD: Vicki Vaughan - <u>vvaughan@css.org</u> 719-434-3580 Coach: Eric Gaylord - <u>egaylord@css.org</u> 719-245-1614

**Awards:** Medals 1<sup>st</sup>- 5<sup>th</sup> and ribbons for 6<sup>th</sup>- 20<sup>th</sup> place finishers. First and second place teams will receive team trophies.

## Schedule of Races:

4:15 p.m. - Boys' race 4:45p.m. - Girls' race Awards: 5:30 p.m.

Meet entries will be through **MileSplit**. Hopefully most teams already have a presence and administrator for their team on MileSplit from Track or XC. So, if you already know how that works, then there are events for Boys and for Girls:

EVENT NAME	DIVISION	MAX ENTRIES/TEAM
Boys 2400m	Middle School	Unlimited
Girls 2400m	Middle School	Unlimited

Team score is determined by placement of the top 4 runners on each team. Teams with less than 4 runners completing the race will not be counted in team scoring. Tie-breaker is 5<sup>th</sup> runner finish position.

MileSplit link for Kodiak Classic meet: <a href="https://co.milesplit.com/meets/368918/info">https://co.milesplit.com/meets/368918/info</a>

Make sure your rosters are current for the 2019 Cross-Country Season, and then you can click on the **Register Online Now** at the page above. If you need more detailed instructions on how to use MileSplit, let us know and we can help out. NOTE – if you have to add athletes to your roster, remember that MileSplit uses <u>High School</u> graduation year, not Middle School.

CSS will pre-print tags and place them on race bibs that will be handed out in the team race packets on check-in.

Registration will close at 6:00 p.m. the night before the meet so that we can process all the entries and get the race bibs ready. If you have any other race-day changes, you will need to make sure and come early to the meet to get those squared away. Any changes will be limited to athletes on the MileSplit Rosters, so make sure those are complete.

Make sure the name tag on the bib matches the runner!



Places and times will be recorded at the finish line using the name tag labels from the tear-off section of the bibs, along with the corresponding time from the master timer. Results will be printed and posted as soon as all runners are recorded for the race. Team scores will be tallied and posted as soon as they are available.