

# CLEARWATER INVITATIONAL CROSS COUNTRY MEET

**Location: Clearwater High/Middle School**

**Date: September 3, 2020**

*We would like to welcome you to the Clearwater Invitational Cross Country Meet to be held on Thursday, September 3, 2020. As always, this is an individual meet, with no team scores kept. The following schedule will be followed. The race times are approximate times.*

## **SCHEDULE:**

**1:45 pm - Middle School Coaches Meeting** *(at start line)*  
*(approximate times)*

2:00 pm - 7<sup>th</sup> Grade Girls (1 mile) – 25 medals

2:25 pm - 7<sup>th</sup> Grade Boys (1 mile) – 25 medals

2:50 pm - 8<sup>th</sup> Grade Girls (2 mile) – 25 medals

3:30 pm - 8<sup>th</sup> Grade Boys (2 mile) – 25 medals

**4:15 pm - High School Coaches Meeting** *(at start line)*  
*(approximate times)*

4:30 pm - Fr./So. Girls (2 mile) – 25 medals

5:00 pm - Fr./So. Boys (2 mile) – 25 medals

5:25 pm - Jr./Sr. Girls (2 mile) – 20 medals

5:55 pm - Jr./Sr. Boys (2 mile) – 20 medals

6:15 pm - Girls Open (5K) – 15 medals

6:45 pm - Boys Open (5K) – 15 medals

**ATHLETE ENTRY:** Please reference the PDF file, “Getting Started with MileSplit.” Click on the following link to access the site:

<https://ks.milesplit.com/meets/392791-clearwater-invitational/info#.X0QNVJNKifU>

**\*\* Please enter all runners that may possibly run, even if you are not sure whether they will run or not. It is much easier to pull their number on race day than it is to enter them on race day. Also, you may not know which race a high school athlete will run in. Once you have them entered in a race, they are automatically entered in all of the races, so you can decide later which race they will actually run in (I know some of those decisions are based on the weather and athlete’s conditioning, etc).**

**\*\*Middle School - Athletes will run in their own grade level. 8<sup>th</sup> graders will run in the 8<sup>th</sup> grade race and 7<sup>th</sup> graders will run in the 7<sup>th</sup> grade race. Please enter the middle school runners in the correct grade race.**

We ask that all team rosters be entered by **noon** on **Tuesday, Sept. 1st**, at which time the account will be closed in order to print and prepare race tags.

**TIMER/ENTRIES:** Kellen Adams, from Midwest Timing, is running our entry process and will also be our meet timer on race day. Results should be available shortly after the meet and will be posted on the website, [www.midwesttiming.com](http://www.midwesttiming.com).

**ENTRY FEE:** *Middle School - \$4 per runner up to a maximum of \$60*  
*High School - \$40 entry for girls team & \$40 entry for boys team = \$80*  
*(\$6 entry per runner for squads with less than seven runners)*

**COURSE:** All races will start behind the visitor bleachers at the stadium and finish in the field behind the home side bleachers. Race Maps will be emailed.

**RACE TAGS:** Once athletes are entered into MileSplit, bibs will be prepared for each runner, so coaches/athletes will not need to fill out a race number on meet day.

**HEAT PLAN:** Because this is the first meet of the year, the heat and safety of runners is of the utmost importance. If possible, we will run the distances as listed above. There have been times in previous years where we have had to shorten some of the races due to extreme conditions. If the weather dictates a change in some of the races, we will attempt to notify each of you by phone or email before the competition. We will have our athletic trainer, Joey Lewis, from Mid-America Orthopedics available and an emergency vehicle/personnel on the course in case of emergency.

**PARKING:** **We ask that all buses and school vehicles be parked east of the Immediate Center (former high school).** There is also parking available at the baseball and softball fields east of the school property which may also be used.

This meet is always a great deal of fun and we look forward to hosting it again this year.

Heath Elliott, Clearwater HS AD

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