

September 26, 2025

Dear Coaches,

Welcome to the 66th annual Gilmour Academy Paul Primeau Cross Country Invitational! We appreciate your coming, and we hope all your athletes do their best.

Here are a few things to read over before we begin:

Today's race schedule is as follows:

Blue Division Boys (DIII and DIV): 4:00 PM

Grey Division Boys (DI and DII): 4:30 PM

Blue Division Girls (DIII and DIV): 5:00 PM

Grey Division Girls (DI and DII): 5:30 PM

JV/Open Boys: 6:00 PM

- Entry fee for today's meet is \$175.00 for one team, \$250.00 for two teams.
- Varsity races are limited to **ten** athletes per school in the boys' races. In the girls' varsity races, you may run all of your girls. Usual scoring rules, with only two displacers, will still apply. Starting assignments are in your packet. For the open races, there are no chute assignments. It is not necessary to indicate beforehand which athletes are in the varsity race and who is in the open race.
- **Please also advise your athletes to stay out of all the school buildings, including the athletic center, Center for the Performing Arts and the Howley Commons. At no time should they be west of the main parking lot. Please stay out of the Tudor House and the garden behind the house.**
- **Our course goes through our "farm." Stay out of the greenhouse and gardens, which are fenced off. Please be aware that we have bee hives for those who may be allergic. The bees are docile, and the course does not go near the hives, so there should be no issues.**

Also, we run past the chicken coop. Athletes are welcome to take a look, but do not enter the coop or harass the chickens. The rooster in charge will not be happy...

- Please stay off of the track and the football field (unless you are an athlete finishing the race). The finish is in front of the grandstand, so there will be ample opportunity to time your runners as they finish. The only people allowed inside the fence will be meet officials and those athletes currently competing.
- The results of the races, including individual places and times along with team scores, will be posted by the concession stand behind the stadium approximately 30 minutes after the conclusion of each race.
- Individual awards will be given out at the tent near the finish line after official results are announced. Please have a **coach** come pick up the awards. Team awards will be given out at that time as well.

Varsity Races: Team trophies for the top two teams in each race

For each varsity race:

1st-10th place individuals: medals

11th through 25th place individuals: ribbons

JV/Open Races:

1st Place Team: Trophy

Individuals:

1st place: medal

2nd through 15th: ribbons

- Please consult the course map. We have flags, lines and cones up to mark the course.
- This year, we will put the results on the Internet on Ohio MileSplit and www.gopherarun.com. They should be up within an hour of the race. We will not be mailing results or handing out printed copies.
- Our concession stand is open just north of the home stands. Second Sole is also selling official meet t-shirts.
- Bathrooms are available at the track stadium, as are concessions. There are restrooms also available in the Ice Arena and the Athletic Center.