

Peoria High School
"The Pride of the City"
1615 N. North St.
Peoria, IL 61604
Phone (309) 672-6630
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28th Annual First to the Finish Cross Country Invitational

Host: Peoria High School

September 12, 2015 at Detweiller Park in Peoria, Illinois.

ROSTERS: Register online at: <http://theendresultco.com/xc/>
Submit rosters **before midnight on Tuesday, September 8th** in order to participate.
Register all participants, but no need to designate the race in which they will run.

RACES	ENTRIES	TIME	AWARDS Individual	AWARDS Team
Girls A	Unlimited	9:00 AM	50	5
Boys A	Unlimited	9:40 AM	50	5
Girls AA	Unlimited	10:20 AM	50	5
Boys AA	Unlimited	11:00 AM	50	5
Girls Varsity AAA	Limit 10	11:40 AM	50	5
Boys Varsity AAA	Limit 10	12:20 AM	50	5
Girls Open	Unlimited	1:00 PM	50	
Boys Open	Unlimited	1:40 PM	50	

RESULTS: Results will be posted following each race. Results also sent electronically.

All races will be on a 3.0 mile course at Detweiller Park.

T-shirts will be available.

Be prepared for hot weather. Bring ice and fluids.

Stay off the course during races and be courteous during warm ups.

Concession stands will be available. Support Peoria High Cheerleaders.

COACHES MAY PICK UP AWARDS AFTER EACH RACE IS POSTED.
THERE WILL BE NO AWARD CEREMONY.

Thank you for running with the Lions. We want you to return year after year.

Brien Dunphy, Meet Director
brien.dunphy@psd150.org
Phone: (309) 672-6630 ext. 40108

We do not strive to be the biggest race. We work to be the BEST race.

First to the Finish Cross Country Invitational

September 12, 2015

PRE-MEET INSTRUCTIONS

NOTE: **Coaches having questions should see Meet Referee in the finish area.**

- 1) Each coach is responsible for making sure that uniform/undergarment rules are followed when their runners report to the Clerks of the Course at the starting line. Please remember there can be no bare midriffs. The Clerks will ask that sweats be removed to check these items.
- 2) As last year, **computer tags** for each runner are **integrated into the bib**, and will be **distributed to the head coaches in their packets**. Each coach is responsible for making sure each of their runners report **wearing the correct bib number, pinned in each corner** to the front of the jersey. In preparation for the State Series, where video review is used at the finish line, we ask **bib numbers be placed high on the uniform**.
- 3) **The Clerks of the Course will check the bib numbers for each runner at the starting boxes**, therefore it is very important that runners report in a timely manner, and teams report as a complete group ready to be checked in by the Clerks of the Course. **You should report no later than 20 minutes before race time, and be done no later than 5 minutes before race time**. After the runners are checked in, they may continue to prepare for the race. **No runner will be allowed to start a race unless they have been properly checked in** and equipped according to the Clerks of the Course.
- 4) **Approximately 5 minutes before race time, runners will be called to their starting boxes for final instructions**. There will be no further run outs after this call. We will make every attempt to start the race on time. **Nothing is to be left in the starting boxes after the start of each race**.

TIME SCHEDULE

RACE	ENTRY LIMITS	REPORT TO BOX	FINAL INSTRUCTIONS	START
Girls Class 1A	Unlimited	no later than 8:40	8:55	9:00
Boys Class 1A	Unlimited	no later than 9:20	9:35	9:40
Girls Class 2A	Unlimited	no later than 10:00	10:15	10:20
Boys Class 2A	Unlimited	no later than 10:40	10:55	11:00
Girls Class 3A Varsity	10	no later than 11:20	11:35	11:40
Boys Class 3A Varsity	10	no later than 12:00	12:15	12:20
Girls Open	Unlimited	no later than 12:40	12:55	1:00
Boys Open	Unlimited	no later than 1:20	1:35	1:40

- 5) **Runners need to completely cross all finish mats to be sure the computer tags are read**. Finish place will be based on the order in which the tags are read at the finish line. **The tags determine the order of finish**.
- 6) At the end of the meet, we **will not collect** bib-tags.

Thank you. Enjoy the meet!