

RIVERVIEW HEALTH FLASHROCK INVITATIONAL

SEPTEMBER 19, 2015 @ NORTHVIEW CHURCH

Westfield High School and Franklin Central High School would like to invite you to compete in the ninth annual, Riverview Health Flashrock Invitational! We are very excited about the opportunity to have a unique cross country race held at the Carmel Semi-State site. Below will outline the details of the Flashrock Invitational so please read all details below.

Where: Northview Church in Carmel, Indiana (131st Street and Hazel Dell Road)

Schedule: 9:00 AM- Varsity Boys CHAMPIONSHIP race (10 athletes per team)
9:25 AM- Varsity Girls CHAMPIONSHIP race (10 athletes per team)
9:55 AM- Varsity Boys INVITATIONAL race (10 athletes per team)
10:25 AM- Varsity Girls INVITATIONAL race (10 athletes per team)
11:00 AM- JV Championship race (boys) (10 athletes per team)
11:30- AM JV Championship race (girls) (10 athletes per team)
12:05- Boys Open Race (unlimited entries)
12:35- Girls Open Race (unlimited entries)

Awards: THERE WILL NOT BE AN AWARDS CEREMONY! You will be able to pick up your awards at the awards table. These awards will be made available as soon as possible after each race so that your team can depart the meet at your convenience
Championship Races: awards to the top 50 finishers and top 5 teams
Invitational Races: awards to the top 25 finishers and top 5 teams
JV Championship Races: awards to the top 40 finishers and top 3 teams
Open Races: awards to the top 30 finishers

Results: Will be posted near the finish line...ALL RACES WILL BE CHIP TIMED! Results will be posted at www.onlineraceresults.com by 9PM Saturday, September 21. Do not expect a hard copy of the results when you leave the meet.

Varsity Races: The championship races consist of the top 20 teams from last year's Flashrock CHAMPIONSHIP race plus the top 5 teams from last year's INVITATIONAL race. The invitational race consists of all other teams. Individuals from invitational teams will be allowed to run in the championship race (2 per team maximum) but please notify Scott Lidskin (via email at lidskins@wvs.k12.in.us) if you plan to do so. See attached sheet to see which race your school will be competing in this year.
YOU WILL BE ALLOWED TO RUN 10 RUNNERS in the varsity races if you so choose. However, we will only score the top five runners on each team and only the number six and seven finishers will count as pushers. Additionally, any new teams in the meet that are ranked in their state's coaches poll top 25 by 9/8/2014 will be added to the championship race.

T-Shirts: Will be for sale for \$15 (short sleeve) and \$20 (long sleeve) near the start/finish lines
Hoodies and crew neck sweatshirts will also be available.

Questions: Directed to Westfield High School Athletic Office 317-867-6815

2015 FLASHROCK INVITATIONAL RACE ASSIGNMENTS

GIRLS CHAMPIONSHIP RACE- 9:25 AM:

Avon
Hinsdale Central
Columbus North
FW Carroll
Pendleton Heights
Hamilton SE
Zionsville
Bloomington South
Noblesville
Warren Central
Franklin Central
Cathedral
Westfield
Center Grove
Roncalli
Guerin Catholic
Fishers
Greenwood
Huntington North
North Central
Seymour
Connersville
Brownsburg
Shelbyville

BOYS CHAMPIONSHIP RACE- 9:00 AM:

Columbus North
Bloomington South
Avon
Hamilton SE
FW Carroll
Westfield
Fishers
North Central
Zionsville
Lawrence North
Columbus East
Terre Haute South
Noblesville
Franklin Central
Seymour
Cathedral
Warren Central
Guerin Catholic
Center Grove
New Palestine
FW Snider
Greenwood

Any teams (boys or girls) that are ranked in the top 25 on the iatccc poll between 9/1-9/19 will be added

GIRLS INVITATIONAL RACE- 10:25 AM:

Lawrence North
Franklin Community
Ben Davis
East Central
Southport
Union County
Columbus East
Plainfield
Lebanon
New Palestine
Marion
Park Tudor
Beech Grove
Delta
Tri-West
Scecina
Perry Meridian
Danville
Western Boone
Frankfort
Brebeuf
Covenant Christian
Norwell
Pike
FW Snider
Terre Haute South
Lawrence Central

BOYS INVITATIONAL RACE- 9:55

Lawrence Central
Danville
Norwell
Southport
Perry Meridian
Covenant Christian
Connersville
Frankfort
Plainfield
Scecina
Beech Grove
Park Tudor
Delta
Shelbyville
Union County
East Central
Brebeuf Jesuit
Western Boone
Pike
Terre Haute North
Franklin Community
Brownsburg
Homestead
Huntington North
Ben Davis
Lebanon
Tri-West
Marion

IMPORTANT CHANGES TO THE 2015 RIVERVIEW HEALTH FLASHROCK
INVITATIONAL:

We are making some important and exciting changes to the format of the Riverview Health Flashrock Invitational for 2015. We are adding two races to our schedule (one for boys and one for girls)...they will be the JV CHAMPIONSHIP RACES. Here are some changes for 2015:

- 9AM- boys CHAMPIONSHIP race (10 athletes can race per team)
- 9:25AM- girls CHAMPIONSHIP race (10 athletes can race per team)
- 9:55AM- boys INVITATIONAL race (10 athletes can race per team)
- 10:25 AM- girls INVITATIONAL race (10 athletes can race per team)
- 11:00 AM- boys JV CHAMPIONSHIP race (10 athletes can race per team)
- 11:30 AM- girls JV CHAMPIONSHIP race (10 athletes can race per team)
- 12:05 PM- boys open race (unlimited entries)
- 12:35 PM- girls open race (unlimited entries)

We have added the JV Championship races and they are open to ALL schools competing in the Riverview Health Flashrock Invitational. It does not matter if your varsity team will compete in the Championship race or the Invitational race, your team is eligible to race in the JV Championship race (limit of 10 athletes per team).

Coaches, if you have at least 10 athletes on your team the expectation is that you will run 10 athletes in the race(s) that you are scheduled to run (except the Open race which has unlimited entries). Give 10 of your student-athletes a varsity experience in this meet.