

RIVERVIEW HEALTH FLASHROCK INVITATIONAL

SEPTEMBER 17, 2016 @ NORTHVIEW CHURCH

Westfield High School and Franklin Central High School would like to invite you to compete in the tenth 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 Girls CHAMPIONSHIP race (10 athletes per team)
9:30 AM- Varsity Boys CHAMPIONSHIP race (10 athletes per team)
10:00 AM- Varsity Girls INVITATIONAL race (10 athletes per team)
10:30 AM- Varsity Boys INVITATIONAL race (10 athletes per team)
11:00 AM- JV Championship race (girls) (10 athletes per team)
11:35- AM JV Championship race (boys) (10 athletes per team)
THERE ARE NO OPEN RACES THIS YEAR... YOU WILL ONLY ENTER 20 ATHLETES AND ONLY 20 ATHLETES WILL BE ALLOWED TO COMPETE!!

Entries: Will be done through the internet at www.theendresultco.com/xc. See attached sheet for more details. **ENTRIES MUST BE COMPLETED BY SEPTEMBER 5th at midnight!**

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 9 PM Saturday, September 17th. 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@wws.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 9/8/2016 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