

# **41st Annual Richard Spring Invitational**

*Peoria Notre Dame High School welcomes you to our Richard Spring Invitational CC meet!*  
Dan Gray – Meet Director, CC Coach - [d.gray@pndhs.org](mailto:d.gray@pndhs.org) - (309) 219-3402

**DATE:** Sept. 17, 2022

**Meet Location:** Detweiller Park - 8327 N Galena Rd, Peoria 61615

## **SCHEDULE:**

START TIME	RACES	Entries	Individual Awards	TEAM Trophies
9:00am	Girls' Open/JV	Unlimited	1 <sup>st</sup> -10 <sup>th</sup> Place	
9:35am	Girls' Fresh-Soph	7	1 <sup>st</sup> -25 <sup>th</sup> Place	
10:10am	Girls' Varsity	7	1 <sup>st</sup> -40 <sup>th</sup> Place	1st-3rd
10:50am	Boys' Varsity	7	1 <sup>st</sup> -40 <sup>th</sup> Place	1st-3rd
11:25am	Boys' Fresh-Soph	7	1 <sup>st</sup> -25 <sup>th</sup> Place	
12:00pm	Boys' Open/JV	Unlimited	1 <sup>st</sup> -10 <sup>th</sup> Place	

**COURSE:** The 3.0 mile course is grass/dirt on basically flat terrain. Either spikes or flats may be worn. It is the same one used for IHSA State Cross Country meet. It can be viewed at the IHSA cross country website.

[https://www.ihsa.org/documents/ccb/sf\\_course.pdf](https://www.ihsa.org/documents/ccb/sf_course.pdf)

**RULES GOVERNING MEET:** The meet will be conducted in accordance with the Cross Country Rules published in the National Federation Edition of Track and Field Rules. Our timing company is ShaZam Racing. <https://shazamracing.com/>. Register your runners at <https://www.athletic.net/> All races will be chip timed.

**PACKETS:** Numbers, pins, etc. shall be picked up at table near start/finish line, at arrival and check-in at the park.

**AWARDS:** All individual awards and trophies may be picked up at table near start/finish line, after results are made official for each race.

**COACHES MAY PICK UP AWARDS AFTER EACH RACE IS POSTED.**

Live Results will be found at \_\_\_\_\_

**THERE WILL BE NO AWARD CEREMONY**

- All races will be 3 miles on the legendary IHSA State course at Detweiller.
- T-shirts will be available adjacent to RC Outfitters tent.
- As always, be prepared for hot weather. Bring plenty of ice and fluids.
- Alwan Brothers' will be grilling, and our Irish Concession stand will also be available.

Online payments with school credit card at time of team entry or mail check to:

Peoria Notre Dame Athletics

Richard Spring Invitational - Attn: Dan Gray

5015 N Sheridan Rd

Peoria, IL 61614