

43rd Annual Peoria Notre Dame Richard Spring CC Invite

Hosted by Peoria Notre Dame High School, at Detweiller Park, Peoria, IL

Welcome to our Peoria Notre Dame Richard Spring Invitational CC meet!

DATE: Sept. 21, 2024

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

COURSE: Fast 3.0 mile grass/dirt course. Either spikes or flats may be worn. It is the same course as the IHSA State Cross Country meet. Course map can be viewed at the IHSA cross country website.

https://www.ihsa.org/documents/ccb/sf_course.pdf

RULES GOVERNING MEET: The meet will be NFHS Sanctioned, and conducted in accordance with the Cross Country Rules published in the National Federation Edition of Track and Field Rules. Chip timing by ShaZam Racing for the meet. <https://shazamracing.com/>. Register athletes at <https://www.athletic.net/>

PACKETS: Numbers, pins, etc. shall be picked up at the table near the start/finish line, at the park on race day.

AWARDS: Coaches must pick up individual awards and trophies at table near start/finish line, after results are made official for each race. **AWARDS WILL NOT BE MAILED OUT.** There will be no award ceremony

Live Results will be found at <https://live.athletic.net/meets/18105>

Submit rosters **before 2:00pm on Tuesday, September 17th**

Please register only your competing runners, to minimize the cost for no-shows. No need to designate the race in which they will run.

RACE DAY TIME SCHEDULE

RACE	RACE START	RACE LIMITS	REPORT TO BOX	FINAL INSTRUCTIONS	RACE START	Indiv. Awards	Team Trophies
Girls' Open	8:30am	Unlimited	by 8:10	8:27am	8:30am	1 st -10 th	
Boys' Open	9:10am	Unlimited	by 8:50am	9:07am	9:10am	1 st -10 th	
Girls' Varsity	9:50am	10	by 9:30am	9:47am	9:50am	1 st -25 th	1st-3rd
Boys' Varsity	10:30am	10	by 10:10am	10:27am	10:30am	1 st -25 th	1st-3rd
Girls' Fr/So	11:10am	10	by 10:50am	11:07am	11:10am	1 st -25 th	
Boys' Fr/So	11:50am	10	by 11:30am	11:47am	11:50am	1 st -25 th	

2024 ENTRY FEE Structure:

- \$400 Flat Fee per **school** - Please mail entry fee checks by **Sept 8, 2024** to:

Peoria Notre Dame Athletics
2024 PND Richard Spring Inv. - Attn: Dan Gray
5015 N Sheridan Rd
Peoria, IL 61614

(Please note NAME OF YOUR SCHOOL, (since some Districts have multiple schools attending) and reference "Richard Spring CC".)

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- All races will be 3 miles on the legendary IHSA State course at Detweiller.
- Peoria Notre Dame Richard Spring Invitational T-shirts will be available at the meet.
- As always, be prepared for hot weather. Bring plenty of ice and fluids.
- Alwan Brothers' will be grilling, we will have our Concession stand and more.
- For those teams staying in Peoria on Friday night (Sept 20th), we now have a Hotel/Housing Portal available thru Discover Peoria:
<https://mmxreservations.com/fer/peoria?pageCode=richardspring2024>

PRE-MEET INSTRUCTIONS

- 1) Coaches are responsible for assuring uniform rules are followed when their runners report to the Clerks of the Course at the starting line. Bare midriiffs and face paint are not allowed. The Clerks will ask that sweats be removed so the uniforms can be inspected.
- 2) **Computer tags** for each runner are **integrated into the bib**. Bibs will be **distributed to the head coaches in their packets**. Coaches are responsible for assuring each runner reports **wearing the correct bib number, pinned in each corner** to the **FRONT** of the jersey.
- 3) **The Clerks of the Course will check the bib numbers for each runner at the starting boxes**. It is very important runners report in a timely manner, and teams report as a complete group ready to be checked in. **You should report by 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** by the Clerks.
- 4) **Approximately 3 minutes before race time, runners will be called to their starting boxes for final instructions**. There will be no further runouts after this call. We will make every attempt to start the race exactly on time. **Nothing is to be left in the starting boxes after the start of each race**.
- 5) **Runners need to completely cross all finish mats to assure 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) In the event of weather emergencies, Air horns will be used to alert athletes, coaches and fans to clear the course. Athletes and coaches are advised to seek shelter in their buses. Listen for announcements to return to the course.

Thank you for joining us for the PND Richard Spring Invitational, and hope to see you again next year!

HOST Peoria Notre Dame High School
5105 N Sheridan Rd.
Peoria, IL 61614
Phone (309) 691-8741

Dan Gray, Meet Director - d.gray@pndhs.org