

# 42nd Annual Richard Spring CC Invitational

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

*Peoria Notre Dame High School welcomes you to our Richard Spring Invitational CC meet!*

**DATE:** Sept. 16, 2023

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

**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 the table near the start/finish line, at the park on race day..

**AWARDS:** Coaches may pick up individual awards and trophies at table near start/finish line, after results are made official for each race. **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 12<sup>th</sup>**

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 <sup>st</sup> -10 <sup>th</sup>	
Boys' Open	9:10am	Unlimited	by 8:50am	9:07am	9:10am	1 <sup>st</sup> -10 <sup>th</sup>	
Girls' Varsity	9:50am	10	by 9:30am	9:47am	9:50am	1 <sup>st</sup> -40 <sup>th</sup>	1st-3rd
Boys' Varsity	10:30am	10	by 10:10am	10:27am	10:30am	1 <sup>st</sup> -40 <sup>th</sup>	1st-3rd
Girls' Fr/So	11:10am	10	by 10:50am	11:07am	11:10am	1 <sup>st</sup> -25 <sup>th</sup>	
Boys' Fr/So	11:50am	10	by 11:30am	11:47am	11:50am	1 <sup>st</sup> -25 <sup>th</sup>	

### **2023 ENTRY FEE Structure:**

- \$400 Flat Fee per **school**

Please mail entry fee checks by **Sept 1, 2023** to:

**Peoria Notre Dame Athletics**  
**2023 Richard Spring Inv. - Attn: Dan Gray**  
**5015 N Sheridan Rd**  
**Peoria, IL 61614**

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

- **All races will be 3 miles on the legendary IHSA State course at Detweiller.**
- **T-shirts and Richard Spring Invitational gear will be available from First to the Finish.**
- **As always, be prepared for hot weather. Bring plenty of ice and fluids.**
- **Alwan Brothers’ will be grilling, Kona Ice will have Shaved Ice treats and our Irish Concession stand will also be available.**

## **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 midriffs 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 Richard Spring Invitational, and hope to see you again in 2024!**

**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](mailto:d.gray@pndhs.org)