



6th Annual NOVA Athletic Club Cross Country Invitational



Saturday, 22 October 2016
(Rain or Shine)

Meet Director: Mike Stansbury

Location: Ida Lee Park & Recreation Center
60 Ida Lee Drive, NW
Leesburg, Virginia 20176

Entries: \$7 per athlete

Awards: Trophies to the top team in each category (female and male)
Medals for top 3 female and male in each category
Place ribbons for 4-10th place female and male in each category

Schedule: Packet Pickup
8:30 to 10:00

Course Walks
9:00

Order of Races:

<u>Time</u>	<u>Distance</u>	<u>Age (as of 12/31/15)</u>
10:00	3K (Heat 1)	9-10
10:25	3K (Heat 2)	11-12
10:50	4K	13-14
11:20	5K	High school (15+)
12:30	Awards	

Awards will be given out as soon after the conclusion of the 5K as possible, and may occur earlier than stated.

**Girls will start 2 minutes after the start of each boy's race.

Note: Race distances and age categories follow AAU & USATF guidelines. Although there are only 4 races, there are 8 team categories. (We are separating team awards by gender.) Due to the fact that there are multiple race categories to fill, and we want maximum team participation in each one, we allow 3 runners for a school/club to compete as a team in each category. Runners are allowed to "run up" in order to complete a 3 person team in an age group. No runners will be allowed to "run down."

Teams are allowed to enter an unlimited number of runners in each race category. Top 3 will score and the next two runners will displace.

Where there is a tie in the number of overall points in team scoring, the winner will be determined by the overall time of all scoring runners.

RSVP: Please RSVP your intention to participate by responding to this e-mail no later than October 7th so that we can properly manage the meet.

Team entries must be pre-registered by October 14th. To pre-register, please e-mail rosters in an **Excel spreadsheet** to: mike@cateseng.com. On your roster, in 5 different columns, please give the following information for your athletes:

1) **Last Name**

2) **First Name**

3) **Gender**

4) **Age** (as of Dec. 31, 2016)

5) **Race Distance** in which your athlete will be competing. (Since we allow runners to "run up" at this event, we need this information ahead of time for the timing company.) Please make checks payable to NOVA AC, postmarked by October 14th, and mail to:

Michael Stansbury
NOVA AC Invitational
119 Balch Springs Cir. SE
Leesburg, VA 20175

Packet pickup will be available right up until the start of the 3K to accommodate 4K and 5K runners - allowing them to arrive later in the meet and have less time to wait before their races, if they so desire. If you have 3K runners, please arrive early to allow plenty of time for your athletes to warm up before the start of their races.

Course maps will be displayed, courses will be well marked, and marshals will be along the course. Self-guided course tours are permissible, but if you arrive after the start of the 3K, please be mindful of racing athletes and give them the right-of-way.

Any questions: contact Mike Stansbury at mike@cateseng.com.

Note: For the purpose of keeping this meet a manageable size, we have made it an invitational. While we appreciate the promotion of our meet in the cross country community, we ask that you please not forward this flier to other coaches/teams. If you learn of other teams looking to expand their meet schedules and feel our meet would be a good match, please forward us their contact information and we can send them the flier and all other necessary information, if there is room in the meet. Many Thanks!