

NOVA AC Invitational – October 22, 2016

Meet Director: Mike Stansbury

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

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 a.m. to 10:00 a.m.

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.

Course Walks 9:00 a.m.

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.

3K runners, please arrive early to allow plenty of time for your athletes to warm up before the start of their races.

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

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

12:30 p.m. Awards

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