



# 8th Annual NoVA Athletic Club Cross Country Invitational



*Saturday, 27 October 2018*  
*(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 4-10<sup>th</sup> 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 12/31/18)</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.) Teams will consist of 5 scoring runners. Runners are allowed to "run up" in order to complete a 5 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 5 runners will score and the remaining runners (including runners that are not on a 'full team) 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.

**Team entries** must be sent in by October 20th. To pre-register, please e-mail rosters in an **Excel spreadsheet** to: [leviethanxc@gmail.com](mailto:leviethanxc@gmail.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, 2018)

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.)

If running in one of the 3k races, please be sure to indicate which Heat.

**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 [leviethanxc@gmail.com](mailto:leviethanxc@gmail.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 without our consent. 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!