

A.F. BRIDGES XC INVITATIONAL

SATURDAY, SEPTEMBER 10, 2016

PERCY WARNER PARK STEEPLECHASE COURSE – NASHVILLE, TENNESSEE

TIME	DIVISION	ENTRY FEE	AWARDS	INDIVIDUALS PER TEAM
7:30	Course Walk Through			
8:00	Middle School Boys – 2 miles (any size school)	\$40 per team	Medals to Top 25 - 2 Team Awards	Unlimited Runners 1 Team per school
8:30	Middle School Girls – 2 miles (any size school)	\$40 per team	Medals to Top 25 - 2 Team Awards	Unlimited Runners 1 Team per school
8:50	Middle School Race Awards		Team Award	
9:05	HIGH SCHOOL Boys Race – 5K (any size school)	\$50 team of 10 + \$5 per runner over 10	Individual Medals & Team Awards	
9:06	HIGH SCHOOL Girls 2 MILE COURSE	\$5 per runner if a team is entered in the 5K	Awards dependent on teams entered	This race is designed to gain experience on state meet course but with lower difficulty for early season fitness
9:47	HIGH SCHOOL Boys 2 MILE COURSE	\$5 per runner if a team is entered in the 5K	Awards dependent on teams entered	This race is designed to gain experience on state meet course but with lower difficulty for early season fitness
9:50	HIGH SCHOOL Girls Race -5K (any size school)	\$50 team of 10 + \$5 per runner over 10	Individual Medals & Team Awards	
10:30	High School Race Awards			
11:00	BONUS TEAM RELAY RACE 5K *** (See Details Below) -High School Teams only-	FREE	Award for Boys Div, Girls Div, & Co-Ed (Multiple teams from a school allowed)	How fast can you get a team from start to finish line. Strategy is very important

INDIVIDUALS OR TEAMS ENTERING FEWER THAN 5 ATHLETES entry is \$10 per HS runner, \$8 per Middle School runner

**Awards may be increased depending on size of the races

**NOTE- \$3 entrance fee for spectators over 18 yrs old

TEAMS: Team scores require a minimum of five runners.

ELIGIBILITY: 8th graders – TN school 8th graders may compete in HS race ONLY IF the athlete is allowed under TSSAA rules.
7th graders are not allowed to compete in the High School race.
Middle School races are open to Middle School Teams and 4th thru 8th grade athletes only.

RESULTS: Posted after each race. Available online at www.alltraxtiming.com on Saturday afternoon.
5K Finish line might close at 30 minutes for HS boys & 35 minutes for HS girls,.. At 20 minutes for MS girls/boys.

ONLINE ENTRY: All entries should be made online at www.alltraxtiming.com starting Aug. 5th

Meet Entry and athlete names deadline will be Midnight on Monday, September 5th.

There is a \$35.00 additional charge for late team entries from Tuesday, Sept 6th thru Friday, Sept 9th.

ENTRY FEES: Make checks payable to : ALLTRAX TIMING.

Send payment to: Jim Kaiser, 215 Stirrup Circle, Nicholasville,KY 40356

(If you want to make entry payment online, please email to jimkaiser@mindspring.com and we can arrange a secure online credit card payment process for you.)

Entry fees are not refundable – costs for commitment of using the course, insurance, police, awards, port-a-johns,& timing are all pre-paid.

QUESTIONS/CONTACT: Contact Jim Kaiser – 859-492-9990 OR jimkaiser@mindspring.com

PARKING: Team Bus/Van parking is next to the XC course. Spectator parking is across the street from the Steeplechase.
Directions will be available at alltraxtiming.com website IN CASE OF RAIN, CHECK THE ALLTRAXTIMING.COM WEBSITE for info.

***BONUS TEAM RELAY RACE – Teams may use however many athletes they think will most quickly get the relay baton to the finish line. Athletes on a team will disperse around the course at any distance interval they choose. Any single athlete can run multiple legs of the race for their team. It is just simply a fun race to see how fast can this course be run by any school relay team. Divisions for “Boys-only”, “Girls-only”, and “Co-Ed”. STRATEGY IS A BIG PART OF THIS RACE.