

# THE 48th annual A.F. BRIDGES XC INVITATIONAL

SATURDAY, SEPTEMBER 28, 2013

PERCY WARNER PARK STEEPLECHASE COURSE – NASHVILLE, TENNESSEE

TIME	DIVISION	ENTRY FEE	AWARDS	INDIVIDUALS PER TEAM
7:30	Course Walk Through			
8:00	Middle School Girls – 2 miles (any size school)	\$40.00	Medals to Top 25 - 2 Team Awards	Unlimited Runners 1 Team per school
8:30	Middle School Boys – 2 miles (any size school)	\$40.00	Medals to Top 25 - 2 Team Awards	Unlimited Runners 1 Team per school
9:10	Middle School Race Awards		Team Award	
9:05	HIGH SCHOOL Girls Race – 5K (any size school)	\$65.00 for 10 runners	Medals to Top 30 - 3 Team Awards	10 Runners per team (extra runners are \$6 each)
9:50	HIGH SCHOOL Boys Race– 5K (any size school)	\$65.00 for 10 runners	Medals to Top 30 - 3 Team Awards	10 Runners per team (extra runners are \$6 each)
10:45	Race Awards		Team Awards	
11:00	BONUS TEAM RELAY RACE – 5K (must enter a HS race above To compete in this race free)  -High School Teams only-	FREE Or \$25 per team	Awards & Results split into Boys Division, Girls Division, and Combined Gender Division - Awards dependent on teams entered	This is simply a race to see how fast can your team get from start to finish lines using whatever number of athletes you need at varying distances – strategy is important

\*\*INDIVIDUALS OR TEAMS ENTERING FEWER THAN 5 ATHLETES are \$13 per person.\*\*

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

**TEAMS:** Team scores require a minimum of five runners.  
It is expected that all coaches will display honesty and sportsmanship in their entries.

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

**RESULTS:** Posted after each race. Available online at [www.alltraxtiming.com](http://www.alltraxtiming.com) late on Saturday afternoon.  
Finish line may 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](http://www.alltraxtiming.com) starting Sept. 1st

*Meet Entry and athlete names deadline will be Midnight on Monday, September 23rd.*

**THERE MAY BE A 35 TEAM LIMIT IN ANY OF THE RACES – be sure to enter & pay early**

*You will be considered “entered” into the meet only when entry fees are received.*

There is a \$50.00 additional charge for late team entries from Tuesday, Sept 24<sup>th</sup> thru Friday, Sept 27<sup>th</sup>.

**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](mailto: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](mailto:jimkaiser@mindspring.com)

**PARKING:** Team Bus/Van parking is next to the XC course. Spectator parking is across the street from the Steeplechase.  
Directions available at [alltraxtiming.com](http://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 “Combo Gender”.