

PORTAGE CROSS COUNTRY INVITATIONAL

Saturday, October 10, 2009

Hosted by Portage Central and Portage Northern High Schools

www.portageinvite.com

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Location: Portage West Middle School, 7145 Moorsbridge, Portage 49024

Race Times:

8:15	Open 5K Race (report 8:05)	1:00	Division 2 Women (report 12:50)
9:00	Division 4 Women (report 8:50)	1:30	Division 1 Women (report 1:20)
9:30	Division 3 Women (report 9:20)	2:00	Division 2 Men (report 1:50)
10:00	Division 4 Men (report 9:50)	2:30	Division 1 Men (report 2:20)
10:30	Division 3 Men (report 10:20)	3:00	Division 2 Reserve Women (report 2:50)
11:00	Division 3/4 Reserve Women (report 10:50)	3:30	Division 1 Reserve Women (report 3:20)
11:30	Division 3/4 Reserve Men (report 11:20)	4:00	Division 2 Reserve Men (report 3:50)
12:00	Middle School Girls (report 11:50)	4:30	Division 1 Reserve Men (report 4:20)
12:20	Middle School Boys (report 12:10)		
12:40	6 th Grade Boys and Girls (report 12:30)		

DIVISIONS ARE BASED UPON MHSAA CROSS COUNTRY DIVISIONS.

Timing and Scoring: As in the past, we will be using the ChampionChip timing system. High school runners will wear two chips, one chip on each shoe. Middle school runners will wear one chip only. Chips will be collected in the holding area after the runners complete their race. Chips for runners not competing should be returned to the Registration canopy.

Awards:

- T-shirts to all high school varsity runners (7 per varsity team).
- Coach's gift: Brooks Long-sleeve Podium shirt to each head coach (1 per team), including middle schools.
- Trophies to the top three teams in each division, including middle schools and 6th grade teams.
- Championship long-sleeve shirts (7) to the winning team in each division, including middle schools and 6th grade teams.
- Medals to the top 50 in each varsity run and top 50 each reserve race.
- Medals to the top 50 in middle school and 6th grade races.

Scholarship: Once again, the Portage Invitational, Gazelle Sports and Brooks is offering a \$1000 scholarship to one male and one female senior that competes in the 2008 Portage Invitational. Please see our website for details and how to apply for the scholarship.

Varsity & Reserve Races: Varsity races consist of your top 7 runners, the remainder of your team will compete in the reserve race. Coaches, please place your runners into the appropriate races. We highly encourage runners that are unable to complete 5000 meters in less than 30:00 to be placed into the reserve races. If you have questions, please contact us.

Middle School & 6th Grade Races will be 2500 meters, one loop of the course.

- **Middle School** races are for 7th and 8th graders only. 6th graders cannot run in this race due to MHSAA liability restrictions.
- **6th Grade Race:** Both boys and girls will run together in the 6th grade race. Results for the race will be sorted into boys and girls.

Roster Entry: You must register your team online at www.portageinvite.com under the registration section. **Instructions for registration can be downloaded from the meet info page.** You will need to **enter your ENTIRE TEAM**, even if you think they might not be running. **We will not allow additional entries on the day of meet.**

Please have your team registered by 7:00 PM, Thursday, September 24 A \$40 fee will be assessed to all teams that fail to register by this deadline. We will be shutting down the registration portion of the website after this time. PLEASE be respectful of the time it takes to prepare the meet packets and register on time. You will need to call Dan Wytko if you fail to register by the deadline, in order to get a new password.

Paperless Meet Info: Additional meet info such as **Registration Instructions, Course Maps, Driving Directions**, and **Hotel Info** may be downloaded from our website on the **MEET INFO** section. These files are in a pdf format, so they should be easy to download. You will need Acrobat Reader (most computers already have this), which is a free download. If you need it in a different format, please email Dan Wytko.

Michigan Uniform Rules: Out-of state teams must abide by Michigan uniform and jewelry rules. No jewelry or watches are allowed. Metal hair pieces are not allowed. Regarding uniforms, tights and undershirts must be of a single solid color, and must be match all other team members. Hats, headbands, and gloves must also be of a single solid color, but do not have to match team members. Shorts may not be rolled. If you should have questions please ask one of the starters prior to your race.



Team Entry Fee: **High Schools:** \$115 per varsity team, or \$230 for both men and women.
Middle Schools: \$80 per team, or \$160 for both boys and girls. No individual rates, sorry.
All entry fees must be paid prior to **October 8, 2009**.

Please make checks payable to **Portage XC Invitational** and mail to:
Dan Wytko, 7310 Wrenbury, Portage MI 49024.
Please do not send checks to either high school.

Packet Pick-up: Please pick up your final instructions packet upon arriving at the registration canopy.
Located behind West Middle School.

Course Description and Preview: High school distance is 5000 meters and middle school is 2500 meters. The course is a repeat loop, which is relatively flat on the southern portion, some hills on the northern portion, and all turns are very smooth. The course will be available for preview Friday, October 9th and Saturday, October 10th.

Results: Printed results will be provided for each race and made available to coaches and press. Coaches must return their results voucher to obtain results for each race. Results will also be posted online at **www.portageinvite.com**.

Open Race: The cost will be \$10 if pre-registered and \$15 on the day of the race, cost will include a cotton short sleeve t-shirt. Registration for this event and information may be found on the meet information page of the website at www.portageinvite.com.

Concessions & Shirt Sales: A variety of food and beverages will be offered at our concession tent. Brooks Podium moisture management long-sleeved shirts will be sold for \$20 at the concession tent. This shirt normally retails for over \$28. Cash and checks will be accepted as payments. (Checks may be made payable to **Portage Invitational**)

Gazelle Sports and Brooks Tent: Our meet sponsor will have a tent selling running shoes and other running products. Cash and checks will be accepted as payments.

Bathroom/Dressing Facilities: Bathrooms will be available for athletes and spectators in Moorsbridge Elementary School, West Middle School, and portable bathrooms near the starting line. Athletes should come to the meet dressed, as locker rooms are not available. Teams should not camp-out inside the school buildings.

Parking:

- Parking is at a premium. Please follow the parking signs posted on the Moorsbridge Rd.
- Parking is not permitted on Moorsbridge Rd, Romence Rd, designated areas and bike paths.
- **Busses** will be asked to park in the lot in front of Moorsbridge Elementary School, these spots will be available on a first come basis.
- **Team vans** may park in the grass lot to the north of the school. TEAM VANS may not park in the main parking lot.
- **Cars** may park in the lot in front of West Middle School. If athletes are traveling separately with their parents and choose to park in the main lot, we will ask that they pay a parking fee. **There is a parking fee for any car that chooses to park in the main lot in front of West Middle School.** Please advise your spectators of this fee, thank you.
- **Alternative parking locations which are free of charge:** Street parking is permitted in the neighborhoods on the north side of the course and Romence and the neighborhood to the east of the course (Leewood St.). **Please be respectful of these neighborhoods.** Please visit our website to get an over view of the surrounding neighborhoods.

We look forward to seeing you on October 10th, and would like to thank you in advance for attending the Portage Cross Country Invitational. We hope you have an enjoyable experience.