

TO: Cross Country Coaches/Athletic Directors
FROM: Watkins Memorial High School
RE: McGowan Cross Country Invitational – Saturday, September 11, 2021

We would like to welcome your school to the upcoming 2021 McGowan Cross Country Invitational at Watkins Memorial HS to be held on Saturday, September 11. We are excited to be BACK after last year! We will once again be using a “chip timing” system with live results and team scoreboard. Timing system will be through Timing First, LLC. Entries will be made through www.athletic.net. The chips will need to be returned at the end of the race. Any chip not returned will be assessed a \$5 fee to the school. Middle School Boys & HS Boys open race teams and individual races will be assigned by alphabet to a race. Schools, please use your commonly used name (i.e., Olentangy Liberty, Gahanna Lincoln, and Watkins Memorial). We ask coaches to honor the assignment in order to keep the race size manageable.

TIME SCHEDULE

<u>TIME</u>	<u>LEVEL</u>	<u>DIVISION</u>	<u>TYPE</u>	<u>GENDER</u>	<u>TEAM TROPHIES</u>	<u>IND. MEDALS</u>
9:00	Middle School	Large	Varsity Team	Boys	2	20
9:30	Middle School	Large	Varsity Team	Girls	2	20
10:00	Middle School	Reserve	Open	Boys – A-K		20
10:30	Middle School	Reserve	Open	Boys – L- Z		20
11:00	Middle School	Reserve	Open	Girls		20
11:30	Middle School	Small	Varsity Team	Boys	2	20
12:00	Middle School	Small	Varsity Team	Girls	2	20
1:00	High School	Div. III	Varsity/Open	Girls	2	20
1:30	High School	Div. III	Varsity/Open	Boys	2	20
2:00	High School	Div. II	Varsity/Open	Girls	2	20
2:30	High School	Div. II	Varsity/Open	Boys	2	20
3:00	High School	Div. 1 Reserve	Individual	Girls	2	20
3:30	High School	Div. I	Varsity Team	Girls	2	20
4:00	High School	Div. 1 Reserve #1	Individual	Boys	2	20
4:30	High School	Div. I	Varsity Team	Boys	2	20
5:00	High School	Div. 1Reserve #2	Individual	Boys	2	20

RACES ARE DEFINED AS FOLLOWS:

Middle School – Large sized schools are schools whose high school is Division I in Cross Country

Middle School – Small sized schools are schools whose high school is Division II or III in Cross Country

Varsity/Open Races – Schools may run as many athletes as they like; top 7 will be scored as a team (Div. 3 and 2 Races)

Varsity/Team – Schools may run from 1 to 7 athletes. Teams with 5, 6 or 7 finishers will be scored. Teams with less than 5 will be displaced for scoring purposes. Schools running more than 7 will be disqualified. No “B” Teams allowed in varsity races. If your “A TEAM” is somewhere else, please enter the reserve races.

Individual – Schools may run any number of athletes. Middle School boys will be assigned to either race: “A-K or L-Z”.

Division 1 HS Boys reserve races will be assigned by 9/3 to try and balance numbers based on anticipated entries.

Division: Teams must run in the division assigned.

MEET RULES:

- Teams must report to the starting line with “chips” affixed 15 minutes before race time.
- Any runner competing in more than one race will be disqualified from BOTH races
- OHSAA uniform rules, sportsmanship and participation rules will be enforced

SPECTATOR TICKETING: <https://swl.hometownticketing.com/embed/event/150?es=jcc3o39ijk7vo9df2girman4oj&single=0>

Tickets will be **digital only and must be purchased in advance** – **NO CASH** accepted on site. **Digital ticket will be required to enter parking lot. PLEASE communicate this to all spectators.**

ENTRY FEES:

- High School Boys – \$100.00 High School Girls - \$100.00,
- Middle School Boys - \$75.00 Middle School Girls - \$75.00
- Teams with less than 5 athletes overall are \$10.00 per athlete

ENTRY CONFIRMATION:

Entry confirmed by Arbiter contract acceptance. Individual entry will be on www.athletic.net. Since we are using chips; please enter only those athletes competing. Please remember: **ATHLETIC.NET ENTRY IS REQUIRED!! Entries will close at 6PM on Tuesday, September 7, 2021.** Should you have any other questions or concerns, please contact: our Athletic Director, Jake Perkins via email at jperkins@laca.org or Head XC Coach, John Jarvis at jjarvis@laca.org.

Watkins Memorial HS is looking forward to hosting the 2021 McGowan!