

CYM CROSS COUNTRY MEET INFORMATION

Day of Meet: Saturday

DATE OF MEET: September 22, 2012

LOCATION: White Clay Creek State Park

DIRECTIONS TO LOCATION: Use the main entrance off Rt. 896 (New London Road). There is \$3 admission fee for Delaware vehicles, \$6 out of state. For information go to <http://www.destateparks.com/>.

MAP OF COURSE - Please see attached file.

DISTANCE OF JV MEET: 1.15 mile

DISTANCE OF VARSITY MEET: 2.15 miles

ARRIVAL TIME: 8:00 AM

TIME OF JOG THROUGH: 8:15 AM

TIME OF COACHES' MEETING: 8:30 AM

TIME OF JV RACES: JV Boys: 9 AM
 JV Girls: After JV Boys

TIME OF VARSITY RACES: V Boys: After JV Girls
 V Girls: After V Boys

WILL THERE BE A FUN RUN? YES

IF YES STARTING TIME OF FUN RUN: After the Varsity Girls race

INDIVIDUAL AWARDS BEING PRESENTED: Individual awards will be presented to the top 15 finishers in each race.

TEAM AWARDS BEING PRESENTED: Team trophies to 1st, 2nd, and 3rd place teams in all four races.

NAME OF DIRECTOR OF MEET: Jim Apostolico

PHONE: 302-584-2501 BEST TIME TO CALL:

EMAIL ADDRESS: jvapostolico@gmail.com

**2012 All Saints Catholic School/St. John the Beloved
Cross Country Invitational
Saturday, September 22, 2012
White Clay Creek State Park**

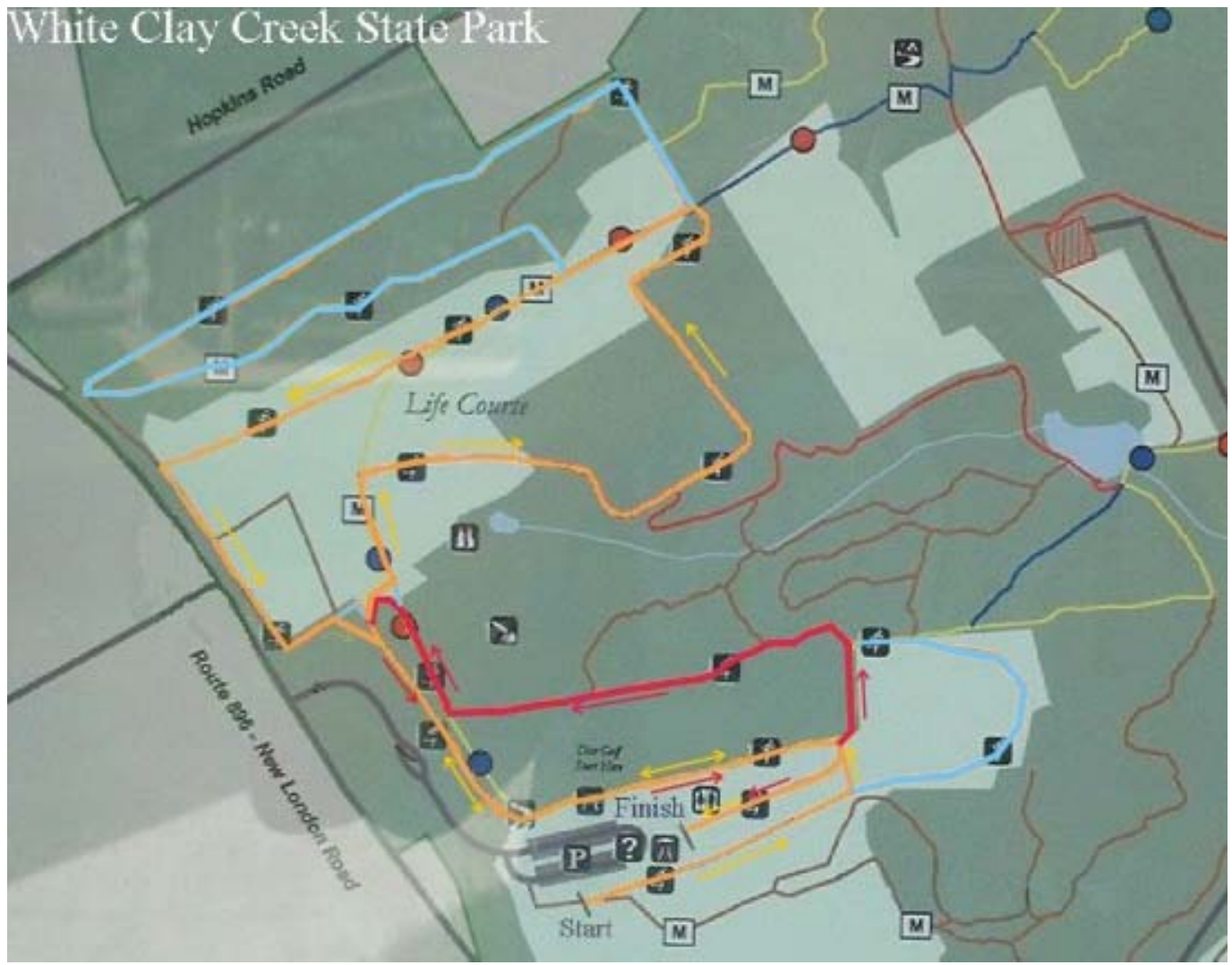
All Saints Catholic School & St. John the Beloved will host its Cross Country Invitational on Saturday, September 22th, at White Clay Creek State Park (main entrance). The JV course is 1.15 miles and the Varsity course is 2.15 miles. Please see accompanying map.

Awards will be given to the top 15 finishers by race. Trophies will be awarded to the top three teams in all four divisions. Results will be announced and all awards will be given at the ceremony at the end of the meet. Drinks and snacks will be available after each race. The order of events is:

Arrival time:	8:00 AM
Course Jog:	8:15 AM
Coaches' Meeting:	8:30 AM
JV Boys:	9:00 AM
JV Girls	
Varsity Boys	
Varsity Girls	
Fun Run	
Awards	

Each race will begin as soon as the previous race has been completed. Each runner will be given a card after they cross the finish line. **Please print the runner's full NAME, TEAM NAME, and GRADE on the card and return your team's cards to the scorer's table in the envelope provided.**

Please contact Jim Apostolico, 584-2501, if you have any questions. All Saints will practice running this course on Sunday, 9/9, and Sunday, 9/16, at 3:00 p.m. and teams are welcome to join us to become familiar with the course.



key:
gold = The HA varsity course, 3.44 Km (2.15 mi)
red = shortcut for the JV course, 1.86 Km (1.15 mi)
blue = portions of 5K course that are **not** to be used
Both the varsity and JV courses start and finish similarly.