



# Cross Country Invitational

## *Fan and Coaches Guide*

**Directions** – Melas Park is located on Central Ave. 1.1 miles east of Arlington Heights Rd in south Arlington Heights. If you are coming from IL-53 exit at Northwest Hwy (east). Go 2.2 miles to Arlington Heights Rd and turn right. Go 1.1 miles on Arlington Heights Rd to Central. Turn left on Central and go 1.1 miles to the park.

**Admission Fee** – There is no admission fee.

**Car Parking** – Car parking is available at two lots inside Melas Park and at the Bosch Tool parking lot.

**Bus Parking** – All buses should park at the Bosch Tool parking lot.

**Bathrooms** – Men's and Women's bathrooms are available in the Park District concessions building. The building is located in the middle of the four softball fields.

**Concessions** – Food and beverages will be sold.

**Scoring** – Simplified scoring will be used.

**Spikes** – Runners are allowed to wear spikes.

**Start** – Runners will start from a randomly assigned box. Box assignments will be given to coaches when they check in on Saturday.

**Finish** - Runners will enter and exit through a shoot. Each runner will be given a place card, which they need to give to their coach. Please remind runners to move quickly through the shoot.

**Weather related cancellations** – Any decision to cancel will be made at the park on Saturday morning.

**Individual Awards** – Individual awards will be given to the top 15 runners in each race.

**Team Awards** – Trophies will be awarded to the top 3 teams in each race.

**Morning Check In** – A coach from each team needs to check in at the red tent before 9 AM.

**Coaches Meeting** – There will be a coaches meeting at 9 AM at the red tent.

<b>Race Schedule -</b>	9:00 AM	Coaches Meeting – Red Tent
	9:15 AM	Girls 1 Mile
	9:30 AM	Boys 1 Mile
	9:45 AM	Girls 1 1/2 Mile
	10:10 AM	Boys 1 1/2 Mile
	10:30 AM	Girls 2 Mile
	11:00 AM	Boys 2 Mile

All race times are estimates; we will start races as soon as the previous race has been completed.

The Awards presentation will follow the last race, as soon as all the scoring is finished.