

LANCASTER BOB REALL CROSS COUNTRY INVITATIONAL
September 24, 2016

Entry Fee - H.S. \$200 for boys/ girls team
H.S. \$100 for boys only team
H.S. \$100 for girls only team
Middle School \$100 for boys/ girls team
Middle School \$50 for boys only team
Middle School \$50 for girls only team
Individual runners in high school races \$15
Individual runners in junior high school races \$10.
*schools may enter only one team per race
*schools registering after 9/23/15 will be charged an additional \$25.00

Registration forms and information may be obtained at: www.lancastergales.com

Registration and team roster – a registration form indicating division team races and open races entered is due to Holly Griffin by **Wednesday, September 21, 2016**. Roster entries will be on www.baumspage.com from 8/7-9/21.

Course – located at the campuses of Lancaster High School and Ohio University-Lancaster. It is a combination of rolling hills and flat areas. All junior high races will be 2 miles and all high school races will be 5000 meters.

Awards – **Junior High Team Races** – Medals to the top 25 & ribbons to places through 50. Team award to the top 3 teams. For both the large and small school races.

Junior High Open Races – Medals to the top 25 & ribbons to places through 100.

High School Team Races – Plaques to the top 10 places. Medals to places through 50. Team Award to the top 3 teams.

High School Open Races – Medals to the top 25 places & ribbons to places through 75.

Time Schedule (start times are approximate)

8:30AM	Alumni Race
9:00AM	D1 HS Boys Open Race
9:30AM	All Div. HS Girls Open
10:00AM	D1 HS Boys Team
10:30AM	D1 HS Girls Team Race
11:00AM	D2 HS Girls Team Race
11:30AM	D3 HS Girls Team Race
12:00PM	D2 HS Boys Team Race
12:30PM	D3 HS Boys Team Race
1:00PM	D2/D3 Boys Open
1:30PM	Large JH Boys Team Run up to 10, teams with at least 5 runners must run in team race
2:00PM	Small JH Boys Team Run up to 10, teams with at least 5 runners must run in team race
2:30PM	Large JH Girls Team Run up to 10, teams with at least 5 runners must run in team race
3:00PM	Small JH Girls Team Run up to 10, teams with at least 5 runners must run in team race
3:30PM	JH Boys Open Race
4:00PM	JH Girls Open Race
4:30PM	Combined 5th / 6th Race

Spectators – **Admission Charge for Adults - \$6.00 and Students - \$4.00.**

NO PETS ALLOWED. Spectators can view almost the entire course from atop the terraced Starting and finishing areas. Coaches, please relay this information to parents and others attending the meet.

Shelter & Restrooms – located inside Lancaster High School. Ohio University – Lancaster is **not** available.

T-Shirts & Concessions are available from the Lancaster Athletic Booster Clubs.

Send **registration, and check** to: Lancaster High School
Athletic Department
Holly Griffin – Meet manager
1312 Granville Pike
Lancaster, Ohio 43130

Checks payable to:
Lancaster HS Athletic Department

Roster entries on www.baumspage.com

Contact information: LHS Athletic Department
Phone 740-681-7550
Fax 740-681-7552
Email a_lee@lancaster.k12.oh.us

Meet Manager
Holly Griffin 740-681-7500 Ext. 6031
Fax 740-681-7552
h_griffin@lancaster.k12.oh.us