

LANCASTER BOB REALL CROSS COUNTRY INVITATIONAL
September 23, 2017

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 9/20/17 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 John Smith by **Wednesday, September 20, 2017**. Roster entries will be on www.baumspage.com til 9/20/17.

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

8:15AM D1 HS Boys Open Race (Teams A-M)
8:45AM D1 HS Boys Open Race (Teams N-Z)
9:15AM D1 HS Girls Open Race
9:45AM DII/DII HS Girls Open
10:15AM D1 HS Boys Team*
10:45AM D1 HS Girls Team Race (Run up to 10, teams with at least 5 runners must run in team race)
11:15AM D2 HS Girls Team Race*
11:45AM D3 HS Girls Team Race*
12:15PM D2 HS Boys Team Race*
12:45PM D3 HS Boys Team Race*
1:15PM D2/D3 Boys Open
1:45PM Large JH Boys Team (Run up to 10, teams with at least 5 runners must run in team race)
2:15PM Small JH Boys Team (Run up to 10, teams with at least 5 runners must run in team race)
2:45PM Large JH Girls Team (Run up to 10, teams with at least 5 runners must run in team race)
3:15PM Small JH Girls Team (Run up to 10, teams with at least 5 runners must run in team race)
3:45PM JH Boys Open Race
4:15PM JH Girls Open Race
4:45PM Combined Youth Race (1 mile; \$5 per entry)
5:15 pm Alumni Race

*denotes a 5-7 runner race

Spectators – **Admission Charge for Adults - \$7.00 and Students - \$5.00**

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
John Smith – 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 Meet Manager
Phone 740-681-7550 John Smith 740-681-7500 Ext. 6208
Fax 740-681-7552 Fax 740-681-7552
Email a_lee@lancaster.k12.oh.us john_smith@lancaster.k12.oh.us