

2016 VINEYARD XC INVITATIONAL

September 10, 2016

Freshmen, JV and VARSITY races.

Hosted by the Martha's Vineyard Regional High Cross Country team

The Vineyard XC Invitational will be run in the Manuel F. Cornelius State Forest.

The course distance is 5K over a varied terrain for JV and Varsity. **3K for Freshmen (new coed race)**. Course preview will be from 9:30 am -11:00 am.

7 runners only in the varsity race, unlimited in the freshmen and junior varsity.

You must enter a varsity team in order to run in the JV and or the Freshmen race.

All MIAA and National Federation cross country rules apply.

This meet is sanctioned by the MIAA

Race order (times may be adjusted)

3K FRESHMEN COED 11:00

5K JV GIRLS 11:30

5K JV BOYS 12:15

5K VARSITY GIRLS 12:45 - 7 runners max.

5K VARSITY BOYS 1:15 - 7 runners max.

ENTRY PROCEDURE: All entries will be accomplished through Direct Athletics. You must have a username and password to enter if you don't already have one.

ENTRY DEADLINE IS SEPTEMBER 7, 2016

ENTRY FEE IS \$100 PER SCHOOL PER GENDER. IF YOU ENTER A BOYS AND GIRLS TEAM FEE IS \$200. INDIVIDUAL ENTRIES \$15. CHECKS /PO'S PAYABLE TO MV CROSS COUNTRY BOOSTERS.

Please let me know if you are bringing check for fees to the meet you can also mail entry fees:

MV CROSS COUNTRY BOOSTERS (Tax ID # 04-1486195)

PO BOX 1055 WEST TISBURY, MA

Transportation

Transportation to Martha's Vineyard is best accomplished by sailing from Woods Hole via The Steamship Authority (www.steamshipauthority.com). Group rates are very reasonable. Please contact the Steamship ahead of time to arrange for a group rate (508-548-3788). Teams will need to take either the 8:15 am or the 9:30 am boats in order to arrive in time for the race. The boat ride is 45 min. and the school is 15 min. away from either Vineyard Haven (8:15) or Oak Bluffs (9:30) terminals. **If you have Freshmen or JVs, it is best to take the 8:15. Buses will be provided for transportation to and from the school to either terminal.** For south coast area teams, the fast ferry from New Bedford (www.seastreak.com) may be an option. There is a 9:30 am that arrives at 10:30 in Oak Bluffs. Please indicate which time ferry you will be on when sending back the team information sheet to joeml@comcast.net

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Awards

Co-Ed Freshmen Race top 15 boys/girls

JV races top 25 individuals

Varsity races top 15 individuals

Race T shirts and concessions will be available for purchase on site.

Contacts

Coach Joe Schroeder at 508-648-9027 (cell), 508-693-9816 (home)

Email joeml@comcast.net

Athletic Director Mark McCarthy

MVRHS: 508-693-1033 ext 5.

Please contact me via email with the following information.

Steamship Authority boat time: (trip time is **45 min. from Woods Hole**)

8:15 arrive at 9:00 in Vineyard Haven or

9:30 arrive at 10:15 in Oak Bluffs

OR

Fast Ferry: (1 hour from New Bedford).

9:30 arrive 10:30

Bus from ferry is a **10-15** min. ride.

SCHOOL_____

COACH
(NAME)_____PHONE_____

EMAIL ADDRESS_____

****NUMBER OF TOTAL PARTICIPANTS**_____

****THIS IS FOR THE BUSES ON MV**