

2018 VINEYARD XC INVITATIONAL

September 8, 2018

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

The course distance is 5K over a varied terrain for JV and Varsity.

3K for COED Freshmen. Course preview will be from 9:30 am -10:45 am.

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

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.

Awards

Co-Ed Freshmen Race top 15 boys and top 15 girls for a total of 30

JV races top 25 individuals

Varsity races top 15 individuals

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

This meet is sanctioned by the MIAA

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

Please support our boosters.

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 11:59pm Wednesday September 5.

ENTRY FEE IS \$100 PER SCHOOL PER GENDER. IF YOU ENTER A BOYS AND GIRLS TEAM FEE IS \$200. INDIVIDUAL ENTRIES \$20.

CHECKS /PO'S PAYABLE TO:

Go Vineyard Running Inc. Tax ID # 83-1182783 - this is the new name of our booster club.

PO BOX 1055 WEST TISBURY, MA 02575

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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 (508-548-5011 ext 244 or 344). 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 10 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 9:00 am that arrives at 10:00 in Oak Bluffs. Please indicate which time ferry you will be on. **Send this information** to joeml@comcast.net

Contacts

Coach Joe Schroeder at 508-648-9027 (cell).

Email joeml@comcast.net or jschroeder@mvyps.org

Athletic Director Mark McCarthy

MVRHS: 508-693-1033 ext 5.

Please contact me via email with the following information as soon as you know it!

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). Leave 9:00 arrive 10:00

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

****NUMBER OF TOTAL PARTICIPANTS _____ **THIS IS FOR THE BUSES ON MV**

Buses on the mainland

For school buses taking participants to Woods Hole terminal; they will be instructed to park in Falmouth. No parking in Woods Hole!

Other boat information

As you all are aware, the Steamship Authority has had a rough time of it lately. If you are worried about getting across, it is always better to sail out of Vineyard Haven on the way back. The docks in Oak Bluffs are more susceptible to weather conditions should they arise. Please call the Steamship Authority ahead of time before you are ready to leave the island. I will try to get up to date boat information at the conclusion of the meet