

# 13<sup>th</sup> ANNUAL VINEYARD XC INVITATIONAL

September 7<sup>th</sup> 2019

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

## Course:

**5K JV and Varsity.**

**3K Freshmen**

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

Both courses are all off road over varied terrain, relatively flat.

Preview will be from 9:30 am -10:45 am

Transportation information on page 2

## Race order:

11:00 3K FRESHMEN COED

11:30 5K JV GIRLS

12:15 5K JV BOYS

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

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

(Start times may be adjusted to facilitate runners still on the course)

## 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.

**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 an account, username and password to enter if you don't already have one.**

This meet is sanctioned by the MIAA

**ENTRY DEADLINE IS 12:00 noon Wednesday, September 3.**

ENTRY FEE IS \$125 PER SCHOOL PER GENDER. IF YOU ENTER A BOYS AND GIRLS TEAM FEE IS \$225. INDIVIDUAL ENTRIES \$25.

## 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](http://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 are racing in the Freshmen or JV race, 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 or CT/RI teams, the fast ferry from New Bedford ([www.seastreak.com](http://www.seastreak.com)) may be an option. There is a 9:00 am that arrives at 9:45 in Oak Bluffs. Please indicate which time ferry you will be on. **Send this information to [joeml@comcast.net](mailto:joeml@comcast.net)**

## Contacts

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

Email [joeml@comcast.net](mailto:joeml@comcast.net) or [jschroeder@mvyps.org](mailto: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**)

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

Leave 9:30 arrive at 10:15 in Oak Bluffs

**OR** Fast Ferry: (from New Bedford). Leave 9:00 arrive 9:45

Bus from ferry is a **10-15** min. ride. We will also have a truck for team tents if you bring one.

**\*\*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. The best place is the Falmouth mall. No parking in Woods Hole!

## Other boat information

If you are worried about getting across after the meet, 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 to check sailing conditions before you are ready to leave the island. I will try to get up to date boat information at the conclusion of the meet.