

To: Cross Country Coaches
 From: Marty Dahlman, Meet Manager
 Re: McGowan Invitational

Welcome to the 2017 McGowan Invitational at Watkins this year on Saturday September 9th. This year we are using “chip timing”. In Boys Div 1 Individual Races **and Middle School Boys** open races teams will be assigned by alphabet to a race. Schools should use their commonly used name (ex: Olentangy Liberty, Gahanna Lincoln, Big Walnut, Watkins Memorial). We ask coaches to honor the assignment in order to keep the race size manageable.

The Time Schedule (This is the same as 2016)

Time	Level	Division	Type	Gender	Team Trophies	Ind Medals
9:00	Middle School	Large	Varsity Team	Boys	2	20
9:30	Middle School	Large	Varsity Team	Girls	2	20
10:00	Middle School	Reserve	Open	Boys A-K		20
10:30	Middle School	Reserve	Open	Boys L-Z		20
11:00	Middle School	Reserve	Open	Girls		20
11:30	Middle School	Small	Varsity Team	Boys	2	20
12:00	Middle School	Small	Varsity Team	Girls	2	20
1:00	High School	Div III	Varsity/Open	Boys	2	20
1:30	High School	Div III	Varsity/Open	Girls	2	20
2:00	High School	Div II	Varsity/Open	Boys	2	20
2:30	High School	Div II	Varsity/Open	Girls	2	20
3:00	High School	Reserve	Individual	Boys P-Z		20
3:30	High School	Reserve	Individual	Girls		20
4:00	High School	Reserve	Reserve Team	Boys	2	20
4:30	High School	Reserve	Reserve Team	Girls	2	20
5:00	High School	Div I	Varsity Team	Boys	2	20
5:30	High School	Div I	Varsity Team	Girls	2	20
6:00	High School	Div I	Individual	Boys A-O		20

Races are defined as follows:

Middle School - Large sized schools are schools whose high school is Division I in Cross Country

Middle School - Small sized schools are schools whose high school is Division II or III in Cross Country

Varsity/Open Races – schools may run as many athletes as they like, top 7 will be scored as a team (DIV 3 AND 2 RACES)

Varsity/Team – Schools may run from 1 to 7 athletes. Teams with 5, 6, or 7 finishers will be scored.

Teams with less than 5 will be displaced for scoring purposes. Schools running more than 7 will be disqualified.

No "B" Teams allowed in varsity races. If your “A TEAM” is somewhere else, please enter the reserve races.

Reserve Team – In these races only – 5 to 7 runners. You must have 5 to enter, no more than 7 can run.

Individual – Schools may run any number of athletes. Div I boys teams will be assigned to either race ‘A-O’ or race ‘P-Z’ according to their commonly used school name. Middle School boys will be assigned to either race ‘A-K’ or ‘L-Z’.

Division – Teams must run in the division assigned. Teams wishing to run “up” in Division must notify meet management by September 7th.

Meet Rules

Teams report to the starting line with “chips” affixed 15 minutes before race time.

Any runner competing in more than one race will be disqualified from BOTH races (it has happened!!!!).

OHSAA uniform rules, sportsmanship and participation rules will be enforced.

Entry Fees

Entry fees are by SCHOOL (not team gender). Costs are as follows: High School Teams: \$150 (includes boys and girls, reserve and varsity teams - \$150 per school – no discounts for running only one gender). Middle School Teams: \$100 (includes boys and girls, reserve and varsity teams - \$100 per school – no discounts for running only one gender). Schools with less than 5 athletes overall, \$10/athlete. **PLEASE NOTE – SCHOOLS THAT FAIL TO PAY ENTRY FEES (there have been several) WILL NOT BE ALLOWED TO PARTICIPATE IN FUTURE MEETS!!!!**

Entry

We know you are coming when your athletic department accepts the new “Arbiter” electronic contract. If you have not received one please notify me at mdahlman@watkinstrack.org. Individual entry will be on www.baumspage.com. As we are using chips, please enter only those athletes competing (but do make sure all of your competitors are entered). PLEASE NOTE:

BAUMSPAGE ENTRY IS REQUIRED!!!! Entries will close at 12:00 noon on Wednesday, September 6. Any other questions or concerns – please email me or call 740/973-4203 (cell). As I have retired from teaching (hooray!!) I am no longer available at the school number.