Coaches,

You and your cross country team are invited to participate in the 16th annual Hancock County Cross Country Invitational.  Race distances will be 5K for high school, 3200 meters for middle school, and 1600 meters for elementary.  Awards will be provided as listed below and t-shirts will be available to purchase.

Registration should be received by Friday, September 9th.   HYTEK entry and scoring will be used. Any HYTEK entries that are not submitted by the September 9th deadline will be charged an additional $20. (Any schools that do not have access to HYTEK please contact Coach Wes Meserve at wes.meserve@hancock.kyschools.us.)

Elementary races will be for grades 6 and under.  Middle School races will be for grades 8 and under.

When:              Saturday, September 17, 2010

Where:             Hancock County High School - 80 State Route 271 S, Lewisport, KY 42351

Officiating: Lil Brunson

HYTEK: Jennifer Martin

(For a more detailed description of the meet, please read below the entry fee form.)

Races & Awards:

|  |  |  |  |
| --- | --- | --- | --- |
| Race | Distance | Time | Awards |
| Elementary Girls | 1 Mile | 9:00 |   2 teams, 10 runners |
| Elementary Boys | 1 Mile | 9:00 | 2 teams, 10 runners |
| High School Girls | 5K | 9:30 | 2 teams, 20 runners |
| High School Boys | 5K | 10:10 | 2 teams, 20 runners |
| Middle Girls | 2 Mile | 10:50 | 3 teams, 20 runners |
| Middle Boys | 2 Mile | 11:20 | 3 teams, 20 runners |

**Hancock County Cross Country Invitational**

**Entry Form**

School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Entry Fees:

Unlimited entries may compete for each team in each race.

Varsity Teams                         $50 each for boys and girls or $10 per individual

Middle School Teams             $30 each for boys and girls or $6 per individual

Elementary Teams                  $20 each for boys and girls or $5 per individual

Check each race you will be entering a team in or list the number of individuals:

Girls Elementary:       \_\_\_\_\_\_            Boys Elementary:    \_\_\_\_\_

Girls Middle:      \_\_\_\_\_\_            Boys Middle:            \_\_\_\_\_

Girls Varsity:           \_\_\_\_\_\_            Boys Varsity:           \_\_\_\_\_

Total:                         $\_\_\_\_\_\_\_\_\_\_\_\_\_

If you have questions, contact:

Wes Meserve               270 922-0215

 E-mail HYTEK entries to: wes.meserve@hancock.kyschools.us

 Mail entry form and fees to:

            Wes Meserve

            Hancock County High School

            80 State Route 271 S

            Lewisport, KY 42351

            Fax:  270-927-8677

**Hancock County Invitational**

**Regional Host School**: Hancock County High School

**Phone Number**: 270-927-6953

**Fax Number**: 270-927-8677

**Meet Manager**: Wes Meserve

**Phone Number**: 270-922-0215

**Email**: wes.meserve@hancock.kyschools.us

**Assistant Meet Manager**: Scott Neal

**Phone Number**:270-314-9449

**Email**: scott.neal@hancock.kyschools.us

**Athletic Director**: David Hobbs

**Email**: dhobbs3@tds.net

**HYTEK Operator**: Jennifer Martin

**Meet Official**: Lil Brunson

**All schools must submit entries using HYTEK.**

**Meet Date:** September 17, 2010

**Meet Location**: Hancock County High School

 80 State Route 271 South, Lewisport, KY 42351

**Course Inspected by**: Gordon Bocock and Craig Hopkins (September 2010)

**Varsity Course Layout**: The course begins and ends in the middle of Hancock County High School’s track. The course is a very challenging double loop that includes several hills (10 that rise and 8 that fall). Approximately 40% half of the course is on grass/dirt trails in the woods located behind HCHS. It is approximately 160 meters from the starting line to the beginning of the trail through the woods. At the entrance to the trail, the course narrows down to approximately 20 feet in width. There are several instances throughout the course where the route doubles back allowing runners to see where teammates and competitors are in the race. The final stretch of the race is approximately 160 meters and runs from the trail exiting the woods to the finish line in the middle of the track. Please see Course Map.

**Middle School Course Layout**: The course begins and ends in the middle of Hancock County High School’s track. The course is a very challenging double loop that includes several hills (8 that rise and 6 that fall). Approximately 40% of the course is on grass/dirt trails in the woods located behind HCHS. It is approximately 160 meters from the starting line to the beginning of the trail through the woods. At the entrance to the trail, the course narrows down to approximately 20 feet in width. There are a 2 instances in which the course route doubles back allowing runners to see where teammates and competitors are in the race. The final stretch of the race is approximately 160 meters and runs from the trail exiting the woods to the finish line in the middle of the track. Please see Course Map.

**Elementary School Course Layout**: The course begins and ends in the middle of Hancock County High School’s track. The course is a very challenging loop that includes several hills (4 that rise and 3 that fall). Approximately 40% of the course is on grass/dirt trails in the woods located behind HCHS. It is approximately 160 meters from the starting line to the beginning of the trail through the woods. At the entrance to the trail, the course narrows down to approximately 20 feet in width. There is 1 instance in which the course route doubles back allowing runners to see where teammates and competitors are in the race. The final stretch of the race is approximately 160 meters and runs from the trail exiting the woods to the finish line in the middle of the track. Please see Course Map.

**Course Markings**: The course will be heavily marked with a striping paint (the same paint used on football fields) from start to finish. Caution tape and/or rope will be used throughout the course to further ensure athletes know the proper route of the course. Officials will be stationed throughout the course to ensure athletes know the proper route for the course. Any hazards that have not been corrected (roots, holes, etc.) will be marked with paint.

**Course Instructions**: Due to the nature of the trails, only one coach from each school will be allowed on that portion of the course. No spectators will be allowed on the trails. Approximately 60% of the race can be viewed easily by spectators and coaches. The starting line and finish line are both located in the middle of the track. The mile and two mile mark are approximately 100 meters apart.

**Crowd Control**: As previously stated, no spectators will be allowed on the trail. Only one coach from each school will be permitted on the trail. Spectators and coaches will be allowed to watch all portions of the race outside of the trails as long as they stay out of the path of runners and do not interfere with competitors.

**Scoring**: All athletes will be assigned a three digit number using HYTEK. All athletes finishing the race will be given a place card which each coach will be responsible for collecting and returning to the meet manager or designated meet official.

**Timing:** A Sprint 8 timing system will be utilized as the primary timekeeping device. In the event that the Sprint 8 fails, two stopwatches with recall memory will be used as backup.

**Appeals**: Members of the Appeals Committee will be announced during the coaches meeting.

**Spectator Parking**: Primary parking for spectators will be Hancock County High School’s parking lot. The middle school parking lot will be used for overflow parking if necessary.

**Bus Parking:** Buses will be directed to an area behind the high school for parking

**Schedule**:

**All times are Central Standard**

8:30 AM           Coaches Meeting

8:45 AM       First Call (Boys/Girls Elementary)

8:55 AM          Final Call (Boys/Girls Elementary)

9:00 AM          Start (Boys/Girls Elementary)

9:15 AM First Call (Girls Varsity)

9:25 AM            Final Call (Girls Varsity)

9:30 AM Start (Girls Varsity)

9:55 AM          First Call (Boys Varsity)

10:05 AM          Final Call (Boys Varsity)

10:10 AM          Start (Boys Varsity)

10:35 AM First Call (Girls MS)

10:45 AM          Final Call (Girls MS)

10:50 AM          Start (Girls MS)

11:05 AM First Call (Boys MS)

11:15 AM          Final Call (Boys MS)

11:20 AM          Start (Boys MS)

Awards will be presented shortly after the Boys Middle School race is completed.

**NOTE: If the schedule does need to be changed for any reason, I will notify all coaches as soon as possible.**

**Emergency Procedures**: In the event of inclement weather all athletes and spectators will be encouraged to move to the High School Gymnasium.

**Concessions**: Food and drinks will be available for purchase at the meet.

**Merchandise**: Shirts will be available for purchase at the meet.

**ALL INFORMATION PROVIDED ON THIS INFORMATION SHEET IS SUBJECT TO CHANGE. KHSAA RULES AND GUIDELINES WILL TAKE PRECEDENT OVER ALL INFORMATION PROVIDED IN THIS INFORMATION SHEET IN THE EVENT OF A CONFLICT.**