

# Alpha Crush Cross Country Invitational

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*Sunday, September 30, 2012, at Milton High School*

*13025 Birmingham Highway Milton, GA 30004-7306*

## Event Schedule

- 12:00 pm Packet pick-up at timing tent at finish line  
Pin bib #'s on front of singlet  
Do not tear off strip at bottom of bib #
- 12:15 pm Course walk-through
- 1:00 pm 2K – Sub-Bantam (boys & girls); race age 8 & under  
*Note: The following races are based on a "rolling start", meaning the next race will follow the completion of the preceding race. For scheduling purposes we are using 30 minutes per race, but factors beyond our control may affect the starting times of each subsequent race.*
- ~1:30 pm 3K – Bantam (boys & girls); race age 9-10
- ~2:00 pm 3K – Midget Girls; race age 11-12
- ~2:30 pm 3K – Midget Boys; race age 11-12
- ~3:00 pm 4K – Youth/Intermediate/Young (girls); race age 13+
- ~3:30 pm 4K – Youth/Intermediate/Young (boys); race age 13+

## Event Notes

- Event web site: <http://www.alphacrush.org/meet-2012-09-30>
- Meet Director – Matthew Chestnut, Alpha Crush Running Club
- A USATF sanctioned event
- Signed waiver forms required for each runner (see web site)
- Race age = age on December 31<sup>st</sup>
- Boys and girls run together in Sub-Bantam and Bantam races
- Submit roster to Coach O by Wednesday evening, September 26<sup>th</sup>
- \$5 per athlete (those not pre-registered by September 15<sup>th</sup>)
- Award medals:
  - Top 10 individuals (Sub-Bantam, Bantam, Midget, Youth)

- Top 5 individuals (Intermediate/Young combined)
- Top 2 teams (Sub-Bantam, Bantam, Midget, Youth)
- No team awards for Intermediate/Young
- Results (and awards) will be available approximately 30 minutes after the completion of each race. The timing crew tabulates the results from each previous race as the next race is underway. Unforeseen circumstances (lost bib # numbers, athletes running in wrong race) may affect the amount of time needed to prepare these results.

### Logistics

- Only park in designated parking spaces. **Small lot near lacrosse field will be closed on race day.** See enclosed map for parking locations.
- See enclosed map for team tent locations.
- Bathrooms near baseball/softball fields will be open.
- Concessions open (drinks, snacks)

### Course Notes

- Course is based on Milton High School 5K cross country course (see attached map)
- 2K course = 1K loop + 1K loop
- 3K course = 1K loop + 2K loop
  - This course utilizes the 1<sup>st</sup> two loops of the standard 5K course, therefore other on-course distance markers are applicable
- 4K course = 2K loop + 2K loop
- Signs on course will designate:
  - 800m from start (for all races)
  - 1600m from start (for 4K race)
  - 1-mile from start (for 3K race)
  - 400m to finish (for all races)

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Cross Country Invitational

MILTON  
HIGH SCHOOL

