



ESSEX INVITATIONAL

Date: Saturday September 3rd, 2016

Course: We are now running the Invitational at the Tree Farm facility adjacent to Essex High School. The course will start and finish in the back of the facility, with several loops involved through the woods. The Tree Farm facility is located at 189 Old Colchester Rd., Essex Jct., VT 05452. This course offers a mix of trail running, hills, and flat terrain. **THERE HAS BEEN A SLIGHT COURSE CHANGE THAT HAS ELIMINATED RUNNING THROUGH THE MIDDLE OF THE SOCCER FIELDS AND DOWN THE DRIVEWAY.**

Parking: VERY IMPORTANT – School buses will be parking in the Tree Farm parking lot. They must arrive before 9:30AM for safety reasons. Handicap parking is also available at the Tree Farm. Spectators MUST park at Essex High School and walk to the Tree Farm facility. There will be signs directing people where to go. There will be no parking permitted for cars along either side of Old Colchester Road.

Time Schedule:

Race Division	Race Time	Course Records
5K Open Citizen's Race	8:30 am	Nat Larson 17:15.1
JV Girls	10:30 am	Aidan Corcoran – CVU 21:41.9
JV Boys	11:15 am	Ben Stewart – Essex 18:02.5
All Divisions Girls Varsity	12:00 pm	Sophie Watterson – CVU 19:27.7
All Divisions Boys Varsity	12:45 pm	Chris Gish – Sharon Academy 16:17.8
Awards Ceremony	1:30 pm	

Awards:

	Varsity Races	JV Races
Team Awards	Plaques for top 3 teams in each race	Plaques for top 2 teams in each race
Individual Awards	-Embroidered backpack for winner of each race -Custom sweatshirt for runner-up of each race -Custom spike bag for 3 rd place finisher of each race -Ribbons for places 1-20	-“Essex Invite Champion” duffle bag for winner of each race “Essex Invite Runner-Up” spike bag for runner-up of each race -Ribbons for places 1-20

Entries: Athletic.net website (free of charge for all teams)

Entry Deadline: Friday, August 26, 2016, 12 PM (noon)

Entry format: Athletic.net website. No Hy-Tek TM or MS excel files please! It may take up to 48 hours to establish new account on Athletic.net web. Plan accordingly please. Athlete's grade must be listed. Team Entries – please enter all your participating runners into 5000 m Run - you will pay entry fees per entered runner (see below). Athletes on your team roster not entered into the event will not be registered.

Team entries will be emailed to all coaches via Athletic.net web site. Coaches are required to check their team entries!!!

Entry Fees: Entries fees must be paid prior to participation. Please mail entry fees to:

Todd Harrington
Essex High School
2 Educational Drive
Essex Junction, VT 05452

Citizens Race	\$15/\$20 per person	
High School Boys	\$50 per team (up to 15 athletes)	Large teams (over 15 athletes per gender) \$2.00 per athlete for every additional (16 th and more) athlete
High School Girls	\$50 per team (up to 15 athletes)	Large teams (over 15 athletes per gender) \$2.00 per athlete for every additional (16 th and more) athlete
Individuals	\$10 per person	

Schools additional late fees: \$30.00 school late fee, \$5.00 individual late fee

Race day entry: \$50.00 school late fee, \$10.00 individual late fee

Results: Will be distributed to coaches only after the meet and online at www.802timing.com

Course Tours: On Saturday the course will be open from 7:30am until 10:00am for course walks. Maps will be provided in the race packets and signs will show the path of the course.

Concessions: Our Boosters' food concession will be set up at the Tree Farm facility and will be open. We will also be selling t-shirts under the blue and white striped tent.

Bathroom facilities: There will be port-o-lets onsite.

Meet Instructions – please inform your athletes about these procedures

Bib Safety Pins

- All Schools will provide bib safety pins for their runners.(2012 NVAC Coaches mtg.rule)




Timing Chips

- **Every high school athlete** will have assigned bib and **TWO (2) timing chips**.
COMPETITOR'S NUMBERS AND CHIPS MUST BE ISSUED CORRECTLY
ACCORDING TO THE TEAM ROSTER - INSIDE EVERY SCHOOL ENVELOP.
Number on the chip(s) must match an athlete's bib number.
- Every athlete must attach a chip to his / her shoe(s) - HS one for each shoe - using wire ties– must see instructions bellow. 4 wire ties (HS) per runner will be provided inside a school envelop.
- An athlete's shoe(s) is the only location for the chip.
- An athlete without chip(s) or a chip(s) attached at the different location than the shoe(s) will not be timed.
- Coaches are responsible for all chips issued to their team / school.
- Unused chips of non-participating athletes must be returned to the race finish before the race start.
- Chips will be collected at the end of the finish chute.
- Athletes not finishing the race must bring their chips to the end the finish chute.
- There will be \$15.00 charge for every unreturned / lost / damaged chip.

Finish Line / Chute

- There will be no single file finish chute.
- Finish line cameras may be used to assure the most accurate order of finish.
- Finish line will be the 1st edge of the 1st timing matt of the running direction.
- Finish chute will be approx. 15 feet (5 meters) wide and up to 100 feet (30 meters) long.
- An athlete must cross all blue timing matts (up to 4 matts) at the finish than proceed to the end of the finish chute where his / her chip will be collected.
- There is no need to stay in the finish order after crossing the timing matts.

How to attach the chip to a shoe

<p>Step 1</p> <p>Thread the wire ties under your shoe laces</p>	
<p>Step 2</p> <p>Thread the IPICO Sport Tag onto the wire ties</p>	
<p>Step 3</p> <p>Secure the IPICO Sport Tag by twisting the wires</p>	
<ul style="list-style-type: none">• Coaches are responsible for all chips issued to their team / school.• The number on the chip must match an athlete's bib number. Chips will be collected at the end of the finish chute.• There will be a \$15 charge for every unreturned / damaged / lost chip.	