

July 25, 2016

To: Cross Country Coaches

From: Les Paul, Cedar Grove-Belgium Cross Country Coach

Subject: 2016 Cedar Grove Belgium Rocket Invite, September 8th , 2016.

We are excited to have you attending the Rocket Invite. Below is the schedule and Information to pass on to your athletes and fans.

Teams attending this year's meet: Cedar Grove-Belgium, Elkhart Lake, Heritage Christian, Howards Grove, Mishicot, Omro, Oostburg, Port Washington, Random Lake/Ozaukee, Shoreland Lutheran, Prairie School, St. Mary's Springs, Sheboygan Lutheran, Sheboygan Christian

There will be the following schedule for meetings and race starts:

3:00-3:30 pm: Coaches pick up race bibs and get any meet clarifications

4:00 pm: Girls Varsity race

4:35 pm: Boys Varsity race

5:10 pm: JV race, Boys and girls run together

5:45 pm: Coaches, and Team Parents/Fan Race- 4K

Awards to directly follow the Parent/Coaches race.

There will be a Coaches and Parents/Fans race right after the JV race. (we have had good participation the past few years), this gives the kids a chance to have some fun cheering on their coaches and parents and coaches and parents can try out the same course the kids run and allows all of the scoring to be completed.

Girls Varsity and JV race will be a 5K course (and the Coaches/parent race will be 4K)

Boys Varsity and JV race will be a 5K course

Rosters: High School Teams, please do your meet entry on Direct Athletics (www.directathletics.com), entry will be open soon and closes September 6th at noon. Timing is done by AccuRace.

We will be using tear off bib numbers at finish line chute for place finishes and scoring.

We will be scoring 7 for varsity. Please designate varsity runners.

Varsity Boys and Girls High School Individual awards are medals for top 15 in each race. Plaques for top two team finishes in Boys and Girls. Top 20 JV get award ribbons.

There will be Drinks and snacks for sale.

Rocket Invite T-shirts will be available

This year's meet is held again at the Paul Course. 7224 Hilly Lane, Cedar Grove WI 53013

Parking on site at the course, in our hay fields on the farm. Will need to park tight and utilize all the parking space to assure everyone has a spot. Please watch for workers to guide you to parking locations.

The Cross Country course is a wide path, mowed grass and wooded trails, with no repeat Loop's. It will be well marked with 1K marks and mile markers through out the course. There is absolutely no pavement to cross or deal with. It is a spectator friendly course.

Maps of the course will be available when you arrive at the meet.

If you have any questions, please don't hesitate to call any of us, see you soon.

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