

**The 16th Annual Coach Wood Invitational
Sponsored by New Balance and Fleet Feet
Hosted by Mill Creek Cross Country**



Johns Creek



Lawrenceville Square

Saturday, October 13th, 2018

New location for this year:

McIntosh Nature Reserve. 1046 W McIntosh Circle, Whitesburg, Ga 30185

Finalized Schedule:

- 8:00 - Championship Boys (30 teams, 10 runners)
- 8:30 - Championship Girls (30 teams, 10 runners)
- 9:00 – JV Championship Boys (for Championship teams, 15 runners)
- 9:30 –JV Championship Girls (for Championship teams, 15 runners)
- 10:00 - JV Blue Boys – (for Championship teams – unlimited)
- 10:30 - JV Blue Girls – (for Championship teams – unlimited)
- 11:10 - Varsity Boys - (up to 40 teams, 15 runners)
- 11:30- 1st Awards Ceremony
- 11:40 - Varsity Girls - (up to 40 teams, 15 runners)
- 12:10 JV Cardinal Boys (for Varsity teams-unlimited)
- 12:50 JV Cardinal Girls (for Varsity teams-unlimited)
- 1:20 or ASAP-2nd Awards Ceremony

- The course is a two loop, 5,000m course that is mostly grass, with a small dirt trail section, and flat and fast!
- Team assignments will be given for ALL. An initial list will come out ASAP after results for the meets on September 22nd are taken into consideration-all team race assignments will be finalized except bubble teams. A final list will be released ASAP after 9/29 meets.
- Your top 10 runners will be assigned to race in either the Championship Race, or the Varsity Race. If your top runners are in the Championship races, then your Top 15 JV runners will run the

- Championship JV race and the rest of your JV in the JV-Blue races. If your top runners are in the Varsity race, then your JV will run in the JV Cardinal Race.
- If you end up having a scheduling conflict with the race you are assigned, please notify Coach Christie ASAP so another team can take your place. Teams canceling after 9/30 will NOT be given their entry fee back.
 - We will allow teams that ran in the meet in 2017 to declare first.
 - From 5/1-5/13 there will be a form set up for teams to declare if you want to run in the meet if you ran in it last year.
 - From 5/14 on, the remaining spots will be filled from any other teams wishing to participate (check the message board on ga.milesplit.com for info).
 - We will notify teams and post a list on www.ga.milesplit.com as well as the Coach Wood page on www.millcreekcrosscountry.com.
 - Any teams that declare but are not among the first 70 to declare will be placed on a waiting list.
 - We will be using www.ga.milesplit.com again this year for entries.
 - You will receive the meet password once we have received your meet entry fee.
 - Once the meet is set up (and you receive the password from Coach Christie), you will be able to go online anytime and enter your entire roster of potential athletes.
 - The number your runners are assigned will work in whatever race you are assigned.

Important Registration Notices :

- Meet management reserves the right to switch teams to another set of races in order to fairly balance the races and make them as competitive as possible.
- We will look at race results on www.ga.milesplit.com to determine if a team should move to another race.
- No changes will be made to entries on race day.
- **Coaches: Please make sure all athletes have a number and that you run in the correct race!**

Cost:

- \$120.00 for any Boy's Team
- \$120.00 for any Girl's Team
- \$240 if bringing both boy's and girl's teams.

Payment:

- **Due by Saturday, 9/29.** We will assess a \$25 late fee if we don't receive your payment in time. Please make note of this.
- Checks Payable to: MCXC Booster Club
- Attn: Wendy Mumme, 1590 Treybyrne Ct, Dacula, Ga 30019
- Please make sure your school or treasurer have our correct treasurer and address-please do not send it to an old one.
- No refunds for teams that pull out after 9/30
- **PLEASE DON'T SEND CHECKS TO THE SCHOOL**

Entries:

- **Deadline is Monday, October 8th at 8pm. Please make sure your athletes are entered in milesplit by this time.**

Timing:

- This year we will again be using the Perfect Timing group www.ptgrouponline.com.
- Results will be determined by the chip timing AND reviewing the Finishlynx camera.
- We will be using chips that runners will attach to their shoes, and will need to return after the race.
- We will have volunteers in the finish area to help remove the chips and collect them.
- **Please make sure all your runners return their chips or your school will be charged for them.**

- Results will be posted at the race ASAP. They will also be posted on www.ga.milesplit.com

Admission:

- \$5 for each individual
- McIntosh Nature Reserve charges \$5 per car for parking. It is a state park so we have no control over this charge.

Awards:

- 1st Awards Ceremony at 11:30am for the first 4 races.
- 2nd Awards Ceremony at 1:20pm or ASAP after last race

- **Individual:**

Championship, Varsity, and JV Blue/Cardinal Races-Top 25 in each race will receive medals (11-25 at the awards tent once official results are posted , 1-10 at the awards ceremony).

For Championship and Varsity race winners: a signed, framed poster from elite New Balance athlete. 2nd and 3rd place runners will receive a spike bag with socks or another promo item.

JV-Blue-Top 25 Boys and Top 25 Girls at the awards tent once results are finalized and posted

- **Team:**

Championship and Varsity Races-Top 3 teams in each varsity race. First place teams will also receive a bag for the 10 runners on the team.

We will also give one to the head coach!

Championship JV and JV-Cardinal-Top 3 teams receive a trophy at the awards ceremony

The boy's and girl's teams with the top average of the day will be added to our All Time Bests plaque. The fastest male and female will be added as well.

Concessions:

- All day Coca Cola Products, fruit, and assorted snacks.
- Breakfast biscuits, coffee, hot chocolate, etc.
- Lunch TBA

Hospitality Tent:

- Location TBA
- Will be set up for coaches to eat throughout the day, just present your GHSA card.

Important Notices:

- Coaches should also bring water for their teams. Some water will be provided to runners at the finish line.
- Please do not set up team tents around the start/finish line. All tents should be in the wooded area or clear of the start/finish line or course.
- New Balance Technical Meet shirts and other merchandise will be available for purchase.

Questions:

- Andy Christie-Boy's coach @ Mill Creek and Meet Director: coachchristiexc@gmail.com

Location:

McIntosh Nature Reserve Park is located 35 miles southwest of Atlanta along the Chattahoochee River and can be reached by U.S. Alternative 27 from Carrollton or Newnan and Georgia Highway 5 from Douglasville. Direct access to the park is provided by a county-maintained road that connects with Georgia Highway 5 at 2 miles west of Whitesburg.

We look forward to seeing you on October 13th!