

2018 Washington Invitational at Pike Island

Date: Tuesday, October 9, 2018

Location: Pike Island in Fort Snelling State Park

Address: 101 Snelling Lake Road, St. Paul, MN 55111

Participating Teams 2018:

North Lakes Academy

Richfield

St. Paul Como Park

St. Paul Harding

St. Paul Humboldt

St. Paul Johnson

St. Paul Washington Tech

Meet Schedule:

3:30 Coaches Meeting

4:00 Girls and Boys 5K Race combined (no limit to entries – first 7 count towards varsity)

Awards to follow 15 minutes after the last finisher crosses the line.

The Course:

The course is essentially one loop around Pike Island, starting and finishing near the bridge over to the island. The course has been accurately measured and the 1, 2, and 3 mile markers will be marked on the course. See attached map.

There is an alternate 5k course lined up, in the event that Pike Island is flooded on race day, as it was in 2017.

Timing and Scoring: This race will be hand-timed. Each coach is responsible for providing times for his or her own athletes. We will have a clock on hand at the finish line.

Scoring will be standard scoring. First seven across count as varsity. Add up the first five and low score wins. You do not need to declare varsity vs. JV runners in advance.

Trainer: We will have a trainer on hand from TRIA. Team are responsible for providing their own nutrition, sports drink, and water.

Results:

We will utilize a google doc where coaches can enter the runner's times. Runners will also receive a place card for coaches to fill out and return as a confirmation and back up to the scoring. Coaches will also receive a team score sheet to write in the place numbers of their top 5 runners total in order to give unofficial team results at the meet. Keeping with the grass roots vibe of the event, I ask that you calculate your own team score, so that we can move quickly to the awards ceremony.

Awards:

Individual Awards to:

- The top three overall finishers in the boys division and top three in the girls division.
- **NEW THIS YEAR! BONUS AWARD!** An award to the top female and male runner from each team that did not place in the top three (no double dipping!). So if a school has a runners that place 2nd, 3rd, and 5th overall, the 5th place runner would win the bonus award.
- Team "trophy" to the winning male and female team.

This is our first year welcoming new schools to our race so your feedback will be more important than ever. And as always, I will welcome your feedback. We discussed last year the possibility of hiring a timing company to handle results but ultimately coaches said that was not necessary. We will have a lot to revisit this year to make sure we are providing the best tune-up, pre-conference race for our athletes.

Thanks!

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