



PINE CREST CROSS COUNTRY INVITATIONAL

Friday, September 20, 2019

Location	Tradewinds Park 3600 W Sample Road Coconut Creek, FL 33066
Schedule	12:00 PM Packet Pick-Up 1:00 PM Coaches Meeting 1:45 PM Combined Girls & Boys JV 5k Race (unlimited runners) 2:30 PM Girls Middle School 3k Race (MS State Meet Qualifier) 3:00 PM Boys Middle School 3k Race (MS State Meet Qualifier) 3:30 PM Girls Varsity 5k Race (up to 10 runners) <i>3:40 PM Middle School Awards Ceremony</i> 4:15 PM Boys Varsity 5k Race (up to 10 runners) <i>5:00 PM Varsity Awards Ceremony</i>
Chip Timing	ALL RACES WILL BE USING CHIP TIMING
Course	Course run through the park around the soccer and softball fields Host school & site of District 7-2A, Region 4-1A & 4-2A
Awards	Champion and runner-up team trophies for Middle School & Varsity Medals—top 15 in Var. & MS races, T-Shirts to winning Var. & MS Teams
Entries	\$150 per school; Payable to <u>Pine Crest School</u> , due by Monday, Sept. 16 th Entries on Direct Athletics by Monday, Sept. 16 th at 7:00 PM
Meet Director	Paul Baur, Pine Crest Head Coach 954-579-9448 or paul.baur@pinecrest.edu
Official Timers	Dr. Jeffrey Elliot & Eric Olender, Pine Crest
Medical	There will be athletic trainers at the finish line
Police	Police Officers will direct traffic and patrol the parking lot
Parking/Admissions	\$5 per car