



PINE CREST CROSS COUNTRY INVITATIONAL

Friday, October 20, 2023

Location	Markham Park 16001 West State Road 84 Sunrise, FL 33326
Schedule	2:30 PM Coaches Meeting 3:30 PM Girls Middle School 3k Race (MS State Meet Qualifier) 4:00 PM Boys Middle School 3k Race (MS State Meet Qualifier) 4:45 PM Girls Varsity 5k Race* (unlimited runners) 5:30 PM Boys Varsity 5k Race* (unlimited runners) 6:00 PM Awards Ceremony 6:48 PM sunset time (2023) *Since less than 24 teams, we will run JV with the Varsity races.
Chip Timing	ALL RACES WILL BE USING CHIP TIMING
Course	Traditional course around the lake; same as BCAA Championships 3k course starting line will be near the finish line.
Awards	Champion and runner-up team trophies for Middle School & Varsity Medals—top 15 in Var. & MS races
Entries	Due by Wednesday, Oct. 18 th at 10:00 AM on Direct Athletics
Entry Fee	\$250 per school; Payable to <u>Pine Crest School</u> , due by Monday, Oct. 16 th
Parking/Restrooms	Please park in the asphalt lot near shelter 5 & 7. You can park there too.
Meet Director	Paul Baur, Pine Crest Program Director & Head Coach 954-579-9448 or paul.baur@pinecrest.edu
Official Timers & Live Results	Ken Key & Pedro Gonzalez, Servant Spirit Timing
Medical	There will be EMS, athletic trainers, medical personnel, wet bulb testing, cold-water immersion tub & an AED at the finish line.