



## 41<sup>st</sup> Annual Minooka XC Flight Invitational September 20, 2014



Welcome to the 2014 Minooka Cross-Country Flight Invitational! The cross-country team and the athletic staff at Minooka Community High School are excited about the opportunity to be the host for this meet. I hope that you will find the format of the meet interesting and appealing to your runners.

**To:** Athletic Director  
Boys' Cross Country Coach  
Girls' Cross Country Coach

**From:** Bob Tyrell – Athletic Director  
Kevin Gummerson – Boys & Girls' Cross Country Coach

**Re:** 41<sup>st</sup> Annual Minooka Cross Country Flight Invitational  
**Date:** September 20, 2014

**Meet Website:** [www.runminooka.com](http://www.runminooka.com) and click on the flight invite logo.  
**Entries Website:** [www.theendresultco.com/xc](http://www.theendresultco.com/xc) - Rosters due by 9/14/2014 (Sunday) at 11:59 pm

**Time/Place:** 8:30 a.m. (F/S BOYS RACE)  
8:35 a.m. (F/S GIRLS RACE)  
Community Park – Channahon Park District  
Channahon, IL

**Teams & Box #'s:**

Team	Box #
Yorkville	1
Marmion (Boys)	2
Hinsdale South (Girls)	2
Lyons Twp. (Boys)	3
East Peoria (Girls)	3
Minooka	4
Moline	5
Downers Grove N. (Boys)	6
Champaign Centennial	7
Conant	8
Lockport (Boys)	9
Wheaton W.S. (Girls)	9
Plainfield Central (Boys)	10
Downers Grove S. (Girls)	10
Plainfield North	11

Team	Box #
Hoffman Estates	12
Mather	13
Neuqua Valley (Boys)	14
Whitney Young (Boys)	15
Andrew	16
Lincoln-Way North	17
Willowbrook	18
Batavia	19
Glenbard South (Boys)	20
Lisle	21
Waubonsie Valley (Boys)	22
Lemont	23

**Course Description:** A map is enclosed and one will be passed out at the site. The course is 3.0 Miles.

**Entries:**

F/S Races – Limited to 7 runners per team  
Varsity Boys Flight Races – 1 Runner Per Flight  
Varsity Girls Flight Races – 1 Runner Per Flight  
Open Races (Boys & Girls) – Unlimited Entries

The 7th flight is for your number 7 runner on down to the 1<sup>st</sup> flight for your top runner. If a team does not have 7 runners, then you must fill in the flights starting with the 1st flight.

Your roster needs to be submitted to [www.theendresultco.com/xc](http://www.theendresultco.com/xc) by Sunday, September 14, 2014 at 11:59 p.m. Please declare your flight runners at this point; however, you may make changes on race day. The open races will have unlimited entries. You do not need to declare for the F/S and Open Races.

**Meet Schedule:**

**F/S Boys Race – 8:30 a.m.**  
**F/S Girls Race – 8:35 a.m.**

The boys and girls will start their flight races at the same time. We will start with the 7<sup>th</sup> flight and then proceed down to the 1st or “Championship” Flight.

7th Flight Boys/Girls – **9:05 a.m.**

6th Flight will start once the last runner from the 7th crosses the mile marker.

5th Flight will start once **all** the runners from the 6th flight finish.

4th Flight will start once the last runner from the 5th crosses the mile marker.

3rd Flight will start once all the runners from the 4th flight finish.

2nd Flight will start once the last runner from the 3rd crosses the mile marker.

1st (Championship Flight) will be run at the completion of the 2nd flight.

Open Races – Boys will start after the **completion** of the 1st flight.

Girls will start 25:00 after the Boys Open has started.

**Flags:**

Blue = Straight, Yellow = Right Turn, Red = Left Turn

**Scoring:**

Scores from each of the seven races will be added together to compute the final score. All flights have the same value. The best possible score is 7 points. In case of a tie, the finish of the runners in the championship flight will be the tiebreaker. If a team does not have seven runners then a ghost runner will be used; however, they must fill in the flights starting with the championship flight.

**Awards:**

Varsity Boys/Girls

- Medals to the top 5 in flights 7 through 2 & top 10 in the 1<sup>st</sup> Flight
  - Team trophy to the top 3 teams
  - Awards will be presented after the open races have finished
- F/S Boys/Girls & Open Boys/Girls - Top 25 individual ribbons – put in packets
- The top two F/S & open teams will receive a trophy
- A champion T-Shirt will be awarded to the winners of each race

**Results:** The results will also be posted on [www.runminooka.com](http://www.runminooka.com) Saturday afternoon, and they will be e-mailed to each coach after the meet.

**Bus Parking:** Team buses may drop off in the park area, and then park behind the maintenance building, which is east of the park.

**Meet Information:** Each coach should pick up an envelope when they arrive. Present plans are to set up a meet headquarters under the pavilion.

**Locker Facilities:** Locker facilities will not be available. Restrooms are available.

**Concessions:** A concession stand will be available selling coffee, doughnuts, candy, pop, juice, fruit, etc.

**Hospitality:** A hospitality room will be available for all coaches near the concession building.

**Trainer:** The Minooka Community High School Athletic Trainer will be available. His/Her headquarters will be next to the scoring pavilion.

**T-Shirts:** T-Shirts will be available at a cost of \$12.00 per shirt. Logos are attached.

Also, Mr. Ed Gombos, The T-Shirt Guy and Presidential Candidate in 1996, will be selling T-Shirts for \$7; Long Sleeves for \$11; Noodles for \$12; and Hoodies for \$16.

Minooka Community High School is pleased and proud that you chose to participate in this event. With your help, participation, and suggestions, we hope to make this event more successful than last year. If you have any questions please call Minooka Athletics at (815) 467-2140.

Good Luck,



Kevin Gummerson  
[kgummerson@mchs.net](mailto:kgummerson@mchs.net)  
 Head Boys & Girls Cross Country Coach

# MINOOKA FLIGHT INVITE T-SHIRTS

\$12.00 • Navy Blue with Orange/White Screen • Lime Green with White/Aqua Screen



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## MINOOKA INVITE CHAMPION T-SHIRTS

\* Win your race and you have earned a black champion shirt (not available for sale)



Champion text on back of shirt



Orange/White logo on  
front of shirt – black  
short sleeve



## Minooka Flight Invite • Roster Entry Instructions

**Due: Sunday, September 14, 2014 • 11:59 p.m.**



**Step 1:** Go to [www.theendresultco.com/xc/](http://www.theendresultco.com/xc/) and either log in or sign up for an account.

**Step 2:** Enter your roster. List all athletes that may run in the Minooka Invite.

**Your Rosters**

These rosters should contain all of your runners. You will choose among these runners when declaring who will be attending. To create your roster, you must enter meets in the "Meets" section below. **To create or edit a roster, click its icon.**

[Minooka - male team \(13 runners\)](#)

[Minooka - female team \(8 runners\)](#)

**Step 3:** Scroll down to the Minooka Invite Listed on 9/20.

**Minooka Flight Invitational - Saturday 9/20** Channahon Park  
entry deadline: Sunday 9/14 at 11:59 PM EDT  
timing company: CnN Timing [questions?](#)

**Richard Spring Invitational - Saturday 9/20** Detweiller Park, Peoria

**Step 4:** Click the little head icon to enter all competitors for the Minooka Flight Invitational.

**Step 5:** Check the box on left for **all athletes** that will be running (f/s, flight, & open races).

**Step 6:** Simply declare who will be in the flight races by using the drop down menu and selecting the appropriate flight. Please be careful to make sure you have 1 competitor in each flight. Leave the dropdown menu (on far right) of the athletes in the open and f/s races blank. You may also make flight changes on race day.

**Your Male Roster For The Minooka Flight Invitational Meet**

This roster should contain all of your male runners who will be competing at the Minooka Flight Invitational Meet.

	include?	first name	last name	grade	TFRRS ID	flight num
1.	<input checked="" type="checkbox"/>	Louis	Zamperini	senior		1
2.	<input checked="" type="checkbox"/>	Sebastian	Coe	senior		5
3.	<input checked="" type="checkbox"/>	Steve	Ovett	junior		
4.	<input checked="" type="checkbox"/>	Filbert	Bayl	sophomore		3
5.	<input checked="" type="checkbox"/>	John	Landy	junior		
6.	<input checked="" type="checkbox"/>	Roger	Bannister	freshman		
7.	<input checked="" type="checkbox"/>	Clark	Griswold	sophomore		6
8.	<input checked="" type="checkbox"/>	Dave	Wottle	freshman		
9.	<input checked="" type="checkbox"/>	Billy	Mills	junior		7
10.	<input checked="" type="checkbox"/>	Glen	Cunningham	senior		
11.	<input checked="" type="checkbox"/>	Paavo	Nurmi	senior		4
12.	<input checked="" type="checkbox"/>	Emil	Zatopek	sophomore		2
13.	<input checked="" type="checkbox"/>	John	Walker	junior		

[uncheck all checkboxes](#)

[save changes](#)

1. All athletes that may compete in any race have been checked off under the "include?" column.
2. Flight competitors have been declared. 1 competitor per flight and all 7 flights are filled.
3. No need to declare for F/S & open races. Leave that dropdown menu blank.

You know all your athletes have been entered if you see the number of competitors entered near the Minooka Invite meet listing. This should reflect the total number of kids competing at the meet.

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timing company: CnN Timing [questions?](#)

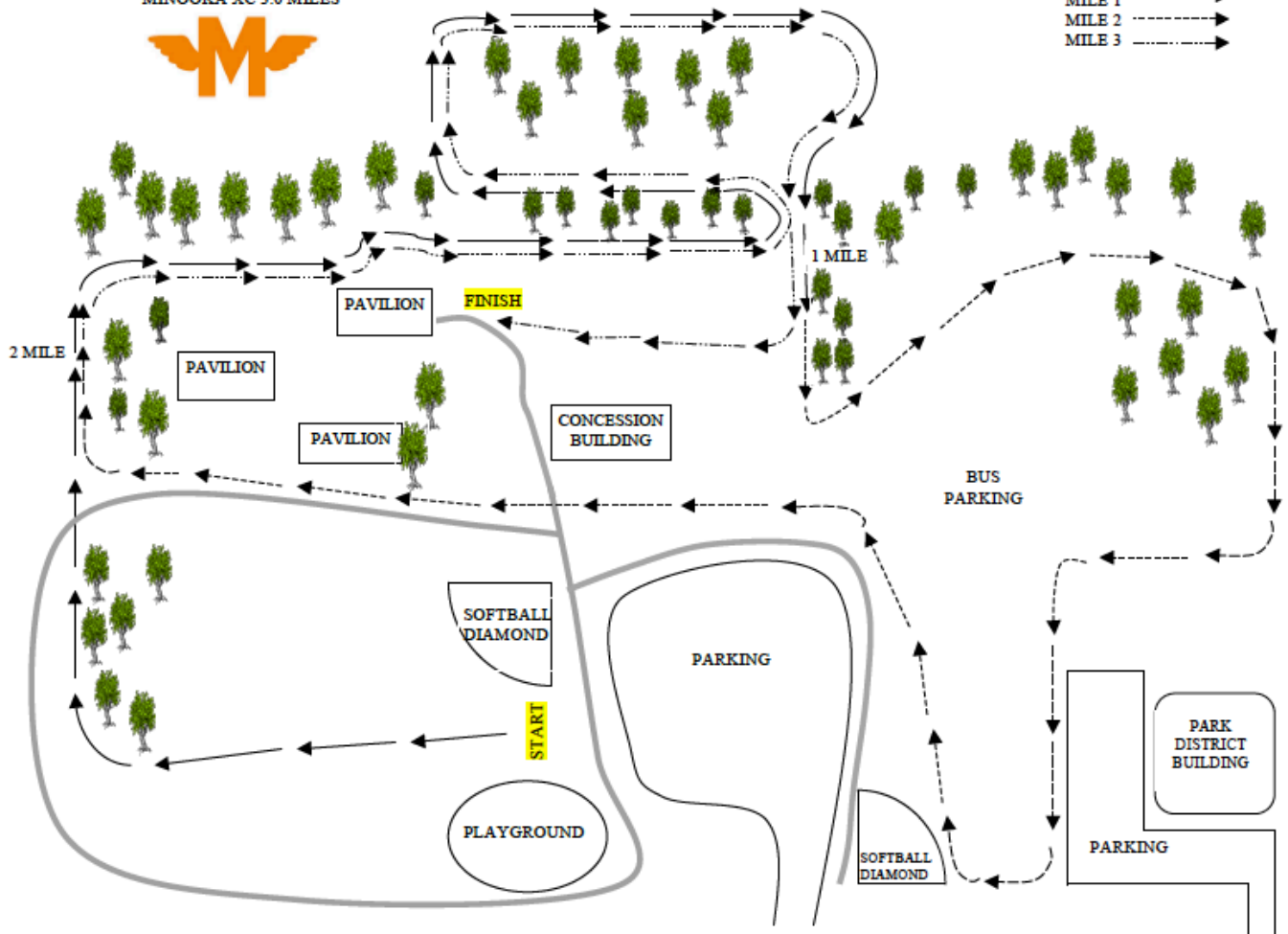
13 0

Email Chris Alexander at [triguy@comcast.net](mailto:triguy@comcast.net) with any questions.

MINOOKA XC 3.0 MILES



MILE 1 →  
MILE 2 →  
MILE 3 →



**MAP TO:  
CHANNAHON COMMUNITY PARK  
MINOOKA H.S. XC COURSE**



Houbolt Exit –  
Turns into  
Empress Road

**Channahon Community Park**

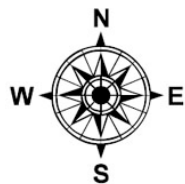


McClintock Road

Frontage Road

6

6



**FFROM I-55 TO CHANNAHON COMMUNITY PARK**

Exit at Route 6

Travel East on Route 6, take a quick Left (North) onto the Frontage Road  
North on Frontage Road to McClintock Road (Right)  
East on McClintock and the course will be on the left (2<sup>nd</sup> entrance)

**FROM I-80 TO CHANNAHON COMMUNITY PARK**

Exit at Houbolt South to Route 6

West (Right on Route 6) to McClintock Road  
Right on McClintock and the course will be on the right