



42nd Annual Minooka Flight Invitational

Saturday, September 19, 2015



Welcome to the 2015 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

Meet Website:

www.runminooka.com and click on the flight invite logo.

Entries Website:

www.theendresultco.com/xc - Rosters due by 9/14/2015 (Monday) 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:

Andrew (Box 2)	Batavia (Box 10)
Conant (Boys) (Box 4)	DG North (Boys) (Box 1)
DG South (Girls) (Box 4)	Glenbard East (Girls) (Box 1)
Glenbard South (Boys)(Box 7)	Hoffman Estates (Box 6)
Lemont (Box 3)	Lincoln-Way Central (Box 13)
Lincoln-Way North (Boys)(Box 11)	Lisle (Box 9)
Lyons Twp. (Box 10)	Minooka (Box 8)
Moline (Box 12)	Plainfield North (Box 5)
Plainfield Central (Boys) (Box 14)	Rock Island (Box 15)
Waubonsie Valley (Boys) (Box 16)	Willowbrook (Box 17)
Yorkville (Box 18)	Whitney Young (Box 19)

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 1st 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 by Monday, September 14, 2015 at 11:59 p.m. Please declare your flight runners at this point;



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however, you will on the morning of the race. 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 7th flight and then proceed down to the 1st or “Championship” Flight.

7th Flight Boys/Girls – 9:15 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 1st Flight
- Team plaque 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 plaque
- A champion T-Shirt will be awarded to the winners of each race

Results:

will

The results will also be posted on www.runminooka.com Saturday afternoon, and they will be e-mailed to each coach after the meet.

Bus Parking:

building,

Team buses may drop off in the park area, and then park behind the maintenance



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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 at the concession stand.

Locker Facilities:

Locker facilities will not be available. Restrooms are available.

Concessions:
etc.

A concession stand will be available selling coffee, doughnuts, candy, pop, juice, fruit,

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.

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,

Robert Tyrell
rttyrell@mchs.net
Athletic Director

Kevin Gummerson
kgummerson@mchs.net
Head Boys & Girls Cross Country Coach



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MINOOKA FLIGHT INVITE T-SHIRTS

\$12.00 • Orchid T-Shirt w/Fushia & Silver Screen • Red T-Shirt w/Black & White Screen



CHAMPION T-SHIRTS

These T-Shirts are not sold; they will be presented to the winners of the flight, f/s, and open races.

