



39th Annual Minooka XC Flight Invitational
September 15, 2012



Welcome to the 2012 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: 39th Annual Minooka Cross Country Flight Invitational
Date: September 15, 2012

Meet Website: www.runminooka.com and click on the flight invite logo.

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

Teams & Box #'s:

Team	Box #
Andrew	1
Conant	2
East Aurora	3
Lockport (B)	4
Morton	5
Whitney Young (B)	6
Minooka	7
Lisle	8
Marmion	9
Chicago Mather	10
Hoffman Estates (G)	11
Plainfield Central (B)	12
Lyons Township (B)	13

Team	Box #
Plainfield North	14
Glenbard South (B)	15
Wheaton W.S. (G)	16
Regina Dominican	17
Lemont	18
Hinsdale South	19
Yorkville	20
Wheaton St. Francis	21
Willowbrook	22
Lincoln-Way North	23
Batavia (B)	24
Moline HS	25
Providence	26

Course Description: A map is enclosed and one will be passed out at the site. The course is 3.0 Miles. There will be 2 chutes. The left chute will be for the girls and the right chute will be for the boys.

Entries:

F/S Boys Race – Limited to 7 runners
F/S Girls Race – Limited to 7 runners
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. You do not have to declare your top seven for the flights until Saturday morning at 8:30 a.m. at the scoring pavilion. These entries will be final, and no changes can be made after this sheet is turned in.

Please fax (815) 467-7762 or e-mail (kgummerson@mchs.net) your complete roster by 11:00 a.m. Friday, September 7, 2012. (YOU DO NOT HAVE TO DECLARE ENTRIES FOR ANY OF THE RACES, SIMPLY SEND YOUR ROSTER IN) The open races will have unlimited entries.

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 – **9:05 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 approximately 10 minutes after the start of the boys’ open.

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. There will be no team score for the open race.

Awards: Varsity Boys/Girls - Medals to the top 5 in flights 7 through 2
- Medals to the top 10 in the championship flight
- Team trophy to the top 4 teams
- Awards will be presented after the open races have finished

F/S Boys/Girls & Open Boys/Girls - Top 25 individual ribbons
(presented in chute)
- The top two F/S teams will receive a plaque
* A champion T-Shirt will be awarded to the winners of each race

Results: We will have a copy of all results at the conclusion of the meet. The results will also be posted on www.runminooka.com Saturday afternoon.

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.

Trainer: Bob Flynn, the Minooka Community High School Athletic Trainer, will be available. His headquarters will be next to the scoring pavilion.

T-Shirts: T-Shirts will be available at a cost of \$10.00 per shirt

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,



Bob Tyrell
rtryrell@mchs.net
Athletic Director

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

Attention:
Cross Country Coaches &
Athletic Directors

Re: Minooka Flight Invitational

Please fax or e-mail your complete roster by
11:00 a.m. Friday, September 7, 2012. You
may fax it to Minooka at

(815) 467-7762

or e-mail it to kgummerson@mchs.net

Please include each athlete's full name, year in
school. List boys and girls in separate columns
or on separate pages.

I do not need to know who is running the flight races until Saturday morning.
Please just send in your entire roster. Thanks.