



# CROSS-COUNTRY

## HARRY GROVES SPIKED SHOE INVITATIONAL || SEPTEMBER 17, 2011 HIGH SCHOOL MEET INFORMATION

### Race Times:

11:45 PM HS Girls Varsity (Maximum - 12 Runners)  
12:30 PM HS Boys (Maximum - 12 Runners)

### Race Distance:

High School - 5,000-Meters

### Entry Form:

**Teams must submit attached entry form to Director of Operations Jess Riden by Monday, August 22, to be eligible for competition.**

\* We will accept up to 30 teams per gender. **You will notified via email of your entry status following receipt of the entry form.**

### Entry Limit:

Teams may run up to 12 runners per gender in the varsity race (there will be no JV race). You will be able to enter up to 15 runners on DirectAthletics in the interest of late substitutions, however, you may run **ONLY 12** runners on race day.

### Entry Fee:

Single Gender: \$200 per team (\$300 for combined gender programs)  
Teams of less than four (4) athletes: \$25 per individual

### Entry Fee Deadline:

Friday, September 9 - Receipts Will Be Available at Packet Pick Up.

### Send entry fee to:

Dave Baker  
103 Bryce Jordan Center  
University Park, PA 16802

Make Checks Payable to: **Penn State University**

**Entry Fee MUST be submitted PRIOR to the competition. NO ENTRY FEES will be accepted at the meet.**

### Entry Deadline:

Tuesday, Sept. 13, 2011 @ 11:59 P.M.

Entries will be open on DirectAthletics by Monday, August 15.

### Entry Procedure:

Online through Direct Athletics - [www.directathletics.com](http://www.directathletics.com); You may change your entry until the deadline.

If you are not on Direct Athletics "Invited Teams" list, please contact Jess Riden at [jnr126@psu.edu](mailto:jnr126@psu.edu).

### Packet Pickup:

Packet pickup will be available during practice (4:00-6:00 p.m.) on Friday or prior to competition on Saturday (Beginning at 8:30 a.m.).

### Timing/Chip Pickup:

The Harry Groves Spiked Shoe Invitational will utilize ChipTiming by Runner's High ([www.runhigh.com](http://www.runhigh.com)). Chips will be available for pick up on Saturday ONLY at the Race Director's tent near the parking lot.

### Practice Day (Friday, September 16):

Course will be open for inspection from 4:00-6:00 p.m.

### Awards (HS ONLY):

- \* The top 10 finishers per gender will receive awards plaques.
- \* The TOP THREE teams per gender will receive t-shirts (7 per team).
- \* The TOP THREE TEAMS per gender will also receive an awards plaque.

### Race Day Timeline:

8:00-9:30 AM	Course Open for Inspection
8:30 AM	Packets/Timing Chips Available for Pick Up
9:45 AM	College Women's 6K Called to Start
9:55 AM	National Anthem
10:00 AM	College Women's 6K Begins!
10:30 AM	College Men's 5.2M Called to Start
10:45 AM	College Men's 5.2M Begins!
11:30 AM	HS Girls' 5K Called to Start
11:45 AM	HS Girls' Begins!
12:15 PM	HS Boys' 5K Called to Start
12:30 PM	HS Boys' 5K Begins!
1:00 PM	HS Awards Ceremony (Adjacent to Finish Line)

### Race Day Packet Pickup:

Please pick up your packet in the white tent adjacent to the parking lot upon arrival on Saturday (or during practice day on Friday). Chips **MUST** be returned at the conclusion of the race.

### Team Camps:

Please keep team camps **AWAY** from the starting line. Team camps should be on the field below the starting line (between the starting line and the parking lot) and away from all fairway and greens. Teams may also set up camp along the tree line above the finish stretch.

**Please NOTE - NO TEAM CAMPS OR WARMUPS will be permitted on fenced in rugby fields.**

### Reminders:

Please avoid all greens and fairways. PLEASE inform any parents, fans, etc., of this as well.

### Athletic Training:

Certified athletic trainers will be on-site for all practices and competitions. In addition, an ambulance and EMS crew will be available on Saturday for the races. Mount Nittany Medical Center is approximately five miles away from the Blue/White Courses and the emergency room phone number is 814-231-7000.

### Results:

RESULTS will be posted near the finish line and available to coaches following each of the races and on [www.GoPSUsports.com](http://www.GoPSUsports.com) at the conclusion of the day.

### Locker Rooms/Showers:

Locker rooms will be available in Rec Hall – across the street from the starting line. Locks and towels will **NOT** be provided.

### Additional Notes:

**ACCORDING TO NCAA RULE 13.12.3.5, THIS MEET MUST APPEAR ON YOUR SCHEDULE FOR YOUR ATHLETES TO COMPETE.**

### Sanctioning:

**This competition is sanctioned by the PIAA and NFHS.**

### Recommended Hotel:

Hampton Inn - (814) 231-1590

1.8 Miles to Course



# CROSS-COUNTRY

**HARRY GROVES SPIKED SHOE INVITATIONAL || SEPTEMBER 17, 2011  
HIGH SCHOOL REGISTRATION FORM**

**ENTRY REQUEST  
High School  
Harry Groves Spiked Shoe Invitational  
Saturday, September 17, 2011**

**Race Times:**

11:45 PM                      HS Girls Varsity (Maximum - 12 Runners)  
12:30 PM                      HS Boys (Maximum - 12 Runners)

The race will be scored via chip timing. It is very important that each of your 12 runners is entered on Direct Athletics. We will be charged per chip assigned, so please enter only runners who will be competing.

FAX THIS PAGE AS AN ENTRY REQUEST –

**Jess Riden, Director of Track and Field Operations**  
FAX: 814-863-8933

You will receive confirmation VIA EMAIL when your entry request is received.

Please FAX your request.

**\*\* We will accept a maximum of 30 teams. \*\***

**Because of santioning restrictions, Teams must submit attached entry form to Director of Operations Jess Riden by Monday, August 22, to be eligible for competition.**

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SCHOOL \_\_\_\_\_ PHONE (\_\_\_\_\_)\_\_\_\_\_

COMPLETE \_\_\_\_\_ FAX (\_\_\_\_\_)\_\_\_\_\_  
ADDRESS \_\_\_\_\_  
\_\_\_\_\_

COACH \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

APPROXIMATE NUMBER OF RUNNERS    Girls \_\_\_\_\_ Boys \_\_\_\_\_