

34th Annual Fulton Cross-Country Invitational
September 21st, 2019

Dear Coach,

Thank you for being a part of the 34th Annual Fulton Cross-Country Invitational. Please read this information carefully and contact me with questions. Thanks and best of luck this season.

Sincerely,
George Yates gyates@fulton58.org

PLEASE NOTE:

There is no contingency for individual entries, if you enter a runner in any race; the cost is the same as for a full team in that race.

PLEASE MAKE ALL ENTRY FEE PAYMENTS TO "FULTON HIGH SCHOOL" CARE OF RYAN WATERS, ACTIVITIES DIRECTOR AND SEND THEM IN AS SOON AS POSSIBLE. THANK YOU.

PLEASE NOTE:

We are pleased again to be using TRXC Timing, LLC this year. All of your entries must be submitted on-line.

The web address is: www.trxctiming.com

Click on the ONLINE ENTRIES "Track / Cross Country". Once you are registered and logged in click "Entry Links" on the top of the page. Next, click on "Fulton XC (High School)" link and you will enter your kids there. If further assistance is required during the on-line entry process, please contact TRXC Timing, LLC at 314-522-6176 day or 314-713-8995 evening.

YOU NEED NOT INDICATE WHICH RACE YOUR RUNNERS ARE ENTERED IN (IE. VARSITY OR JV) BUT YOU MUST ENTER ALL YOUR RUNNERS THAT WILL BE COMPETING. PLEASE ENTER HIGH SCHOOL UNDER HIGH SCHOOL AND MIDDLE SCHOOL UNDER MIDDLE SCHOOL WITH BOYS AND GIRLS SEPARATE.

Entries are due no later than Wednesday, September 18th, 2019 at 5:00 p.m. For any late entrants, your school will be charged a \$25 penalty fee/per occurrence

Please do not enter athletes who you know are not going to compete.

34th Annual Fulton Cross-Country Invitational

Date: Saturday, September 21st, 2019

Site: Fulton High School

One Hornet Drive

Fulton, MO 65251

Course: Rolling grass surface with start in front of the discus cage and finish on the track. Please have athlete's spikes ¼" or smaller. The course is located on the Fulton High School campus Course Maps will be available when you check in. High school races will be 5k (3.1 miles) and middle school races will be 3.2k (~2 miles).

Entry Fees: High School Team = \$50.00 per gender

Middle School Team = \$40.00 per gender

* (will be same fee even if only one athlete competes in one race)

Awards: M.S. Boys (unlimited entries) = Top 25 Individuals/1st & 2nd Place Team Trophies

M.S. Girls (unlimited entries) = Top 25 Individuals/1st & 2nd Place Team Trophies

H.S. Boys Varsity (limit 7) = Top 25 Individuals/1st, 2nd, & 3rd Place Trophies

H.S. Girls Varsity (limit 7) = Top 25 Individuals/1st, 2nd, & 3rd Place Trophies

H.S. Boys JV (unlimited entries) = Top 15 Individuals/1st Place Team Trophy

H.S. Girls JV (unlimited entries) = Top 15 Individuals/1st Place Team Trophy

Awards for all individual finishers in all races may be claimed from the bullpen after the completion of each race. Team awards may be claimed by a coach after final results of each race has been verified and posted.

Schedule:	8:00 am	Packet Pickup Begins
	8:30 am	Coaches meeting in the finish coral
	9:00 am	M.S. Boys (unlimited entries)
	9:20 am	M.S. Girls (unlimited entries)
	10:00 am	H.S. Boys Varsity (maximum 7 runners only)
	10:30 am	H.S. Girls Varsity (maximum 7 runners only)
	11:10 am	H.S. Boys Junior Varsity (unlimited entries)
	11:40 am	H.S. Girls Junior Varsity (unlimited entries)

Restrooms: Located in the west end of the athletics field house. No Locker Rooms will be available.

COACHES: Please pick-up your team packets from the bullpen by the finish line on the track as soon as you arrive. Thank You, Good Luck, Have Fun!

If you need further information: George Yates – gyates@fulton58.org

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- ★ The JV races are designed to provide younger or perhaps less seasoned runners an opportunity to compete against runners of their own ability and experience. Please do not “load up” the JV races with runners who should, by all rights, be running in the Varsity races unless you have already entered your best 7 in the Varsity race.
- ★ A concession stand will be available at the east end of the athletic field house.
- ★ Invitational T-shirts will be available for purchase from Fine Designs.
- ★ We will have a designated team area in the grassy area east of the high school. Teams may only have tents and or camps in that area. Do not set up a team camp or area in any other place at the course. Please make sure that your team area is clean when you leave the race site.
- ★ Our local sport rehabilitation facility, Peak Sport and Spine will present to provide competition injury treatment. They will **not** be available to pre-competition treat or tape any athlete. They are there for emergencies and race injury treatment only.
- ★ WE ARE EXTREMELY HAPPY THAT YOU HAVE JOINED US THIS SEASON. WE ARE HOPEFUL THAT YOU WILL HAVE A REWARDING AND FUN DAY WITH US. PLEASE KNOW THAT WE ARE PROUD OF OUR SPORT AND WILL TRY TO DO EVERYTHING THAT WE CAN TO MAKE YOUR EXPERIENCE A MEMORABLE ONE. THANK YOU VERY MUCH.

ATTENTION: PARKING

THERE IS NO PARKING FOR ANY VEHICLES ALONG THE ROAD ON HORNET DRIVE BETWEEN INDUSTRIAL STREET AND THE NORTH PARKING LOT.

SPECTATORS: PLEASE USE AVAILABLE PARKING SPACES IN THE MAIN LOT AND OTHER DESIGNATED LOCATIONS.

BUSSES: WHEN UNLOADING AND LOADING ATHLETES, DO NOT STOP ON HORNET DRIVE. THIS MUST STAY CLEAR TO ALLOW THE FLOW OF TRAFFIC. CONTINUE FORWARD AND PULL YOUR BUS INTO THE PARKING LOT AROUND THE TEAM AREA TO UNLOAD/LOAD. AFTER UNLOADING YOUR TEAM, BUSSES WILL PARK AT AN ALTERNATE LOCATION NEAR THE HIGH SCHOOL. DIRECTIONS WILL BE GIVEN AT ARRIVAL. NO BUSSES WILL BE PERMITTED TO PARK IN THE MAIN PARKING LOT. THIS MUST BE RESERVED FOR SPECTATOR PARKING.



Fulton high school 5000 meter course
2 loops



Fulton high school 3200 meter course