

# **PORTAGE CROSS COUNTRY INVITATIONAL**

**Saturday, October 8, 2011**

Hosted by Portage Central and Portage Northern High Schools

**[www.portageinvite.com](http://www.portageinvite.com)**

**Dan Wytko**, Co-Meet Director  
Portage Central Head Coach  
W: 269.323.5233 H: 269.324.7368  
C: 269.806.7001  
Email: [dwytko@portageps.org](mailto:dwytko@portageps.org)

**Matt Swanson**, Co-Meet Director  
Portage Northern Head Coach  
Email: [mwsanson@portageps.org](mailto:mwsanson@portageps.org)

**Location:** Portage West Middle School, 7145 Moorsbridge, Portage 49024

## **Race Times:**

8:15	Open 5K Race (report 8:05)	1:00	Division 2 Women (report 12:50)
9:00	Division 4 Women (report 8:50)	1:30	Division 1 Women (report 1:20)
9:30	Division 3 Women (report 9:20)	2:00	Division 2 Men (report 1:50)
10:00	Division 4 Men (report 9:50)	2:30	Division 1 Men (report 2:20)
10:30	Division 3 Men (report 10:20)	3:00	Division 2 Reserve Women (report 2:50)
11:00	Division 3/4 Reserve Women (report 10:50)	3:30	Division 1 Reserve Women (report 3:20)
11:30	Division 3/4 Reserve Men (report 11:20)	4:00	Division 2 Reserve Men (report 3:50)
12:00	Middle School Girls (report 11:50)	4:30	Division 1 Reserve Men (report 4:20)
12:20	Middle School Boys (report 12:10)		
12:40	6 <sup>th</sup> Grade Boys and Girls (report 12:30)		

***DIVISIONS ARE BASED UPON MHSAA CROSS COUNTRY DIVISIONS.***

**Timing and Scoring:** ChronoTrack timing systems will be used to time and score each race. High school runners will wear two disposable timing tags, one tag on each shoe. Middle school runners will wear one tag only. Tags and bibs for runners not competing should be returned to the Registration Tent.

## **Awards:**

- T-shirts to all high school varsity runners (7 per varsity team).
- Coach's gift: Brooks Long-sleeve Podium shirt to each head coach (1 per team), including middle schools.
- Trophies to the top three teams in each division, including middle schools and 6<sup>th</sup> grade teams.
- Championship long-sleeve shirts (7) to the winning team in each division, including middle schools and 6<sup>th</sup> grade teams.
- Medals to the top 50 in each varsity run and top 50 each reserve race.
- Medals to the top 50 in middle school and 6<sup>th</sup> grade races.

**Scholarship:** Once again, the Portage Invitational, Gazelle Sports and Brooks is offering a \$1000 scholarship to one male and one female senior that competes in the 2011 Portage Invitational. Please see our website for details and how to apply for the scholarship.

**Varsity & Reserve Races:** Varsity races consist of your top 7 runners, the remainder of your team will compete in the reserve race. Coaches, please place your runners into the appropriate races. We highly encourage runners that are unable to complete 5000 meters in less than 30:00 to be placed into the reserve races. If you have questions, please contact us.

**Middle School & 6<sup>th</sup> Grade Races** will be 2500 meters, one loop of the course.

- **Middle School** races are for 7<sup>th</sup> and 8<sup>th</sup> graders only. 6<sup>th</sup> graders cannot run in this race due to MHSAA liability restrictions.
- **6<sup>th</sup> Grade Race:** Both boys and girls will run together in the 6<sup>th</sup> grade race. Results for the race will be sorted into boys and girls.

**Roster Entry:** You must register your team online at [www.athletic.net](http://www.athletic.net). Instructions on how to use Athletic.net can be found on our website.. You will need to **enter your ENTIRE TEAM**, even if you think they might not be running. **We will not allow additional entries or changes on the day of meet.** Remember, it is better to enter more athletes, than not enough.

**Please have your team registered by 9:00 PM, Thursday, September 22.** A \$40 fee will be assessed to all teams that fail to register by this deadline. We will be shutting down the registration portion of the website after this time. PLEASE be respectful of the time it takes to prepare the meet packets and register on time.

**Paperless Meet Info:** Additional meet info such as **Registration Instructions, Course Maps, Driving Directions, and Hotel Info** may be downloaded from our website on the **MEET INFO** section.

**Michigan Uniform Rules:** Out-of state teams must abide by Michigan uniform and jewelry rules. Wrist watches may be worn. Uniforms must meet NFHS and MHSAA rules and regulations. If you should have questions please ask one of the starters prior to your race.



**Team Entry Fee:** High Schools: \$125 per varsity team, or \$250 for both men and women.  
Middle Schools: \$85 per team, or \$170 for both boys and girls. No individual rates, sorry.  
All entry fees must be paid prior to **October 7, 2011**.

Please make checks payable to **Portage XC Invitational** and mail to:  
**Dan Wytko, 3371 Hampstead Ct., Portage MI 49024.**  
**Please do not send checks to either high school.**

**Packet Pick-up:** Please pick up your final instructions packet upon arriving at the registration canopy.  
Located behind West Middle School.

**Course Description and Preview:** High school distance is 5000 meters and middle school is 2500 meters. The course is a repeat loop, which is relatively flat on the southern portion, some hills on the northern portion, and all turns are very smooth. The course will be available for preview Friday, October and Saturday.

**Results:** Printed results will be provided for each race and made available to coaches and press. Coaches must return their results voucher to obtain results for each race. Results will also be posted online at **[www.portageinvite.com](http://www.portageinvite.com)**.

**Open Race:** The cost will be \$15 if pre-registered and \$20 on the day of the race, cost will include a cotton short sleeve t-shirt. Registration for this event and information may be found on the meet information page of the website at [www.portageinvite.com](http://www.portageinvite.com).

**Concessions & Shirt Sales:** A variety of food and beverages will be offered at our concession tent. Brooks Podium moisture management long-sleeved shirts will be sold for \$20 at the concession tent. This shirt normally retails for over \$28. Cash and checks will be accepted as payments. (Checks may be made payable to **Portage Invitational**)

**Gazelle Sports and Brooks Tent:** Our meet sponsor will have a tent selling running shoes and other running products. Cash and checks will be accepted as payments.

**Bathroom/Dressing Facilities:** Bathrooms will be available for athletes and spectators in Moorsbridge Elementary School, West Middle School, and portable bathrooms near the starting line. Athletes should come to the meet dressed, as locker rooms are not available. Teams should not camp-out inside the school buildings.

**Parking:**

- Parking is at a premium. Please follow the parking signs posted on the Moorsbridge Rd.
- Parking is not permitted on Moorsbridge Rd, Romence Rd, designated areas and bike paths.
- **Buses** will be asked to park in the lot in front of Moorsbridge Elementary School, these spots will be available on a first come basis.
- **Team vans** may park in the grass lot to the north of the school. TEAM VANS may not park in the main parking lot.
- **Cars** may park in the lot in front of West Middle School. If athletes are traveling separately with their parents and choose to park in the main lot, we will ask that they pay a parking fee. **There is a parking fee for any car that chooses to park in the main lot in front of West Middle School.** Please advise your spectators of this fee.
- **Alternative parking locations which are free of charge:** Street parking is permitted in the neighborhoods on the north side of the course and Romence and the neighborhood to the east of the course (Leawood St.). **Please be respectful of these neighborhoods.** Please visit our website to get an over view of the surrounding neighborhoods.

**We look forward to seeing your teams compete and would like to thank you in advance for attending the Portage Cross Country Invitational. We hope you have an enjoyable experience.**