

# 2017 Apache Invitational: Friday, October 27<sup>th</sup>

Hello, Coach! Arcadia High School will once again host the Apache Invitational near the end of the CIF regular season. Here's what you need to know!

- Our meet is the rare end-of-season race that's on a flat-as-a-pancake, grass-heavy course.
- The course is 3 miles long, and has been measured this year with both wheels and Garmin.
- Varsity squads may consist of up to 10 athletes per gender, with only the top 7 factoring into the scoring. For our rising-star or less-experienced athletes, this is a great chance to get a taste of that Varsity-level intensity; for coaches, this setup helps us figure out/nail down our top 7 the week before most of our respective League Finals and two weeks before our CIF meets.
- The meet is extremely spectator-friendly, with the evening races run under the floodlights.

It's a fun, exciting, and competitive race that'll be easy on your athletes' legs, and an unbeatable opportunity to run a confidence-boosting 3-mile PR before heading into your end-of-year competition!

This year's Apache Invitational takes place on **Friday, October 27<sup>th</sup>**! As usual, Finished Results will handle our chip timing and results, and Maxwell Medals and RMR Awards will once again furnish each race with plenty of beautiful, high-quality individual medals and team plaques. We'll also have merchandise on hand and a full snack bar for your runners to enjoy.

Entries are live at [www.finishedresults.com](http://www.finishedresults.com)! Please register your team today, and join us for what's sure to be a late-fall barnburner!

## Meet Schedule

**1:00pm:** SS Soph/Frosh Girls (25)

**1:35pm:** SS Soph/Frosh Boys (50)

**2:05pm:** LS Frosh Girls (50)

**2:40pm:** LS Frosh Boys (50)

**3:10pm:** LS Soph Girls (50)

**3:45pm:** LS Soph Boys (50)

**4:15pm:** SS JV Girls (35)

**4:45pm:** SS JV Boys (50)

**5:15pm:** LS JV Girls (50)

**5:45pm:** LS JV Boys (50)

**6:15pm:** SS Varsity Girls (50)

**6:45pm:** SS Varsity Boys (50)

**7:15pm:** LS Varsity Girls (50)

**7:45pm:** LS Varsity Boys (50)

**8:10pm:** Sweepstakes Girls (30)

**8:35pm:** Sweepstakes Boys (30)

SS = Small School; LS = Large School; (#) = Number of Individual Medals for Each Race

## Information

**Entries:** Available at [www.finishedresults.com](http://www.finishedresults.com); athletes can be added or changed until October 21<sup>st</sup>.

**Location:** Arcadia County Park, Arcadia, CA (Santa Anita Avenue and Huntington Drive): Bus Parking in Arcadia County Park's Santa Anita Lot (just south of Huntington Drive)

**Awards:** Plaques will be presented to the 1st & 2nd place teams in each of our 14 races.

**Entry Fees:** Full School: \$400 -or- Each Race: \$50 (sorry - no prorating per athlete); **No Additional Fee for Sweepstakes Heat if Full School Entered! (Contact Coach Feraco if you wish to run Sweepstakes)**

**Return Checks To:** Arcadia High School, Apache Invitational c/o Michael Feraco-Eberle, 180 Campus Drive, Arcadia, CA 91007 -or- Pay at Meet; Checks Payable To: AHS ASB Cross Country

## Setting Up Camp

Feel free to set up camps along the perimeter of the park, as well as in the center. **IMPORTANT:** Please do not set up camps on the baseball diamonds!

## Starting Boxes and Line

Our starting boxes are vertically-oriented, “Mt. SAC-style.” Please place your fastest runner on the line, the second-fastest behind him/her, the third-fastest behind *him/her*, etc. In races with fewer teams, more runners will be allowed onto the starting line.

## Sidewalks and Walkways

If it’s within the course boundaries, it’s legal to run on the pavement! The shortest version of the course is entirely grass and dirt, but there are several spots where you can pop out onto the sidewalk in order to pass. **IMPORTANT:** Under no circumstances should a racer enter territory populated by cars, i.e. roads and parking lots. Doing so will result in immediate disqualification.

## Obstacles

Our lovely parks people have planted several baby trees on our course. They’re easily avoided and heavily caution-taped, but make sure your athletes are aware! We’ve also widened the course in many areas to reduce bottlenecking, and this has resulted in some larger trees ending up on the course as well. They’re never in the most “efficient” areas to run, but again – best to be aware in advance.

## Chips, Bibs, and Timing

All athletes wear chest/abdominal bibs and a single racing chip. Please make sure the chip is tied securely to a shoe that is tied equally securely! It’s how we track your finish time. At the end of the meet, gather your chips back onto your lanyard and return them to our Finished Results timers. As for our timers: they’ve situated two mats and a camera at the end of the course. **IMPORTANT:** The camera is on the BACK side of the finishing tree. Tell your athletes to run through BOTH mats!

## Medals and Awards

Team awards (1<sup>st</sup> and 2<sup>nd</sup> place for each race) will be available 15 minutes after each race near the Clerk of the Course. Please check your team’s results carefully, as teams have left the meet in the past without realizing they’d earned a plaque!

In order to pick up your medal, keep your bib on your singlet. The top 50 finishers in each race\* get a medal! (\*Exceptions are SS S/F Girls, with 25 medals; SS JV Girls, with 35 medals; and the Sweeps races, with 30 medals each.) Please return to the Clerk of the Course / awards area 15 minutes after your race ends, show the awards folks your bib, and tell them your place in the race. They’ll check you against the results and give you the appropriate medal!

## Concessions and Merchandise

You’ll find a big concession area and a Relay Apparel merchandise tent in the center of the park! Please encourage your kids to swing by and pick up a memento of their Apache Invite experience, or to simply grab some great food on a beautiful Friday afternoon/evening!

Questions? Contact Meet Director Michael Feraco-Eberle at [mferaco-eberle@ausd.net](mailto:mferaco-eberle@ausd.net)!