

# 2016 Apache Invitational: Friday, October 28<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 only end-of-season race of its kind: a flat-as-a-pancake, grass-heavy course in the middle of our beautiful Arcadia County Park.
- The course is 3 miles long, and has been measured this year with both wheels and Garmins.
- 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 all makes for a fun, exciting, and competitive race that'll be easy on your athletes' legs at the end of a long season, and an unbeatable opportunity to run a new, confidence-boosting 3-mile PR before heading into your end-of-year competition!

This year's Apache Invitational takes place on **Friday, October 28<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.episports.com](http://www.episports.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:** LS/SS JV Girls (50)

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

**5:15pm:** SS Varsity Girls (50)

**5:45pm:** SS Varsity Boys (50)

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

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

**7:10pm:** Sweepstakes Girls (30)

**7:35pm:** Sweepstakes Boys (30)

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

## Information

**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: \$300 -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

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