

The 14th Annual Low Country XC Invitational
at Mullet Hall on John's Island
September 26th 2020

(Schools must be MEMBERS of a State association to participate! SCHSL, SCISA, etc.)
SANCTIONED for BORDERING-STATES ONLY (SC, NC, GA) THIS YEAR!!

****THIS YEAR: The meet is INVITATION ONLY (contact info is below)**

MEET INFO:

- ENTRY FEE- \$75 per SCHOOL
(Or \$40 for just a girls team; \$40 for just a boys team)

You may enter a MAX of
10 athletes, per gender

- RACE TIMES - **Wave starts will be used** (*all boys waves first, then all girls*)
 - There will NOT be separate varsity/JV races.
 - Waves will be assigned the week of the meet and will be published using the www.SportsYou.com website/app and on sc.milesplit.com
 - Wave #1** will begin at **8:00am** and then all other waves will be on a **10min** rolling schedule (with a 20min break between boys' and girls' waves).***Starting boxes will be separated to keep teams 8-10ft apart.*

*****NO AWARDS CEREMONY** (*Awards will be mailed to coaches*)

Contact Information:

James Island Head Coach Dave Lee
Contact Email: David_Lee@charleston.k12.sc.us

DIRECTIONS:

(Information on Mullet Hall: Go to www.ccprc.com)
Mullet Hall Equestrian Center on Johns Island

ADDRESS FOR GPS: Mullet Hall Rd.
Johns Island, SC

Look for white signs with orange "XC" once you are on River Road.

ALL ATHLETES MUST ARRIVE WITH THEIR TEAM
(on their team bus)

*****NO SPECTATORS ALLOWED*****

due to COVID-19 restrictions by the parks department

Please inform your team parents NOW!!

**Entries are due by
Tuesday, September 22nd (11:59pm)**

ENTRY FEE INFO:

(Please MAIL your entry fee. Do NOT bring it to the meet on race day)

Make Checks Payable to: James Island Charter High School

Please Send Entry Fee (School Checks ONLY) WITH your School Name to:

James Island Charter High School
% Coach Dave Lee
1000 Fort Johnson Rd.
Charleston, SC 29412

Entry fee must be paid by
SCHOOL CHECK.
No cash. No personal
checks.

*****PLEASE make sure your SCHOOL NAME is on your check*****

SUBMIT ALL ENTRIES ONLINE

DEADLINE: TUESDAY, SEPTEMBER 22nd (11:59pm)

sc.milesplit.com

ALL of your athletes will race together (genders separate)

There are NOT separate varsity/JV races

****Please only enter runners that will race****

COACHES: By registering, you acknowledge that your athletes show NO signs of illness before/on race day. It is **YOUR responsibility** to ensure that your athletes safely **socially distance** while at the meet. James Island Charter HS, the JICHS XC coaches, MUSC athletic training staff, CKET Timing, and the Mullet Hall Park facility assume no responsibility for illness for any person in attendance.