

7th ANNUAL
VINEYARD XC INVITATIONAL
OAK BLUFFS, MA
Saturday, September 7, 2013

GIRLS – BOYS
JV and VARSITY races

Hosted by the Martha's Vineyard Regional High Cross Country team

Information

The Vineyard Invitational will be run in the Manuel F. Cornelius state forest adjacent to the high school. The course distance is 3.1 miles over a varied terrain. Course preview will be from 9:30 am -11:00 am. There will be marshals on the course.

In order to score as a team in the varsity race, you must have five runners start and finish the race. There will be no team scoring for the junior varsity race. 7 runners only in the varsity race, unlimited in the junior varsity.

All MIAA and National Federation cross country rules apply.
This meet is sanctioned by the MIAA. NFHS sanction pending.

Race order

JV GIRLS 11:30

JV BOYS 12:15

VARSITY GIRLS 12:45 - 7 runners max.

VARSITY BOYS 1:15 - 7 runners max.

ENTRY PROCEDURE: All entries will be accomplished through Direct Athletics. You must have a username and password to enter if you don't already have one.

ENTRY DEADLINE IS SEPTEMBER 4, 2013

ENTRY FEE IS \$100 PER SCHOOL PER GENDER. IF YOU ENTER A BOYS AND GIRLS TEAM FEE IS \$200. CHECKS /PO'S PAYABLE TO MV CROSS COUNTRY BOOSTERS. NO TEAM WILL COMPETE WITHOUT PROOF OF PAYMENT.

PLEASE MAIL ENTRY FEES TO:

**MV CROSS COUNTRY BOOSTERS (Tax ID # 04-1486195)
PO BOX 1385 OAK BLUFFS 02557**

Transportation

Transportation to Martha's Vineyard is best accomplished by sailing from Woods Hole via The Steamship Authority (www.steamshipauthority.com). Group rates are very reasonable. Please contact the Steamship ahead of time to arrange for a group rate (508-548-3788). Teams will need to take either the 8:15 am or the 9:30 am boats in order to arrive in time for the race. The boat ride is 45 min. and the school is 15 min. away from either Vineyard Haven (8:15) or Oak Bluffs (9:30) terminals. If you have JVs, it is best to take the 8:15. **Buses will be provided for transportation to and from the school to either terminal.** For south coast area teams, the fast ferry from New Bedford (www.seastreak.com) may be an option. There is a 9:30 am that arrives at 10:30 in Oak Bluffs. Please indicate which time ferry you will be on when filling out your entry.

Awards

JV races top 25

Varsity races top 15

Race T shirts and concessions will be available for purchase on site.

Contacts

Coach Joe Schroeder at 508-648-9027 (cell), 508-693-9816 (home)

MVRHS: 508-693-1033 ext 5.

Email joeml@comcast.net

Please contact me if you have any problems with this form.

SCHOOL _____ A.D. _____

7th ANNUAL
VINEYARD XC INVITATIONAL
OAK BLUFFS, MA
Saturday, September 7, 2013

SCHOOL ADDRESS _____ PHONE _____

COACH (NAME) _____ PHONE _____

EMAIL ADDRESS _____

NUMBER OF TOTAL PARTICIPANTS _____

Steamship Authority boat Time: (circle one) or **email** boat time: 8:15 9:30 trip time is **45 min.**
Fast Ferry is 1 hour from New Bedford.
Bus from ferry is a 10-15 min. ride.