

4 Runners Only Cross Country Invite

Featuring the 2011 Frosh/Soph Race...
The UNOFFICIAL JV State Championship!

Meet Information

Date: Saturday, October 8th

Location: Beeson Park, Kernersville, NC
(Between HWY 66 and Union Cross Rd exits from I-40)

Races:

A traditional cross country meet, for teams that want to compete seriously or just preview the State Championship course.

Championship: very competitive teams (4A, 3A, strong smaller schools), limit 24 teams

Invitational: 1A, 2A teams and less competitive 3A & 4A teams, limit 24 teams

Teams cannot enter both the championship and Invitational races.

Frosh/Soph: 9th & 10th grade runners only, limit 10 runners per team

The UNOFFICIAL JV State Championship, on the actual state meet course!

Open: unlimited entries, great overview of the course

Entry Fees: please make checks payable to **Bishop McGuinness HS.**

Unlimited entries in any races: \$50 single-gender team (\$100 for both genders)

One race only: \$30 single-gender team (\$60 for both genders)

➤ Frosh/Soph only, etc.

Individuals: \$10 for any single race

Entry Process: entries will be through Milesplit (nc.milesplit.us)

Entry guidelines:

- The Championship and Invitational races are separate races for teams running their top 7 runners. Teams may only enter more than one of these races with permission from the meet director.

- Meet directors reserve the right to assign teams to the appropriate level of race.
- Please do not enter the championship or invitational races if you just want to see the course. That can be accomplished in the open race.
- Contact Robert Youtz at rysteelers@aol.com or ry@bmhs.us or 336-407-6713 to request a particular race assignment.

Schedule: (tentative)

9:00 AM Boys' Championship 5K (top 7 runners only)
 9:30 AM Girls' Championship 5K (top 7 runners only)
 10:00 AM Boys' Invitational 5K (top 7 runners only)
 10:30 AM Girls' Invitational 5K (top 7 runners only)
 11:00 AM Boys' Frosh/Soph 5K (max 10 runners per team)
 11:40 AM Girls' Frosh/Soph 5K (max 10 runners per team)
 12:10 PM Boys' Open 5K (unlimited entries)
 12:40 PM Girls' Open 5K (unlimited entries)
 1:15 PM Awards Ceremony

Hotel Information: be sure to mention Bishop McGuinness and our meet when you call!

Holiday Inn Express
 1570 Hwy 66 South
 Kernersville, NC 27284
 336-564-3333

Sleep Inn
 1406 Heartland Dr.
 Kernersville, NC 27284
 336-993-6800

Driving directions:

From the east or west of Winston Salem:

Take I-40 to Kernersville (do not take Business 40). Exit at Hwy 66 and turn north, toward Kernersville. Turn left onto Shields Rd (intersection with a stoplight, Clark's BBQ on the far right corner). The course is located at the intersection of Shields Rd. and Beeson Rd.

From the north or south of Winston-Salem:

Take US 52 to Winston-Salem. Exit onto I-40 East toward Greensboro (do not take Business 40). Exit at Hwy 66 and go north, toward Kernersville. Turn left onto Shields Rd (intersection with a stoplight, Clark's BBQ on the far right corner). The course is located at the intersection of Shields Rd. and Beeson Rd.

Bus Parking:

Turn left onto Beeson Rd and enter the park just past the baseball fields. You may park in the baseball/softball lot (first right after entering the park). Team tents can be set up on the outfield of the baseball fields.

Primary spectator parking:

From Shields Rd. turn right into the large field. Follow the directions of the parking attendants.

Exiting from spectator parking: turn right onto Beeson, and then turn left at the light onto Union Cross Rd. Union Cross Rd. goes back to I-40.