

Date: Wednesday, September 4th, 2019

Site: Shepherd High School Cross Country Course

Time: 5:00 PM Middle School Girls 2 Mile Race

5:20 PM Middle School Boys 2 Mile Race

5:40 PM High School Girls 5K Race (Top 8 Runners) 6:20 PM High School Boys 5K Race (Top 8 Runners)

7:00 PM High School Combined JV Race

7:40 PM Open Race 5K (Open to all including 5th Grade & Under) - \$5 entry fee sign up at www.CHTTiming.com

Meet Format: There will be 1 race for each Varsity gender and for Team Placing and Trophies split into 2 divisions. Medals will be awarded per race and not split by division. We will cap High School entries at 30 teams with initial preference to the teams who attended in 2019.

Awards: 1. Trophies to top 2 teams in each division – Trophies can be picked up at Finish Table once results posted

- 2. 40 medals in each HS Varsity race, 25 medals in each MS race Awarded in Chute
- 3. Top 10 T-shirts to Top 10 finishers in each HS Varsity and MS race Awarded in Chute

Course: The races will be held on Shepherd Public School's Cross Country course. The course is extremely spectator and runner friendly. It is a one loop course with a mix of paths through fields as well as trails so wooded areas. With a relatively small amount of movement spectators and coaches can see athletes 5-6 times and someone wanting to run a little bit can probably catch them 8 times. (See Attached Map)

Timing: Athletes will be assigned a shoe chip tag that must be returned and a matching bib. The chips will come in an envelope and coaches must return envelope with all chips or school will be charged \$10 per missing chip. Athletes will lace chips in their shoe laces.

Packet Pick Up: Coaches may pick up their packet with bibs and chips at the Pole Barn from 3:00 PM to 5:30 PM. Coaches may drop off collected chip envelope to the Finish Line. (See Attached Map)

Cost: \$150 total for both HS genders (\$75 if only bringing one), \$30 for MS team

Spectator Admission: \$5 for Adults. Kids 8 and under are free

Athlete Drop Off / Bus Parking: Busses may drop athletes off at Entrance #2 then park (See Attached Map) Busses arriving after 3:15 PM can park in Parking Lot #6, the Shepherd Public School Bus Loop. If arrive prior to 3:15 PM can park in Parking Lot #3. (See Attached Map)

Spectator Parking: Spectators may park in Parking Lot #1, #2, #3 and then #4 or #5 if necessary. (See Attached Map)

Shirts/Concession: 1st annual John Bruder Classic Shirts will be available & Concessions

Entries: All entries will be made online at http://www.athletic.net. Entries due Monday September 2nd at 8PM.

Results: Coaches will receive results for all races at the conclusion of meet.

Results will also be available at http://www.athletic.net shortly after the meet.

John Bruder was the long time Shepherd Middle School Cross Country Coach and Shepherd High School Track & Field Assistant Coach. His dedication to the runners of Shepherd helped establish the strong running tradition that Shepherd has worked hard to maintain. John and his wife Sherri have moved to Florida upon retiring.

Please contact us with any issues or questions, or if interested in attending let us know and we will send a contract.

Carey Hammel: 1-989-506-8556, <u>careyhammel@gmail.com</u>



