

# New Balance Ocean State Cross Country Invitational

## High School Division

- Date: Saturday, September 26, 2009 (rain or shine) 9:00 a.m. – 3:30 p.m.
- Sanction: Sanctioned requested for the following areas: Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York (city and state), Rhode Island, Vermont, California, Maryland and Pennsylvania and Bermuda and Ireland. Students who are official members of their respective high school teams are eligible. All schools must be members of their state associations. Schools from additional states should contact Bob Rothenberg as soon as possible for sanction requests.
- Host Institution: Exeter-West Greenwich High School, West Greenwich, Rhode Island
- Meet Directors: Charlie Breagy, Anne Rothenberg, Bob Rothenberg – Meet Management by Downtown 5K, Inc.
- Contact: Bob Rothenberg – 401-294-9946 or [help@oceanstatexc.com](mailto:help@oceanstatexc.com)
- Course: Goddard Park, 1095 Ives Road, Warwick, Rhode Island 02818. 5,000 meters (3.1 miles), 4,000 meters for freshmen; grass and dirt paths, moderate hills, mostly flat.
- Directions: **From the North:** Rte. 95 S to exit 9 (left-hand exit) onto Rte. 4 S. Immediately exit at Rte. 401/East Greenwich. Right at light onto 401/Division St. One mile curve right onto First Ave. Turn right at light onto Main St. One-half mile at light, turn left onto Old Forge Rd. Old Forge becomes Ives Rd. One mile to park entrance on left. **From the South:** Rte. 95 N to exit 8A/Rte. 2 S. At first light, turn left onto Rte. 401 E/Division St. Follow directions above.
- Hotels: See home page link. We recommend that you call as soon as possible for hotel reservations. To receive the special rates, indicate that you are participating in the Ocean State Cross Country Invitational. All hotels have a limited number of rooms available.
- Entry Info: All entries will be submitted on-line. **Entries will close on Sunday, September 20, 2009 at 5:00 PM.** A list of schools competing in each race will be posted by Wednesday, September 23 at 9:00 PM.
- Entry Fee: \$70.00 Boys - *This fee includes a maximum of 7 in the varsity, 7 in the jv, and 7 in the freshmen. Additional runners in the jv and freshmen will be accepted at \$2.00 per runner.*
- \$70.00 Girls - *This fee includes a maximum of 7 in the varsity, 7 in the jv, and 7 in the freshmen. Additional runners in the jv and freshmen will be accepted at \$2.00 per runner*
- OR
- \$5.00 per individual runner
- For the larger squads, the maximum fee will be \$175.00 (boys and girls separate).
- Once your entries have been registered on line and the entries close, your high school is responsible for the entire entry fee. Adjustments will not be made for no-shows.
- Entry fees should be made payable to: “Downtown 5K, Inc.”
- Entry fees may be mailed to: Bob Rothenberg, 19 Dolly Pond Road, Exeter, RI 02822.

- Meet Rules:** Guidelines provided by the National Federation of State High School Associations rule book. Please note in particular the articles dealing with uniforms, jewelry, and unsportsmanlike conduct.  
Coaches and other non-competitors are urged to stay off the runners' path in the woods. No bikes or other vehicles are permitted.
- Parking:** Park rangers will direct cars to ample parking available within the park. Buses will be allowed to drop off passengers and then follow directions to park in designated areas.
- Facilities:** Bathrooms and food concession available. T-shirts will be sold at the meet. No lockers or showers available at race site. Team tents/canopies permitted.
- Schedule:** All races will start on time. **Please limit entries to those athletes who can finish within the allotted time for each race.**

	9:00	Race 1	Freshman - 2	Boys
	9:25	Race 2	Freshman - 2	Girls
*	9:50	Race 3	Junior Varsity – 2	Boys
*	10:20	Race 4	Junior Varsity – 2	Girls
**	10:55	Race 5	Varsity – 2	Boys
**	11:20	Race 6	Varsity – 2	Girls
	11:45	Opening Ceremony		
**	11:55	Race 7	Championship	Boys
**	12:25	Race 8	Championship	Girls
	12:45	Awards Ceremony for Races #1 - 8		
**	1:05	Race 9	Varsity – 1	Boys
**	1:30	Race 10	Varsity – 1	Girls
*	2:00	Race 11	Junior Varsity – 1	Boys
*	2:30	Race 12	Junior Varsity – 1	Girls
	3:05	Race 13	Freshman - 1	Boys
	3:30	Race 14	Freshman – 1	Girls
	3:40	Awards Ceremony for Races # 9 - 14		

\* A school may enter an unlimited number in the Junior Varsity race only after it has entered a team in either the Varsity or Championship race.

\*\* A school may elect to enter its top 5-7 runners in either the Championship or the Varsity race. The Championship race should include the top teams in the meet from either Division. Special awards will be offered in the Championship race. A school may enter one or two individuals in the Championship race while running 5-7 other athletes in the regular Varsity race.

**Division 1 = Smaller Schools**

**Division 2 = Larger Schools**

For the Freshman, Junior Varsity and Varsity races, there will be two divisions based on the school's enrollment.

**Smaller schools (Division 1)** include all schools whose enrollment for grades 9-12 for one gender (boys or girls) is 500 or less.

**Larger schools (Division 2)** include all schools whose enrollment for grades 9-12 for one gender (boys or girls) is 601 or more.

Schools with an enrollment between 501 and 600 for one gender will be assigned a Division. They will be notified no later than Sunday, September 20 of their assigned Division.

Awards:	Championship Races	T-shirts to the top 15 individuals Medals to the top 30 individuals Plaques to the top 3 teams Travel bag to the coach of the top 3 teams
	Varsity Races	T-shirts to the top 10 individuals Medals to the top 25 individuals Plaques to the top 3 teams
	Junior Varsity Races	Medals to the top 25 individuals Plaques to the top 3 teams
	Freshmen Races	Medals to the top 25 individuals Plaques to the top 3 teams
	PLUS	Travel bags to the All-Star Teams (The top 5 runners from the Championship plus any Varsity runner with an equal or faster time)
	ALSO	Special awards to the top male and female finishers, individually and team, from RI
	ALSO	Special awards to the team with the best total time of the top 5 boys and top 5 girls from the same school (from championship races)

- + Individual awards for the Freshmen and Junior Varsity will be distributed in the chute. In the Varsity races, awards after the top 5 will be distributed in the chute. In the Championship races, awards after the top 10 will be distributed in the chute.

Reminders: A final Coach's Instruction Sheet will posted on-line Wednesday evening, September 23.

The time schedule is reversed from 2008, so that this year Division 2 larger schools run in the morning, and Division 1 smaller schools run in the afternoon.

Freshman races are for 9<sup>th</sup> graders only.