

Cougar Falcon Invite at the Eagles Nest

Date: September 21, 2019

Location: Gainey Athletic Fields
1661 East Paris Ave. SE
Grand Rapids, MI 49546

Meet Entries

- Due September 8, 2019 via athletic.net (a \$50 fee will be assessed if athletes are registered after the September 8th deadline)
- All high school athletes should be registered in the 5000m varsity race
- 6th, 7th and 8th graders register in the 3200m middle school race
- K-5 graders register in the 1600m K-5 race

Team Entry Fee

- \$250 per High School or \$200 for schools sending only one gender of the team
- \$100 per Middle School
- Payment is due on or before Saturday, September 21, 2019 (A late fee of \$50 will be assessed if payment is received after Saturday, September 21, 2019)
- Checks should be made payable to Catholic Central Athletics and sent to Catholic Central High School Athletic Department, 319 Sheldon Blvd. SE, Grand Rapids, MI 49503. Please include "Cougar Falcon Invite at the Eagles Nest" in the memo line.

Meet Manager

Jackson Fox

Jackson_1_fox@yahoo.com

616.328.2875

Spectator Admission

- \$5.00 per person (\$20 per car max)
- Please do not park in the parking lots of local business

Coach / Athlete Reminders

- All athletes must wear a chip to be counted for scoring and recorded in the results
- Results will be uploaded to athletic.net at the conclusion of the meet
- Any 10 athletes can run in the varsity race (only top 5 will score with 6 & 7 runners displacing)
- All remaining sophomores, juniors, and seniors will run in the junior varsity race
- All freshman not running in the varsity race will run in the freshman race
- Middle school and K-5 grade athletes will run in their respective divisions

Awards / Results

- Middle School – Top 15 finishers per gender
- K-5 Grade – Top 10 finishers per gender
- Freshman – Top 20 finishers per gender
- Junior Varsity – Top 25 finishers per gender
- Varsity – Top 20 finishers per gender per division
- Team Awards go to the top two teams in each division (no middle school or K-5 team awards)
- Results will be posted near the awards area and available on www.athletic.net following the conclusion of the meet

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Tentative Time / Event Schedule:

7:00am	Gates Open
8:10am	Middle School Girls 3200m Race
8:30am	Middle School Boys 3200m Race
8:55am	K-5 Grade Combined Boys and Girls 1600m Race
9:00am	Middle School and K-5 Grade Awards Begin
9:45am	Varsity Girls 5000m Race
10:15am	Varsity Boys 5000m Race
10:45am	Junior Varsity Girls 5000m Race
11:15am	Junior Varsity Boys 5000m Race
11:45am	Freshman Boys and Girls Combined 5000m Race
12:10pm	High School Awards Begin

Note: The Eagle, Cougar, and Falcon Divisions will run as one race

Race Divisions – High School teams are divided up in to 3 divisions (Eagle, Cougar, Falcon) based on 2019-2020 MHSAA Enrollment List. Middle School and K-5 races have 1 division. Box assignments and divisions will be sent out in a separate email around the 1st week of September. Note: There are some teams that only bring one gender.

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Awards / T-Shirt Sales

Parking

Gainey Athletic Fields
1661 East Paris Ave. SE
Grand Rapids, MI 49546

Race Finish

Race Start

Team Tents

Packet Pick-Up

Walking path from Church
of the Servant CRC to the
Gainey Athletic Fields

Parking

Church of the Servant CRC
3835 Burton St. SE
Grand Rapids, MI 49546

Cougar Falcon Invite at the Eagles Nest

High School 5000m Course



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K-6 Grade 1600m Course



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Middle School 3200m Course

