**Denver South HS Washington Park Invite**

**Date:** Thursday, August 30, 2018

**Time:** 2:45 – Coach’s meeting (at the finish line)

3:00 – Girls Open 2 miles (unlimited entries)

3:30 – Boys Open 2 miles (unlimited entries)

4:00 – Girls Varsity 5k (limited to seven entries – top five score)

4:30 – Boys Varsity 5k (limited to seven entries – top five score)

5:00 – High School Awards Ceremony at Start Line

5:00 – Girls Middle School 1 mile (unlimited entries)

5:15 – Boys Middle School 1 mile (unlimited entries)

5:30 – Middle School Awards at Start Line

**Site:** Washington Park Denver, Colorado

**Course:**  Varsity - 5000 meters: Open - 3200 meters: Middle School - 1600 meters

The loops will be on a mixture of grass, dirt path, and asphalt. **Flats are Recommended!**

**Rules of**

**Competition:** Top five athletes from each team will be used for scoring. Runners six and seven will be displacers. Each team will be assigned a starting box.

**Entry Fee:** High School - $125 for 1 team or $225 for both teams

Middle School - $125 for 1 team or $225 for both teams

Mail payment to:

Denver South High School

Attn: Athletic Department

1700 E Louisiana Ave.

Denver, CO 80210

Fax: (720) 423-6280 “Attn: Athletic Dept”

**Payment would be preferred to be received by Wednesday, August 29. If you are sending a district or charter network check please put your full school name on the memo line.**

**Team Entry:** Entries will be done online this year at co.milesplit.com for HS and MS races. The registration has already opened and is password protected – the password is **Rebel** (first letter capitalized).

For the HS open race, please still register as you are running “boys or girls 5000 meters”. The timing company will modify this to reflect the 2 mile race when the results are posted.

**Deadline:** Entries must be completed by Monday, August 27 at 7:00 PM.

**Awards:** HS Teams: The top team and runners up for both boys and girls will receive a plaque.

HS Individuals: Medals will be given for top 3 in the varsity races and ribbons will be given to numbers 4 through 10. The top 10 finishers in the open races will receive ribbons.

MS Individuals: The top 10 finishers in each middle school race will receive ribbons.

**Results:** Results will be available following the event at co.milesplit.com

**Team Packets:** Available at 2:00 pm at the finish line.

**Coach’s**

**Meeting:** We will have a brief coach’s meeting at 2:45 at the start line.

**Directions to**

**Washington**

**Park:** **From South of Denver:**

I-25 North-Downing Street Exit 206, Right on Downing Street, Right on Louisiana, Right on Franklin, quick left into Denver South HS parking lot

**From North of Denver:**

I-25 South-Washington Emerson Street Exit 206, Left on Louisiana, Right on Franklin, quick left into Denver South HS parking lot.

**Parking:** All team buses can park in the Denver South HS parking lot off of Louisiana and Franklin.

**Team Camps:** Team camps are set up across road east of the starting line. Please abide by the Denver Parks and Rec Regulations:

* Do not tie tents to trees
* Do not stake tents to ground

**Restrooms:** Porto potties are near the start line on the walking area of the road. There are additional restrooms just north of the gardens across from the parking lot off of Franklin and Mississippi. Finally on the south end of the tennis courts there are additional port of potties and permanent restrooms.

**Trainer:** There will be a trainer on site at the finish line in case of emergencies. Water will also be available at the finish line but please encourage your student athletes to bring their own water.

**Contact:** John Walsh Adam Kelsey

Cross Country Coach Athletic Director

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