

2011 Assumption Frosh-Soph/JV Development Series



Assumption High School is proud to introduce a series of races geared toward developing athletes. *There is **no entry fee** for teams or individuals competing in this series of races*, but we ask that coaches understand the following - the purpose of this series is to provide developing and JV-level runners with a less intense racing opportunity. Therefore, we ask that coaches consider entering only their developing and JV-level athletes in each race, rather than their more accomplished or Varsity level athletes. Questions regarding the appropriateness of an entry can be directed to Coach Barry Haworth via email (bmhaworth@louisville.edu).

Race Schedule:

Race 1 (Wed, Aug 31 @ River Road Country Club/Champions Park)

	<u>Time</u>	<u>Individual Awards</u>
HS Boys Frosh-Soph race (3k)	5:30 pm	TBA
HS Girls Frosh-Soph race (3k)	6:00 pm	TBA
HS Boys JV race (3k)	6:20 pm	TBA
HS Girls JV race (3k)	6:50 pm	TBA

Race 2 (Wed, Sept. 21 @ River Road Country Club/Champions Park)

	<u>Time</u>	<u>Individual Awards</u>
HS Boys Frosh-Soph race (4k)	5:00 pm	TBA
HS Girls Frosh-Soph race (4k)	5:30 pm	TBA
HS Boys JV race (4k)	6:10 pm	TBA
HS Girls JV race (4k)	6:40 pm	TBA

Race 3 (Wed, Oct. 5 @ River Road Country Club/Champions Park)

	<u>Time</u>	<u>Individual Awards</u>
HS Boys Frosh-Soph race (4k)	5:00 pm	TBA
HS Girls Frosh-Soph race (4k)	5:30 pm	TBA
HS Boys JV race (4k)	6:10 pm	TBA
HS Girls JV race (4k)	6:40 pm	TBA

Race #2 and 3 start times are subject to change:

- *If entries in the Boys races are low, then we will run a combined FS/JV Boys race at 5:00.*
- *If entries in the Girls races are low, then we will run a combined FS/JV Girls race at 5:30.*
- *If the Boys races are combined, and the Girls races are not combined, then the Girls FS will run at 5:30 and Girls JV race will run at 6:10.*

Awards: We hope to provide individual awards (ribbons) to the top finishers in each race if we can secure sponsorship. Although team scores will be provided, there will be no team awards.

Entries: School may enter an unlimited number of runners in each race. Coaches are asked to send (only) hytek roster files via email to Coach Haworth (*bmhaworth@louisville.edu*) with the names and class level of their athletes ***at least one day prior to the race*** where they plan to compete (there will be no hytek meet entry file). For coaches who would like to enter teams at more than one meet, please contact Coach Haworth to make your intentions known. Coaches who need help with submitting hytek entries should also contact Coach Haworth as soon as possible prior to each respective race.

Competitor numbers: all competitors will receive a competitor number, which should be placed on the back of their right hand. Athletes who compete without a competitor number will be disqualified. For teams and runners who compete in more than one race, competitor numbers will remain the same throughout the series. We will always attempt to distribute competitor numbers via email prior to the start of each race.

Competition info: to eliminate the need for finishing cards, we will have two different finish line clerks taking competitor numbers as the athletes work their way through the finishing chute.

In deciding race entries: coaches may consider the following race entry guidelines when choosing a specific race for their athletes.

- *Frosh-Soph races* are open to all athletes in grade 9 and grade 10 (if you have Middle School athletes competing for your HS team, then they may run Frosh-Soph as well)
- *JV races* are open to athletes in any grade level

As stated above, we ask that coaches consider entering only their more developing runners or JV-level runners in this series, rather than enter their more accomplished Varsity-level athletes.

Course Maps: we will distribute course maps as soon as they're available, and will post course maps at <http://www.ahsdistance.org>

Results: we will distribute Hytek-generated results to the Kentucky Cross Country and Track Coaches email distribution list, and submit results to www.ahsdistance.org, www.kytrackxc.com, and www.ktccca.org.

Concessions: the Assumption Cross Country Parent group is planning to sell concessions on a limited basis to help defray the cost of running this series. Your patronage here would be greatly appreciated.

Parking: there is limited parking available within the grounds of River Road Country Club/Champions Park. Additional parking is located at the Water Tower as well. ***Please do not park in lots belonging to neighboring businesses.*** Our continued use of this facility are always conditional upon everyone's cooperation when it comes to parking. Please remember that parking violators are subject to ticketing and towing, as well as potentially angry comments from Coach Haworth.