

2014 Assumption Frosh-Soph/JV Development Series



Assumption High School is proud to introduce a pair 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/or JV-level athletes in each race, rather than run more accomplished 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, Sept 3 @ River Road Country Club/Champions Park)

Entry Deadline: *please submit Hytek roster file for this meet by 8pm, **Monday, Sept 1***

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

** these starting times are subject to change if it's expected to be too hot for a 5:30 start time*

***Boys and girls will run separately**, but if we have an excessive heat-related delay or there are not enough entries to warrant separate girls races or separate boys races, then we will consider combining FS and JV at the earlier race time.*

Race 2 (Wed, Sept. 17 @ River Road Country Club/Champions Park)

Entry Deadline: *please submit Hytek roster file for this meet by 8pm, **Monday, Sept 15***

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

Boys and girls will run separately, but if there are not enough entries to warrant separate girls races or separate boys races, then we will combine FS and JV at the earlier race time.

Awards: We are expecting to give out individual awards (ribbons) to the top finishers in each race (given out in the finishing chute). Although team scores will be provided, there are no team awards.

Entry Deadline: Monday prior to each race, at 8pm. School may enter an unlimited number of runners in each race. Coaches need only to email a Hytek roster file to Coach Barry Haworth (bmhaworth@louisville.edu) by 8pm, on the Monday before each race. Coaches should include the class level of each submitted athlete.

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 should 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

Course Maps: we will distribute course maps as soon as they're available, and will post course maps at <http://www.ahsdistance.org>. Each course will be the same as what's run at the Tiger Run.

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

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 is 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, of course submitted within a loving Christian context.