



44th Annual Minooka Flight Invitational

Saturday, September 15, 2018



Welcome to the 2018 Minooka Cross-Country Flight Invitational! The cross-country team and the athletic staff at Minooka Community High School are excited about the opportunity to be the host for this meet. I hope that you will find the format of the meet interesting and appealing to your runners.

To: Athletic Director & Cross-Country Coaches

From: Bob Tyrell – Athletic Director
Kevin Gummerson – Boys & Girls' Cross Country Coach

Entries Website: www.theendresultco.com/xc - Rosters due by 9/10/2018 (Monday) at 10:59 p.m.

Time/Place: **8:30 a.m. (F/S BOYS RACE)**
8:35 a.m. (F/S GIRLS RACE)
Community Park • Channahon Park District
23304 W McClintock Rd • Channahon, IL

Teams:

Batavia (Box 12)	Belvidere North (Girls) (Box 5)
Bolingbrook (Box 6)	Conant (Box 10)
Downers Grove North (Boys) (Box 8)	El Paso Gridley (Box 7)
Hoffman Estates (Box 4)	Huntley (Box 20)
Lakes (Box 13)	Lincoln-Way Central (Box 1)
Lockport (Boys) (Box 5)	Lyons Township (Box 11)
Maine South (Boys) (Box 2)	Minooka (Box 9)
Moline (Box 14)	Naperville Central (Girls) (Box 2)
Plainfield North (Box 3)	Rock Island (Box 19)
Waubonsie Valley (Boys) (Box 18)	Whitney Young (Boys) (Box 16)
Willowbrook (Box 15)	Yorkville (Box 17)
Wheaton North (Boys) (Box 21)	

Course Description: A map is enclosed and one will be passed out at the site. The course is 3.0 Miles.

Entries: F/S Races – Limited to 7 runners per team
Varsity Boys Flight Races – 1 Runner Per Flight
Varsity Girls Flight Races – 1 Runner Per Flight
Open Races (Boys & Girls) – Unlimited Entries

The 7th flight is for your number 7 runner on down to the 1st flight for your top runner. If a team does not have 7 runners, then you must fill in the flights starting with the 1st flight.

Your roster needs to be submitted to www.theendresultco.com/xc by Monday, September 10, 2018 at 10:59 p.m. The open races will have unlimited entries. You do not need to declare what race each athlete will be in. You will declare the kids in the flight races on Saturday morning.



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Meet Schedule:

F/S Boys Race – 8:30 a.m. (7 runners per team)

F/S Girls Race – 8:35 a.m. (7 runners per team)

The boys and girls will start their flight races at the same time. We will start with the 7th flight and then proceed down to the 1st or “Championship” Flight.

7th Flight Boys/Girls – **9:15 a.m.**

6th Flight will start once the last runner from the 7th crosses the mile marker.

5th Flight will start once **all** the runners from the 6th flight finish.

4th Flight will start once the last runner from the 5th crosses the mile marker.

3rd Flight will start once all the runners from the 4th flight finish.

2nd Flight will start once the last runner from the 3rd crosses the mile marker.

1st (Championship Flight) will be run at the completion of the 2nd flight.

Open Races – Boys will start after the completion of the 1st flight.

Girls Open will start 5 minutes after the Boys Open has started. (NEW FOR 2018)

Flags:

Blue = Straight, Yellow = Right Turn, Red = Left Turn

Scoring:

Scores from each of the seven races will be added together to compute the final score. All flights have the same value. The best possible score is 7 points. In case of a tie, the finish of the runners in the championship flight will be the tiebreaker. If a team does not have seven runners then a ghost runner will be used; however, they must fill in the flights starting with the championship flight.

Awards:

Varsity Boys/Girls

- Medals to the top 5 in flights 7 through 2 & top 10 in the 1st Flight
- Team plaque to the top 3 teams
- Awards will be presented after the open races have finished

F/S Boys/Girls & Open Boys/Girls - Top 25 individual ribbons – put in packets

- The top two F/S & open teams will receive a plaque
- A champion T-Shirt will be awarded to the winners of each race

Results:

The results will also be posted on www.runminooka.com Saturday afternoon, and they will be e-mailed to each coach after the meet.

Bus Parking:

Team buses may drop off in the park area, and then park behind the maintenance building, which is east of the park.

Meet Information:

Each coach should pick up an envelope when they arrive. Present plans are to set up a meet headquarters at the concession stand.



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Locker Facilities:

Locker facilities will not be available. Restrooms are available.

Concessions:

A concession stand will be available selling coffee, doughnuts, candy, pop, juice, fruit, etc.

Hospitality:

A hospitality room will be available for all coaches near the concession building.

Trainer:

The Minooka Community High School Athletic Trainer will be available. His/her headquarters will be next to the scoring pavilion.

T-Shirts:

T-Shirts will be available at a cost of \$15.00 per shirt.

Minooka Community High School is pleased and proud that you chose to participate in this event. With your help, participation, and suggestions, we hope to make this event more successful than last year. If you have any questions please call Minooka Athletics at (815) 467-2140.

Good Luck,

Robert Tyrell
rttyrell@mchs.net
Athletic Director

Kevin Gummerson
kgummerson@mchs.net
Head Boys & Girls Cross Country Coach



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T-Shirts Available for Sale

\$15.00

Cash or Check Payable to Minooka
High School

Winners of the F/S, Flights, and Open
Races will receive a limited edition
"Champion" T-Shirt



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Entry Instructions **Minooka Flight Invitational**

Roster Entry Deadline: (9/10/2018) at 10:59 p.m.
Cannot guarantee entry into meet if rosters are not in by deadline.

Go to this website: <http://endresultcompany.com/xc/>

You must create an account. If you have already created an account for 2018 login with your user name and password and skip to #3 below.

1. Middle of the page “CREATE AN ACCOUNT” click on “continue signup”.
2. In order to create an account you will be asked to enter:
 - YOUR FIRST NAME, YOUR LAST NAME
 - YOUR EMAIL ADDRESS – In case we have questions about rosters.
 - SCHOOL NAME – Give full name.
 - SCHOOL NICKNAME – SUCH AS COUGERS, KNIGHTS, ETC.
 - SINCE THIS IS A HIGH SCHOOL MEET CHECK HIGH SCHOOL.
 - CHECK YOU ARE ENTERING MALE/FEMALE ROSTERS.
 - CREATE A USERNAME AND PASSWORD.
 - RECONFIRM YOUR PASSWORD.
 - CLICK “CONTINUE SIGN-UP” BUTTON ON THE LOGIN PAGE.

3. CREATE YOUR ROSTERS

Click “**high school**”.

Be sure to click “male” and/or “female” icons under “Your Rosters”.

Type in # of names you will enter. Enter your male and female runners. Click “save changes” icon at bottom of page.

NOTE: If you have your rosters in a .csv file you can enter your rosters using the .csv file. See instructions on the website.

4. SIGN UP FOR MEET

Scroll to **Minooka Flight Invitational**.

Click male/female icon. Roster will appear.

Scroll to bottom of roster. Click “switch all check boxes”. This step will select all names for the MEET. Be sure there is a check mark in front of each name. Click “save changes”.

5. Check that roster has been entered. Return to home page, scroll to **Minooka Flight Invitational**, under the gender icon will be number of entries.