

4th Annual FEAST “*Flight Score*” Cross Country Meet

Friday Afternoon / Evening, September 25, 2009

We invite you to participate in our Patriot *Flight Score* Meet, a unique variation of the traditional cross country meet. This rarely used, but distinctive format is very appealing to coaches, runners, and fans. Runners do not start together as an entire team of seven runners, rather a single numbered runner from each team competes head-to-head with the same numbered runners from the other teams, *i.e.*, all of the number seven runners from each team start at the same time in one “flight,” then all the number six runners depart in a second flight at a later time increment, then the number fives, fours, threes, twos, and finally the number ones. Scoring is based on the finish position within each flight, first in one’s flight equals one point, second equals two, *etc.* A perfect score equals seven, or first in each of the seven flights for each of a team’s runners. An exciting aspect of these races is the posting of race-by-race scoring updates during the action – showing the ebb and flow of competition, lead changes, and what is needed to win!

Course: on Brooks City-Base in south San Antonio. Accurately measured 3200 meter grass course of mostly flat terrain, sloping grades, and minor international style obstacles. Has split signs and is well marked and marshaled. Very fan friendly, one can remain in a single location and observe all or nearly all of a race. Aerial view course maps and directions will be available.

Races: **Flight Score** - varsity only. **Standard Format** - JV only (precede flight score races)

Divisions: *new for 2009* - we will have two divisions to optimally match runners’ abilities. Please place your team according to their late Sep 09 ability. You may enter multiple teams (team 1, team 2, *etc.*) in any combination across divisions. *Guidelines* here:

Division A - Seven (7) flight races - seven runners per team, one runner races per flight
Approx ability for 3200m: **Girls < 11:00 to ≈ 14:30** // **Boys < 9:00 to ≈ 12:30**

Division B - Five (5) flight races - five runners per team, one runner races per flight
Approx ability for 3200m: **Girls ≈ 14:30 to ≈ 16:30+** // **Boys < 12:30 to ≈ 14:30+**

JV Division standard format 3200m race precedes flight score races; no time or entry limits.

Initial Sign-Up: indicate your desire to participate ASAP by *e-mail only* to Coach Baumgartner at nbaumgartner@satx.rr.com. Please send school name, estimated divisions, coach name and phone. We will cut off the participating number of teams at twenty-four (24) per division per gender on **a first reply - first in basis**.

Notification: we will notify the 48 teams (24 girl, 24 boy) per division by e-mail as soon as the team limit is reached. JV race - no limit.

Registration: selected teams, submit team entries no later than **6:00 P.M. Monday, 21 Sep 09**; web site registration - we will send simple directions after receipt of intent to participate e-mail.

Fees: \$40 per Div A team, \$30 per Div B, and \$30 per JV team, \$6 per individual (JV only).
Please submit payment at meet (checks payable to FEAST).

Contact: Coach Baumgartner - Home 210 545-2732 / Cell 210 373-6236 / Office 210 671-6921

Concessions: On-site, includes pre- and post-race variety of food and drink.

RACE SPECIFICS

Numbers: runners will have a small number to wear on their uniform indicating flight. Runners may run only one flight race for their team.

Fluid Scoring: we will update and post team scores after each flight race.

Inclement Weather: we will run the meet in all weather. Delay start only if lightning in the immediate area per meet director on-site decision.

Declaration: coaches **must declare** their one through seven (one through five - B division) runners upon arrival at the meet. You may not change the order of your flight score team's seven (five - B division) runners after start of the respective JV Girls General Race.

SCHEDULE - Start Times (P.M.) – we may adjust these times up to 3 minutes per flight in order to prevent excessive overlap on the course and permit timing crew to reset as needed.

“B” DIVISION

3:10 - 3:50	Walk course, brief coaches meeting at 3:50
4:00	JV Girls General Race (not a flight race)
4:05	Final call, Flight 5
4:10	Girls Varsity Flight 5 – Number 5 runners
4:15	Girls Varsity Flight 4 – Number 4 runners
4:20	Girls Varsity Flight 3 – Number 3 runners
4:25	Girls Varsity Flight 2 – Number 2 runners
4:30	Girls Varsity Flight 1 – Number 1 runners
4:40	JV Boys General Race (not a flight race)
4:45	Final call, Flight 5
4:50	Boys Varsity Flight 5 – Number 5 runners
4:55	Boys Varsity Flight 4 – Number 4 runners
5:00	Boys Varsity Flight 3 – Number 3 runners
5:05	Boys Varsity Flight 2 – Number 2 runners
5:10	Boys Varsity Flight 1 – Number 1 runners

“A” DIVISION

5:15 - 5:40	Walk course, brief coaches meeting at 5:40
5:50	JV Girls General Race (not a flight race)
5:55	Final call, Flight 7
6:00	Girls Varsity Flight 7 – Number 7 runners
6:05	Girls Varsity Flight 6 – Number 6 runners
6:10	Girls Varsity Flight 5 – Number 5 runners
6:15	Girls Varsity Flight 4 – Number 4 runners
6:20	Girls Varsity Flight 3 – Number 3 runners
6:25	Girls Varsity Flight 2 – Number 2 runners
6:30	Girls Varsity Flight 1 – Number 1 runners
6:40	JV Boys General Race (not a flight race)
6:45	Final call, Flight 7
6:50	Boys Varsity Flight 7 – Number 7 runners
6:55	Boys Varsity Flight 6 – Number 6 runners
7:00	Boys Varsity Flight 5 – Number 5 runners
7:05	Boys Varsity Flight 4 – Number 4 runners
7:10	Boys Varsity Flight 3 – Number 3 runners
7:15	Boys Varsity Flight 2 – Number 2 runners
7:20	Boys Varsity Flight 1 – Number 1 runners