

# 3<sup>rd</sup> Annual FEAST “*Flight Score*” Cross Country Meet

Friday Afternoon / Evening, September 26, 2008

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 five to 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!

Our course is on Brooks City-Base in south San Antonio. The 3000 meter grass course consists of mostly flat terrain with minor hills. It is accurately measured, well marked and marshaled, and includes distance mark signs. Course is 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.

We are conducting the meet with a simple approach with minor awards and only a small entry fee of \$30 per team to cover course and registration expenses. **The flight score races will be varsity and middle school A team only; a JV and middle school B team standard format race will precede the flight score races. We will cut off the participating number of teams at twenty (20) per division for high school and fifteen (15) per division for middle school on a first reply - first in basis.**

**Initial Sign-Up:** indicate your desire to participate ASAP by *e-mail only* to Coach Baumgartner at [nbaumgartner@satx.rr.com](mailto:nbaumgartner@satx.rr.com). Please send school name, coach name and phone, and division (girl, boy, or both).

**Notification:** we will notify the 40 high school teams (20 girl, 20 boy) and 30 middle school teams (15 girl, 15 boy) by e-mail as soon as the limit is reached.

**Registration:** selected teams, submit names of your seven varsity runners (five middle school A) no later than **6:00 P.M. Monday, 22 Sep 08** by *e-mail only* to same address.

**Fees:** \$30 per girls team, \$30 per boys team. Please submit payment at meet. Please make checks payable to FEAST. Information for checks: Family Educators Alliance of South Texas, 25 Burwood, San Antonio, TX 78216

**Contact:** Coach Baumgartner - Home 210 545-2732 / Cell 210 373-6236 / Office 210 671-6921 / [nbaumgartner@satx.rr.com](mailto:nbaumgartner@satx.rr.com)

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

**Note:** this meet is different than our FEAST Patriot XC Meet on Friday-Saturday 5-6 Sept 08

## 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 - MS) runners upon arrival at the meet. You may not change the order of your flight score team's seven (five - MS) runners after start of the JVG (B Girls - MS) General Race.

**SCHEDULE - Start Times (P.M.)** – we may adjust these times 1 to 3 minutes per flight in order to prevent excessive overlap on the course and permit timing crew to reset as needed.

### MIDDLE SCHOOL

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

## ***HIGH SCHOOL***

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