

6th Annual **FEAST Patriot** Cross Country Meet

High School **Saturday Morning, September 6, 2008**

We will race again this year on the excellent venue for cross country at Brooks City-Base in south San Antonio. We have modified our unique course to a tighter circuit to increase fan friendliness and racing excitement. The international style grass course will include minor obstacles such as hay bales, low level log jumps, and potentially “Whoop-Dee-Do” mogul dirt mounds. As always the course will be well marked and well marshaled. We will send course maps and directions to registered teams.

Start Times / Divisions / Distance (distance markers every 800m)

High School Races - all times A.M. (Middle School Races Friday evening, 5 Sept)

7:30 – 8:10 Walk course
8:30 Boys JV - 5000 meters
9:00 Elite Varsity Boys - 5000 meters
9:30 Elite Varsity Girls - 5000 meters
10:00 Girls Varsity - 3200 meters
10:20 Girls JV - 3200 meters
10:45 High School Team Awards

Awards: Team Championship and Team Runner-Up (all divisions), Team Third place (elite only). Individuals: 1st – 15th medals (all divisions)

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

Entry Fees:

Per elite / varsity team (min 5 runners, max 7 runners).....\$45.00
Per JV team.....\$40.00
Per individual, all divisions..... \$9.00
Maximum per school.....\$165.00

Please make checks payable to FEAST. *Best to bring check to meet site.* Information for checks: Family Educators Alliance of South Texas, 25 Burwood, San Antonio, TX 78216

Entry Process: *via e-mail only* to nbaumgartner@satx.rr.com

Step 1 - Intent to Participate (directions next page)

Step 2 - Registration Deadline 5:00 pm on Tuesday, 2 Sep 08

Contact: Coach Neal Baumgartner - Home 545-2732 / Cell 373-6236 / Office 671-6921 / nbaumgartner@satx.rr.com

TEAM ENTRY PROCESS

Step 1: Intent to Participate – as soon as possible, please e-mail (nbaumgartner@satx.rr.com) your intent to participate and the following basic entry information to hold your team's slot

School Name

Coach(es) Name(s)

E-mail Address

Office Phone and Cell Phone

Step 2: Registration – upon your completion of Step 1 above, I will send the electronic registration form (MS Excel spreadsheet) to all confirmed teams (if unable to use MS Excel, than you may submit entries in a similar format in MS Word) along with course maps and directions to the meet site. Please complete this form and e-mail (only) no later than 5:00 pm on Tuesday, 2 Sep 08 to register your athletes by name per the rules below.

ENTRY RULES:

- All Elite and Varsity division entries are limited to seven (7) athletes per team
- JV entries are unlimited
- Only the top seven (7) runners retain their order of finish. Top five runners = team score. Runners beyond seven (7) receive a finish time and can earn a top 15 individual award, but do not count in team scoring and do not displace any opposing runners
- No seniors in JV races unless declared as non-scoring
- You may enter more than one team per division; however, you must designate the teams as "School Name A," School Name B," *etc.*
- If have more than one team in a division you must declare your athletes on each team, *i.e.*, runners may not be switched post-race between A team and B team to optimize scoring.

Step 3: Race Day Check-in – you may make roster changes up to one (1) hour prior to the respective race. This gives adequate flexibility for adjustments (ill, injured, no show athletes, *etc.*). Scratches are fine, but please minimize adds, thank you.