

# **JOHNSTOWN INVITATIONAL**

**At TECH LAKE SATURDAY OCTOBER 9<sup>TH</sup>, 2010**

## Coaches:

My apologies for getting the meet information to you so late in the season this year. I appreciate your patience and can tell you that next year's information will be available much sooner. I am looking forward to seeing you at this year's Johnstown Invitational at Tech Lake. We had a good year last year and it has gotten larger this year. However, there will still be 15 teams or less. I have already received feedback from many coaches that plan on attending this year's meet and I am expecting to hear from a few more schools. I hope you will join us as well. Please respond via email to Ehamner@capital.edu and let me know if you plan on attending so I can plan accordingly. Entries will be done on baumspage and the meet will run with Hytek and bar-coded tear tags with place cards as the back-up system. Each team can run their top 10 in the varsity race to gear up for conference meets the following week. If the numbers are small enough we will run one big race, but if numbers run over 150 runners we will hold a reserve race.

We have a nice course that should move pretty quickly. It enters a wide wooded trail approximately 200 meters into the race and then exits another 300 meters into the race. Nearly 200 meters later, the course enters another wide wooded trail for about 1000 meters and then loops around the beautiful lake, through a covered bridge and repeats most of the course on the second loop. The start and finish will be close to one another and near the lake. The finish chute will not cross the lake this year so coaches, parents, and spectators can use the bridge to cheer. I think once you come and run this course you will come back.

## **Race Schedule**

9:00am High School Boys Varsity (3 team trophies, top 30 individual medals)

9:40am High School Girls Varsity (3 team trophies, top 30 individual medals)

12:40pm Possible HS Boys Reserve Race

1:20pm Possible HS Girls Reserve Race

10:30am Middle School Boys (2 team trophies, top 15 individual medals)

11:00am Middle School Girls (2 team trophies top 15 individual medals)

## **Entries**

\$100.00 per team which includes both your Boys and Girls High School and Middle School teams  
\$60 per team if only bringing one gender or just the High School or Middle School

## **Shirts and Concessions**

T-shirts will be on sale for \$15.00 and long sleeve shirts for \$20.00.  
There will be plenty of food for sale at the concession stand.

Eric Hamner  
Johnstown High School Head CC Coach