

September 23, 2009

Athletic Director/Cross Country Coach:

Welcome to the 32nd Annual Patriot Invitational Cross Country Meet. This meet will be held Saturday, October 17, 2009 at Detweiller Park on Galena Road (Route 29) in Peoria. Distance of the flat course is 3.0 miles and is all grass. The meet will begin promptly at 1:00 p.m.

INDIVIDUAL AWARDS:	VARSITY BOYS/GIRLS	Medals Top 25
		Ribbons 26-50
	JV BOYS/GIRLS	Medals 1-20
		Ribbons 21-50

TEAM TROPHIES: 1ST-4TH-BOYS/GIRLS VARSITY

Each team is permitted only seven runners in the varsity meet-top five count toward team scores. A team must enter a minimum of five runners to be eligible for team awards. Unlimited entries will be allowed in Junior Varsity races. PLEASE RETURN THE ENCLOSED ENTRY FORM TO PEORIA HEIGHTS HIGH SCHOOL BY OCT. 7TH OR EMAIL RICH HENZ @ richhenz@hotmail.com(Subject Line-"Patriot Invite"). Please list anyone who may race; you will not be allowed to add anyone to your roster.

1. Tours at 12:15 p.m.
2. Coaches should pick up packets by 12:15 p.m.
3. At 12:50 p.m., Girls' Varsity runners will assemble at the starting line for final instructions. Box start-3 in front and 4 behind (Girls meet will be at 1:00 p.m. Girls' J.V., Boys' Varsity and Boys' J.V. will follow).
4. Course Judges will be strategically placed. Runners who violate a turn must retrace and run correctly they will be disqualified. The course will be marked by flags. Red-left, Blue-straight, Yellow-right.
5. Only Invitational officials will be allowed inside fenced area during and after the races.
6. Awards will be presented at the course.
7. Results will be mailed on Monday afternoon. They will also be available on our school website Monday morning at www.phcusd325.net/phhsindex.html. I will be faxing them on Saturday afternoon to different newspapers throughout the state. On the following sheet, please list any local newspapers and fax numbers you would like the results sent to.

Yours in sports,

Jay Whalen