

Penobscot Valley Conference Cross Country Championships
At Mattanawcook Academy, Lincoln
Saturday, October 17th, 2015



12:00 noon – Girls Varsity Race **12:40 pm** – Boys Varsity Race
1:20 pm - Girls JV Race **2:10 pm** – Boys JV Race

Course Review – **9 am to Noon**; Coaches/Captains meeting at **11:30 am** for ALL teams

Awards ceremony in MA Gym at conclusion of last race.

Entries are to be emailed to Mary Cady,
no later than 8:00 PM Tuesday, October 13th (sooner would be nice)

Please designate your Varsity (up to 7 runners) for both Boys and Girls and enter the rest in the JV events. We will use Meet Manager to score the meet, so entries should be sent using Team Manager. (*See separately posted events file for Team Manager*) Team Manager file should list grade in school also. *If you need to switch runners between Varsity and JV, please do so as soon as possible before Saturday morning.*

Email: <mary.cady@umit.maine.edu>

Cell 745-2540

Fully Automatic Timing (FAT) by FinishLynx, Brewer Timing Services, Inc.

AWARDS: Each JV Race – Ribbons to top 20 OVERALL individuals
Each Varsity Race – Medals to top 20 OVERALL Individuals
Trophies for first place Large and Small School Girls and Boys Team Champions
and Boys JV and Girls JV Overall Team Champions

1. Locker rooms available
2. Certified Athletic Trainer on site - Bring own supplies for trainer
3. There will be a Concession stand
4. National Federation Rules will apply
5. Meet director will assign a 6 foot box on the starting line to each team
6. Runners at starting line 20 min. before the scheduled start time for their race
7. Busses will be directed to parking area.
8. Course records: Girls: 20:12.51; Boys: 17:08.25
9. For specific course info, email Alan Stockley <paparuns63@gmail.com>
10. Course map posted separately on this website. 3 miles

Large Schools: Caribou, Ellsworth, Foxcroft, Hermon, John Bapst, MDI, Old Town, Presque Isle.

Small Schools: Bangor Christian, Bucksport, Calais, Central, Deer Isle-Stonington, Dexter, Fort Kent, GSA, Houlton, Lee, Mattanawcook, Orono. Searsport, Sumner, Washington Academy.