



General Information Packet for 2024 (updated March 30, 2024)

What:

Come join us for a **fast and fun** early-season invitational. Get a chance to see how your team and individuals are doing on a flat course in southern Maine. We will be using the Finishlynx timing system and be providing an exciting big-meet atmosphere in which to compete early in the XC season.

Where: XC Course @ Narragansett School, 284 Main Street, Gorham, ME 04038

When: Saturday, September 14th (time schedule listed on other page)

Who: high school runners throughout New England

How: The cost is \$150 per coed team or \$10 per individual - whichever is less. Checks are to be made payable to "Gorham High School" w/ memo "Southern Maine Classic XC race". Send checks to: Gorham High School, 41 Morrill Ave., Gorham, ME 04038

***** FREE ADMITTANCE TO ANY TEAM WHO HAS NOT COMPETED AT THIS MEET!!!**

Entries will be submitted using Maine Milesplit by Monday, September 9th. You **MUST** include in your entries name, grade, gender, and your best estimate for a 5k seed time for each athlete. The times will be used to determine the seeded races. You can find helpful information on Milesplit entries here:

<http://www.sub5.com/youth-pages/cross-country/>

We will also be using shoe tags for each runner. Please make sure to return these in the same bag you receive them at the end of the day or you will be charged \$10 for each lost shoe tag.

- * High School Coach's meeting will be held at 9:30am at finish-line
- * Spikes can be worn on the course and a trainer will be on site
- * Buses drop off at Narragansett Elementary entrance on Route 25
- * Concessions will be on site along w/ some entertaining music! T-shirts will be sold again!!

Questions:

Mike Griffin, Meet Director - mgriffin@msad15.org or cell number (207) 837-4343

Jason Tanguay, Site Director - jason.tanguay@gorhamschools.org or cell number (207) 459-4833



Time schedule:

High School Freshman / Sophomore Boys @ 10:00am

High School Freshman / Sophomore Girls @ 10:45am

High School Junior / Senior Boys @ 11:30am

High School Junior / Senior Girls @ 12:05pm

*** Awards @ 1pm in softball outfield by finish line area**

Reminders to teams...

- * Coach's meeting will be held at 9:30am at finish-line
- * Spikes can be worn on the course and a trainer will be on site
- * Concessions will be on site along w/ entertaining music! T-shirts will be sold again!!

** We will use bibs along with shoe tags for each runner. Please make sure to return the shoe tags to the finish area after the races in the same bag you receive them at the end of the day or you will be charged \$10 for each lost shoe tag.

Questions:

Mike Griffin, Meet Director - mgriffin@msad15.org or cell number (207) 837-4343

Jason Tanguay, Site Director - jason.tanguay@gorhamschools.org or cell number (207) 459-4833

If you have never been on the course, then see Jason Tanguay for help!

