

2019 Apache Invitational: Friday, November 1st

Hello, Coach! Arcadia High School will once again host the Apache Invitational near the end of the CIF regular season. Due to a conflict with this year's Breeders' Cup, our usual Arcadia Park course is unavailable. We've relocated to Whittier Narrows/Legg Lake Park, and have consequently made some changes to our meet:

- The 3-mile course is run on firm-packed dirt walking trails (roughly as wide as five track lanes). The starting area is on grass, and the course narrows until it reaches the trail. Most of the third mile's final stretch transitions from the dirt to a paved bike path before returning to grass for the final sprint.
- The course remains one of the flattest in Southern California; keeping the course flat was a priority for us when relocating. There are a couple of small "speed bumps," areas where the trail rolls up or down, but nothing that qualifies as a proper hill. And because the trail runs around three large lakes, the course no longer features the "laps" setup; there's almost no repetition of any kind.
- Whittier Narrows lacks the native lighting sources Arcadia Park provided, and it would be prohibitively expensive for us to rent floodlights for the whole course. Therefore, the Apache Invitational will return for this year only to the old "finish before dark" schedule. **Heats will start every fifteen minutes instead of every half-hour.**
- Because of our new schedule, all competitors must be able to run under 30 minutes for three miles.
- We're adopting the following divisions (contact the meet director if you'd like to shift divisions):
 - Small Schools: Sky Blue Division, population 1,250 and under
 - Medium Schools: Jade Division, population 1,251 to 2,050
 - Large Schools: Gold Division, population 2,051 and up
- Varsity and Sweepstakes squads may consist of up to 10 athletes per gender. For rising-star or less-experienced athletes, this is a great chance to get a taste of that Varsity-level intensity; for coaches, this setup helps you figure out/nail down our top 7 the week before most of your respective League Finals and two weeks before your CIF meets.
 - Frosh/Soph and JV teams may each field a maximum of 20 athletes; only juniors and seniors may compete in JV races.

This year's Apache Invitational takes place on Friday, November 1st. Please register your team at www.finishedresults.com today, and join us for what's sure to be a late-fall barnburner!

Meet Schedule (New for 2019) (Number of Medals in Parentheses)

1:00pm: Sky Blue Soph/Frosh Girls (25)	3:30pm: Jade Varsity Girls (40)
1:15pm: Sky Blue Soph/Frosh Boys (40)	3:45pm: Jade Varsity Boys (40)
1:30pm: Sky Blue JV Girls (25)	4:00pm: Gold Soph/Frosh Girls (40)
1:45pm: Sky Blue JV Boys (30)	4:15pm: Gold Soph/Frosh Boys (40)
2:00pm: Sky Blue Varsity Girls (40)	4:30pm: Gold JV Girls (30)
2:15pm: Sky Blue Varsity Boys (40)	4:45pm: Gold JV Boys (30)
2:30pm: Jade Soph/Frosh Girls (40)	5:00pm: Gold Varsity Girls (40)
2:45pm: Jade Soph/Frosh Boys (40)	5:15pm: Gold Varsity Boys (40)
3:00pm: Jade JV Girls (30)	5:30pm: Sweepstakes Girls (30)
3:15pm: Jade JV Boys (30)	5:45pm: Sweepstakes Boys (30)

Team Plaques: Top 3 Teams in Sweeps/Varsity Heats; Top 2 Teams in All Other Heats

Please contact Meet Director Michael Feraco-Eberle by October 20th if you a) wish to enter athletes in the Sweepstakes Races or b) switch race divisions at mferaco-eberle@ausd.net.

Information

Online Entries: Available at www.finishedresults.com; schools must register by **Saturday, October 19th**; athletes can be added or changed until **Sunday, October 27th**.

Entry Fees: Each Race: \$50 -or- Full School: \$300 (sorry – no prorating per athlete); **No Additional Fee** for Sweepstakes Heat if Varsity Team Also Entered!

- Please send checks to Arcadia High School, Apache Invitational c/o Michael Feraco-Eberle, 180 Campus Drive, Arcadia, CA 91007. Please make checks payable to **AHS Cross Country Boosters**.
- **Please contact the Meet Director by October 13th if you need to pay your entry fees at the meet.**

Wait-List: Each of our three divisions is capped at 30 teams. Once 30 schools register Varsity-level teams, the Meet Director will post confirmed teams on the meet pages at www.athletic.net and www.finishedresults.com.

- Additional teams can compete at non-Varsity levels, provided spaces remain in those heats; they can also be placed on a waiting list by contacting the Meet Director. The field will be finalized by **5:00pm on Monday, October 28th**.

Location: Whittier Narrows Recreation Area, 750. S Santa Anita Ave, South El Monte, CA 91733; starting line is closest to the parking lot at this address, although bus parking will be available at three other lots on the northern and western sides of the course.

Course Map: Will be posted online and e-mailed to all coaches.

Questions? Please contact Meet Director Michael Feraco-Eberle at mferaco-eberle@ausd.net!