



# 2024 Eagle XC Invitational

## Meet Information and Registration

Welcome to the **1st** running of Eagle XC Invitational! It is our desire to provide you and your athletes a high quality invitational with the best competition within the Parochial Athletic League. Our invitational is run at Cook Del Campo Park in San Juan Capistrano. This course covers a variety of different surfaces, while keeping the course mostly flat for some quick times and fierce competition.

There will be 6 races. 3rd and 4th graders, 5th and 6th graders, and 7th and 8th graders will race together. Each grade group will run a boys and girls race. 3rd/4th grade boys and 3rd/4th grade girls will each race **1 Mile**, while 5th grade and above will race **2 Miles**.

**DATE . . . . . FRIDAY, OCTOBER 25, 2024**

**TIME . . . . . 4:00 PM-6:30 PM**

**PLACE . . . . . COOK DEL CAMPO PARK, San Juan Capistrano**

**COST . . . . . \$15.00 per Athlete**

**Additional details:** Timed by Finished Results, the times will be official, and bib numbers will be distributed to coaches to give to athletes. Packet pickup is available starting at 3:30 Opening flag ceremony begins at 4:00 PM, but we **highly recommend all coaches and athletes running in the 3rd/4th grade races to arrive at 3:30 to ensure plenty of time for parking, warm up, team tent/area set up, and packet pick up.** Athletes can expect a well marked course, official times, and an award ceremony.

**Scoring:** Teams consist of a minimum of 3 athletes, with a maximum of 5 per team. Traditional XC scoring will apply to determine the winners of each race. (1st place=1 point, 2nd place=2 points etc. lowest combined score wins.) Only the top 3 athletes per team will score.

Schools can enter as many teams/athletes as they want, provided they pay the entry fee for each athlete. If a school does NOT have enough athletes to make a full team, they will be entered as individuals.

Genders are NOT allowed to mix to create teams. Athletes MUST compete in their specific grade level races.

## Meet Schedule

### Friday October 25th

- 4:00 - Opening Flag Ceremony - Presented by Boy Scout Troop 700
- 4:15 - 3rd/4th Grade Boys Race
- 4:30 - 3rd/4th Grade Girls Race
- 4:45 - 5th/6th Grade Boys Race
- 5:05 - 5th/6th Grade Girls Race
- 5:25 - 7th/8th Grade Boys Race
- 5:45 - 7th/8th Grade Girls Race
- 6:20 - Awards Ceremony/Closing Flags

## Entry Process

*(All three steps must be completed before your teams are considered entered)*

1. Fill out the registration spreadsheet with **ALL** athletes entered. Athletes not entered in this spreadsheet will NOT be allowed to race.
2. Email the final list to [lukefriedl88@gmail.com](mailto:lukefriedl88@gmail.com) AND [rsmith@rcbo.org](mailto:rsmith@rcbo.org) before Tuesday, October 22nd at 11:59 PM.
3. Teams will be invoiced shortly after entries are submitted. These will be paid through the PAL.

Note: Late fees apply for entries submitted AFTER Tuesday, October 22nd at 11:59 PM. Teams will be charged \$20 per athlete for late entries.

## How to Enter

1. Access attached Excel spreadsheet. For each athlete, enter their **First Name, Last Name, Grade, Gender, and School** and make sure their name is listed under the race they are in.
2. In the column that says "Race", list the race (ie. "girls 5th/6th) only once, then followed with all the athletes competing in that race. Refer to the example picture, and if there are any further question the example does not clear up, please email questions to [lukefriedl88@gmail.com](mailto:lukefriedl88@gmail.com)

3. When all athletes are entered, email the finished spreadsheet as an attachment to [lukefriedl88@gmail.com](mailto:lukefriedl88@gmail.com) AND [rsmith@rbco.org](mailto:rsmith@rbco.org)

**NOTES - PLEASE READ**

- To separate teams, leave a row blank between teams, so Finished Results can determine who is on what team. If there is not enough to make full teams, the remaining athletes will be run as individuals, which is perfectly OK.
- Schools may enter as many teams/individuals as they want. The more athletes entered, the higher chance teams are to win,
- Submit your entries **AS EARLY AS POSSIBLE!** There is a late fee for entries submitted **AFTER** Tuesday, October 22nd at 11:59 PM. If there are any errors in the entry process, we will personally respond with suggested revisions. We want all schools to be on the same page and not have any entry issues.

Example Entry form:

	A	B	C	D	E	F
1	<b>Race</b>	<b>First Name</b>	<b>Last Name</b>	<b>Gender (M/F)</b>	<b>Grade</b>	<b>Name of School</b>
2	7th/8th Boys	Jamison	Jones	Male	8	St. Marys
3		Conner	Smith	Male	7	St. Marys
4		Hudson	Connors	Male	7	St. Marys
5		Jacob	Casas	Male	8	St. Marys
6		Charles	Hayes	Male	8	St. Marys
7						
8		Cassius	Mann	Male	7	St. Marys
9		Jack	Goodman	Male	8	St. Marys
10		Bradley	Morales	Male	8	St. Marys
11						
12						
13						
14						

## **AWARDS**

### INDIVIDUAL

- Medals will be awarded to the top 3 individuals in each grade. While the races are combined, grade level performances will be filtered and awarded accordingly.

### TEAM

- Trophies will be awarded to the top finishing team from each race, regardless of grade.

The Eagle XC Invitational will be run rain or shine. There will be no refunds due to a team canceling, unprepared athletes, inclement weather, road closure, etc. The Eagle XC Invitational reserves the right to cancel, postpone or reschedule the event in the best interests of our participants with no refunds (That's probably not going to happen).

I greatly appreciate your participation in the 2024 Eagle Invitational. I have been a runner since middle school, competing in the PAL. I am now a junior at JSerra Catholic High School and I run track and cross-country myself. For my Eagle Project I knew I wanted to create a cross-country meet. It is an honor to host this event, and I wish good luck to all the athletes! If you have any questions, please email me at [lukefriedl88@gmail.com](mailto:lukefriedl88@gmail.com).

-Luke Friedl