

**UPDATE:**  
**3rd Lancer Cross Country Invitational**  
**Will be taking place Saturday, October 3, 2020**

**DEADLINE - Extension - September 25,2020**

For  
Section 6  
Only



We are excited to be having our Invitational this year with the current health crisis looming over all of us. It is our intention to make this invitational safe and fun for all schools and runners. The schedule will look different than in the past but we will try our best to avoid drastic changes.

Way the Invitational will run:

Varsity Races:

- There will be 4 Varsity races in total (2 Boys and 2 Girls)
- In your 1st Varsity race is your 1, 2, & 3 runners.
- In your 2nd Varsity race is your 4, 5, 6, & 7 runners.
- Winners will be determined by the total time of your top 5 runners.

JV Races:

- All other runners will run in the JV race/s.
- Once we find out the number of runners for the JV race, this will determine the number of races we need to have.
- Since we need to know how many JV runners you will be bringing to determine how many JV races we will be having. Let us know as soon as possible.
- JV races will take place in half hour intervals after the Varsity races.

**Event Schedule:**

8:30 - Coaches Meeting

9:00 - Varsity Girls - 1st Race - For the 1, 2, & 3 runners

9:30 - Varsity Boys - 1st Race - For the 1, 2, & 3 runners

10:00 - Varsity Girls - 2nd Race - For the 4, 5, 6, & 7 runners

10:30 - Varsity Boys - 2nd Race - For the 4, 5, 6, & 7 runners

11:00 - JV Girls (number of runners is TBD)

11:30 - JV Boys (number of runners is TBD)

- More JV races will take place in half hour intervals.

**Awards:**

Medals to the top 10 finishers in each Varsity Race. We will try to give these out in the Finish line. Medals to the top 10 finishers in each JV Race. We will try to give these out in the Finish line.

**The below awards will only be given out to coaches.**

**There will be no award gathering at the end of the meet.**

JV trophy will be given to the first place JV team.

Varsity trophies will be given to the top three Varsity teams.

You may pick up your team Awards as soon as the results are posted.

Awards will also be given to the fastest boy and girl Runner of the day.