

Mahomet-Seymour Bulldogs

Bulldog Invitational

2023 Cross Country Invitational

September 16, 2023

Lake of the Woods Park, Mahomet, Illinois

Order of Events:

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|-----------------------------|-----------------------|
| Race #1: Varsity Girls Race | 9:00 |
| Race #2: Varsity Boys Race | 9:25 |
| Race #3: JV Girls Race | 9:45 |
| Race #4: JV Boys Race | 10:15 |
| Race #5 Combined Open race | 10:45 |
| Awards at finish site* | 11:15 (approximately) |

Additional Note:

*We are officially naming this meet after Coach Tom Appenzeller. For those who have been around a while, you are aware he was the first head coach of our program as its own entity and continued to coach for 26 years. He continues to volunteer each season and serves as a mentor to others in the sport. We are excited to recognize him briefly just before starting the awards ceremony. This is a surprise for him so please don't mention it until after the official unveiling.

Race Information- JV & Varsity:

- Championship 24/7 Timing Company will be timing the Varsity and JV races. They ask that you have your entries submitted by September 10 at noon. You will only list runners in the JV and Varsity Races. A link will be sent for you to sign up with prior to the deadline.
- Team scores will be kept in both races.
- In order to compete in the JV race, you must have 7 runners in the varsity race. Only 5 will be scored as in traditional varsity races.
- You can enter 5-10 runners in the JV race. Only 5 will be scored as in a traditional varsity race.
- You can have a varsity team and an open team. But not a JV team and an open team.
- You will be given a max total of 17 boys chipped bibs and 17 girls chipped bibs.
- We know that this isn't a perfect system. Please designate varsity and JV runners based on previous data you have.

Awards

Most awards will be given in the chute. We will recognize the top ten individuals in each race as well as the winning teams in a short presentation immediately following the boys open race. Please ask your runners and parents to stay clear of the clerk's area at the finish.

Race Information- Open:

- All open runners will run together.
- Open race will be hand-timed by our meet staff. Your athletes will need name tags, stuck directly to their jerseys. The finish line will have extras if you need them on race day. Just put the athlete's name and school.

Entry Fee:

\$80.00 – one team (boys or girls only), \$150.00 – two teams (boys and girls).

If you have not already sent the fee, please do so as soon as possible.

Directions to Lake of the Woods Cross Country Site

**Be aware that if you are traveling from I57, there is road construction that will reroute you to get to I74 as ramps are closed in many directions:*

If you are using Google Map app, you can usually find us by typing in Swiss Valley Shelter at Lake of the Woods. Buses should only enter off of Lake of the Woods Road.

I-74 exit #174 Prairieview Road

Go North ½ mile to stop

Turn left (west) go ½ mile to the stop sign at the bottom of the hill

Turn left (south) go ¼ mile to the top of the hill and turn right into the main entrance of the park.

Buses- Enter off of Lake of the Woods Road:

We ask that buses park in the peninsula lot off of Lake of the Woods Rd after dropping athletes off. A note will be given to the bus driver upon entering the park. Please only enter off of Lake of the Woods Rd. Buses are not allowed to drive on the covered bridge.

Spectator Parking:

Parking is very limited. There are numerous small lots around the course that can be utilized. Please no parking on the grass, per park administration guidelines and race course path. If you know of a fan that will need accessible parking, they can communicate this with our welcome staff at the entrance of the park.

Restrooms/Water:

RR- Located by the Old Oak Stump, along the road., Water fountain- Finish line area, along the road

There will be no official course tour, so to make your team familiar with the course, please come a little early. It will be marked well.