

# 2009 Meets

*hosted by*

## Phoenix Country Day School

Matthew Barreau, Head XC/T&F Coach

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<u>Date</u>	<u>Meet</u>	<u>Start time</u>	<u>Distance</u>
Sept. 2	PCDS Season Opener	5pm	4k
Sept. 16	PCDS Open #2	5pm	4k
Sept. 24	PCDS Open #3	5pm	4k
Oct. 5	PCDS Open #4	5pm	4k
Oct. 21	PCDS Twilight Relays	6pm	Relay

### Location:

All meets will be held on PCDS Campus, just north of Camelback on 40<sup>th</sup> Street. The races will begin on the west end of the lower field.

### Course information:

The course is on the PCDS campus and is comprised of 90% grass and packed dirt, with a minimal amount of pavement. The course is about 90% visible to the spectator. Course is primarily flat, with two climbs per lap of no more than 20 feet in elevation. Course maps can be provided via e-mail.

### Entry information:

There is no entry fee for any of the first four meets. Simply e-mail your request to enter the meet to Matthew Barreau ([riaarunnerboy@hotmail.com](mailto:riaarunnerboy@hotmail.com)).

The PCDS Twilight Relays will have an entry fee of \$50 per gender for up to 8 athletes (4 relay teams). Additional entries may be made at a cost of \$10 per two-person team up to a maximum of \$100 per gender per school. (Teams with an odd number of athletes may still be allowed to enter those athletes as individuals into the meet at the discretion of meet management.)

### Race Divisions:

For the first four meets, any team may enter an unlimited number of runners. Entries should be e-mailed to Matthew Barreau ([riaarunnerboy@hotmail.com](mailto:riaarunnerboy@hotmail.com)) a couple days before the meet. Depending on field size, races may be broken up into divisions at the discretion of meet management for the safety of the runners. Women's races will be run at 5pm, with the men's races to begin at approximately 5:40pm.

An open elementary and middle school mile race will be held at 4:30pm before each of the first four meets if there is sufficient interest.

The PCDS Twilight Relays will have the women's race begin at 6pm and the men's race at 6:45pm. (Time subject to change slightly based on times of sunset. Men's race to be completed before sundown.) There will still be a middle school event to be held at 5:30pm on this day.

### Other Information

For the first four meets, team scores and top individual results will be announced following the conclusion of the meet. Full results will be reported to newspapers and e-mailed to coaches immediately following the meet.

At the PCDS Twilight Relays, a hosted pizza party will be held following the conclusion of the meet. Individual/team awards will be handed out and team scores announced following the conclusion of the meet as well.