

57th Annual All Oakland County Cross Country Championships

DATE: Saturday, October 8th, 2016

PLACE: Possum Hollow Picnic Area-Kensington Metro Park

MEET MANAGER: **Chris Ceresa** **248.684.8011** **248.310.3862**
 Milford High School (School) (Cell)
 email: chris.ceresa@hvs.org

VARSITY RACE ENTRIES In an effort to parallel the State Tournament, we will be utilizing www.Athletic.net for all team rosters and entries. You will be asked to enter (only) 17 runners that you Into the Varsity Race. Meet management will pull into the JV Race

RESERVE RACE ENTRIES The reserve runners are part of the 17 entries into the Varsity Race You may only run 10 runners from your school in the Reserve Championship Race. All additional reserve runners will compete in the Open Race.

OPEN RACE There will be one OPEN RACE, this will be a combined boys and girls race with unlimited participants from each school. The open race is for high school runners only. **No adults or middle school athletes please.** The race will be started by a gun at 9:15 a.m. **Coaches will be responsible for getting their own finish times. There will be no results or postings from the OPEN RACE.**

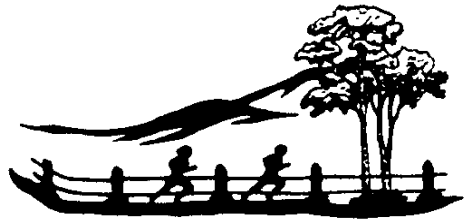
ENTRY SUBMISSION Following the same procedures as the MHSAA State Tournament, all entries will be done online at www.athletic.net

LATE ENTRIES Any entries received after 5:00pm will be assessed a \$50.00 late fee. The check must be made out to Milford High School and presented the day of the meet.

TIME SCHEDULE OF RACES	High School Open Race9:15 a.m.	Unlimited
	Boys Varsity.....10:00 a.m.	Top 7
	Girls Varsity.....10:30 a.m.	Top 7
	Boys Reserves.....11:00 a.m.	10 Runners
	Girls Reserves.....11:30 a.m.	10 Runners
	Varsity Awards.....12:15 p.m.	

MEET DAY INSTRUCTIONS Coaches check in at the scorer's table to receive final instructions. The scorer's table is located within the shelter near the start/finish line.

Entry Deadline: 5:00 PM Thursday, October 6th, 2016



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- RESULTS** Results for the Varsity and Reserve race will be displayed on site shortly after the completion of each race. Complete results for both the Varsity and Reserve Races will be emailed posted on athletic.net, runmichigan.com, www.occhamps.com
- TIME SCHEDULE OF RACES**
- | | |
|-----------------------------|------------|
| High School Open Race | 9:15 a.m. |
| Boys Varsity..... | 10:00 a.m. |
| Girls Varsity..... | 10:30 a.m. |
| Boys Reserves..... | 11:00 a.m. |
| Girls Reserves..... | 11:30 a.m. |
| Varsity Awards..... | 12:15 p.m. |
- PARK ADMISSION** School buses and vans will be admitted to the park free.
All other vehicles are required to purchase a daily pass for \$10.00
PLEASE NOTE:
Vans or cars with less than a full team will be required to purchase a daily pass for \$10.00
- CHIP** We are happy to announce that Rod Yeaker of ROTPAC will doing the TIMING Electronic Timing for this year's event.
- AWARDS** Trophies to the top two teams, Medals to the top 30 Individuals
- T-SHIRTS** Commemorative 57th Annual Oakland County Cross Country Long Sleeve T-shirts will be available for sale for \$20.00