



**Holmdel Middle School
Hawk Invitational
Cross Country Championship**

September 21, 2010

Dear Cross Country Coach,

The **1st Annual Hawk Invitational** will be held on Saturday - October 30, 2010 at Cross Farm Park in Holmdel. We will be utilizing an electronic chip timing systems to provide quick and efficient times and results. Athletes in grades 4-8 qualify to participate in the races. Athletes are encouraged to arrive early as the start time for the grades 4-5 race will be at 10:00am sharp immediately followed by grades 6-8. The following three (3) pieces of information should cover the meet details:

1. An information Sheet for Team Coaches
2. Team Roster Forms
3. Individual Registration Form

We encourage teams to participate, but welcome all individual entries. Whether competing as a team or not, a registration form must be completed for each runner. Please feel free to make copies of the enclosed form if needed.

The race follows a scenic trail through Cross Farm Park, a challenging and fast course that provides a spectator's view throughout. All pre-registered runners can also purchase a long sleeve race T-shirt.

Your team registration packet must be returned no later than **October 23, 2010**.

To submit your packet you may do one of the following:

Email your team roster to Maurice Bell at mbell@holmdelschools.org

Register on-line at www.holmdeltc.com (payment by credit card or check required)

Mail all completed forms to Maurice Bell, 24 Crawfords Corner Rd., Holmdel, 07733

*Online entries will still need to turn in individual registrations at packet pick up.

ENTRY FEE: \$6.00 per runner if registered by October 23rd
 \$9.00 per runner if registered after the deadline up until October 28th
 Maximum of \$150 per team (boys & girls are separate teams)

If you have any further questions, please email me at mbell@holmdelschools.org or I can be reached at 732-768-6469. We look forward to seeing you at Cross Farm Park.

Maurice Bell
Holmdel Middle School Cross Country Coach



Hawk Invitational Cross Country Championship Team Roster

Team Name _____

Coach's Name _____ Phone # _____

Coach's Email Address _____

Name (Please Print)	Grade	Sex	Adult Shirt Size (Circle One)	\$6 Entry Fee (No Shirt)	\$17 Entry Fee (With Shirt)
1.			S, M, L, XL	<input type="checkbox"/>	<input type="checkbox"/>
2.			S, M, L, XL	<input type="checkbox"/>	<input type="checkbox"/>
3.			S, M, L, XL	<input type="checkbox"/>	<input type="checkbox"/>
4.			S, M, L, XL	<input type="checkbox"/>	<input type="checkbox"/>
5.			S, M, L, XL	<input type="checkbox"/>	<input type="checkbox"/>
6.			S, M, L, XL	<input type="checkbox"/>	<input type="checkbox"/>
7.			S, M, L, XL	<input type="checkbox"/>	<input type="checkbox"/>
8.			S, M, L, XL	<input type="checkbox"/>	<input type="checkbox"/>
9.			S, M, L, XL	<input type="checkbox"/>	<input type="checkbox"/>
10.			S, M, L, XL	<input type="checkbox"/>	<input type="checkbox"/>
11.			S, M, L, XL	<input type="checkbox"/>	<input type="checkbox"/>
12.			S, M, L, XL	<input type="checkbox"/>	<input type="checkbox"/>
13.			S, M, L, XL	<input type="checkbox"/>	<input type="checkbox"/>
14.			S, M, L, XL	<input type="checkbox"/>	<input type="checkbox"/>
15.			S, M, L, XL	<input type="checkbox"/>	<input type="checkbox"/>
16.			S, M, L, XL	<input type="checkbox"/>	<input type="checkbox"/>
17.			S, M, L, XL	<input type="checkbox"/>	<input type="checkbox"/>
18.			S, M, L, XL	<input type="checkbox"/>	<input type="checkbox"/>
19.			S, M, L, XL	<input type="checkbox"/>	<input type="checkbox"/>
20.			S, M, L, XL	<input type="checkbox"/>	<input type="checkbox"/>

Please make copies of this sheet if needed. Each athlete on this sheet must have a signed entry form.

Hawk Invitational



Cross Country Championship

COACHES INFORMATION

Thank you for participating in this year's championship. Please read this information carefully.

REGISTRATION AND STAGING:

All registration is done prior to race day. We will not accept any registrations the day of the race. Team packets will be available at the snack bar area at 8:00 am the day of the race. Your team roster, T-shirts, race numbers and pins will be in your team packet. Numbers should be worn on the front of athlete shirts. We will be using a "Chip" timing system with the chips already attached to the race numbers. Please be aware of this and do not try to remove or tamper with the chip. All athletes must stay aware for the location of the starting line and the announced start. Refreshments will be available for the runners after each race near the end of the finish line chute. Please dispose of all garbage in the appropriate receptacles. Parents and coaches must stay off the course at all times as to not slow down the runners. Parents are not allowed in the finish line bullpen area at any time.

Baby Hawk Races (Grades 4 & 5)

This is a 1500 meter race. Boys and girls in grades 4 and 5 will run first and will be scored in their own separate team championship. Grades 4 & 5 will be separate even if your middle school team includes athletes from 5th grade. Official electronic timing is provided for all runners. Participants will receive a ribbon as they cross the finish line. Medals will be awarded to the top 20 male & female finishers with trophies awarded to the top 3 teams.

Champion Hawk Races (Grades 6, 7 & 8)

Boys and girls in these races will also compete for a team championship. They will run a 3k (1.86 mile) course. Medals will be awarded to the top 30 finishers immediately after they finish with special medals for the top 3. 1st, 2nd, & 3rd place team champions will be announced shortly after. Official electronic timing is provided for all runners.

COURSE WALK THRU AT 9:00 am

This course is fairly easy to navigate and is clearly marked at all turns. There will be on course Marshalls to make sure that no one gets lost. All teams will be afforded the same chance of quality competition. The top five runners from each team should position themselves directly on the starting line with the rest of your team behind them. Neither coaches nor parents are allowed in the area near the Finish line. Each athlete will be electronically timed as they finish so this *eliminates* collecting & filling out place cards. Scoring will be done by the traditional 'first five across' method with 6th & 7th place runners used as displacers. Each team must have at least 5 runners in the race to be eligible for team trophies. Race results will be live and everyone will have access to the results during and immediately after the races. The official clocked time for each place in

Holmdel Middle School
Hawk Invitational
Cross Country Championship



SATURDAY – OCTOBER 30, 2010

10:00 a.m. Rain or Shine

Cross Farm Park, Rt. 520, Holmdel, NJ

Races are open to all runners & teams in grades 4-8.
We are limiting this year's competition to the first 20 teams



Race	Grade	Time	Distance	Awards
Boys & Girls	4-5	10:00	1500m	Medals to top 20 – Ribbons to all finishers
Boys & Girls	6-8	10:30	3k (1.86 mile)	Medals to top 30 – Ribbons to all finishers

Overall Team Championship Trophies to the top 3 teams in each division

Coaches please make sure to have a signed entry form for each athlete that you register. Parents may also register individual athletes. As soon as you arrive at the park, make sure to get all race numbers and information at the registration desk. Race packets will be available at 8:00 with the course walk through starting at 9:00.

ENTRY FEE: \$6 prior to October 23rd & \$9 afterwards (no day of meet registrations)

Register online at www.holmdeltc.com



First Name MI Last Name Date of Birth Sex(circle) – Male , Female Grade: _____

Address City State Zip Code Phone`

Team (write Ind if no team) Email

Adult T-Shirt Size: Small Medium Large Xtra Large Total Fee Paid: \$ _____

Entry Fee: \$6.00 before October 23rd. All entries from October 24th – 28th are \$9.00. Please add \$11.00 per t-shirt.

In consideration for being accepted as a participant in the athletic event described above, I for myself, for my heirs, executors, administrators and assigns agree to assume all risks associated with the athletic competition and also agree that if I am injured or hurt in any way, that I will not make a claim or bring suit against the Holmdel Recreation, Holmdel Track Club, all Holmdel Officials, employees, agents, coordinating groups, or any individuals associated with the event (hereafter releases), its representatives, successors, and assigns. In addition, I agree not to make any claim against releases for the loss or damage of personal items which may be related to my participation in the athletic competition described above. I expressly waive all rights for claims and damages which I may have against the releases, its representatives, successors and assigns and will hold them harmless for any and all injuries suffered in connection with this event. I have been warned that I must be in good health. In filling out this form, I acknowledge I have fully read, and fully understood the Official Entry Form, and understand my own liability and accept the restrictions described herein.

Signed (parent or guardian if applicant under 18 yrs old) Date

Make Checks Payable to HOLMDEL TC