

August 20, 2012

TO: Girls Cross Country Coach  
Boys Cross Country Coach

The fifty-seventh Annual Punahou Invitational Cross Country Meet will be held on Saturday, September 29, 2012 on the Punahou School campus.

Girls Intermediate	2.0 mile course	unlimited entrants per school
Boys Intermediate	2.0 mile course	unlimited entrants per school
Girls Open	2.0 mile course	unlimited entrants per school
Boys JV	3.0 mile course	unlimited entrants per school
Girls Varsity	3.0 mile course	unlimited entrants per school
Boys Varsity	3.0 mile course	unlimited entrants per school

PLEASE SUBMIT A TYPED PARTICIPATION ROSTER or TEAMMANAGER (Hy-Tek) FILE by MONDAY, September 24, 2012 TO:

ATHLETIC OFFICE, Punahou School  
1601 Punahou Street, Honolulu, Hawaii 96822  
Attention: Jeff Meister **OR** FAX: 944-5864  
E-mail: jmeister@punahou.edu

Approximate schedule on race day:

8:30 a.m.	Verification of entries and Intermediate Coaches Meeting
9:00 a.m.	Girls Intermediate race starts
9:35 a.m.	Boys Intermediate race starts
10:20 a.m.	Presentation of Intermediate Awards JV/Varsity Coaches Meeting as Needed
10:30 a.m.	Girls Open race starts
11:05 a.m.	Boys JV race starts
11:40 a.m.	Girls Varsity race starts
12:15 p.m.	Boys Varsity race starts
1:00 p.m.	Presentation of JV/Varsity Awards

COURSES: The course will be held on the campus of Punahou School. Maps are attached and will be provided on race day.

ELIGIBILITY: General Rules

- 1.All contestants must meet the eligibility requirements of their own interscholastic league.
- 2.All contestants must have had a complete medical examination within three (3) months prior to the run.
- 3.All 2-mile races will be completed in 30 minutes and all 3-mile races will be completed in 35 minutes. Any runners who have not completed the course may be asked to stop.

SPECIFIC RULES: (Both Boys and Girls races)

1. No runner may compete in more than one division.
2. The Intermediate races are open to runners in grades 7 and 8.
3. The Girls Open race will be 2 miles and is open to runners in grades 9 through 12
4. The Boys Junior Varsity race will be 3 miles and open to runners in grades 9 through 11 who have never participated in their League Varsity Championships or the HHSAA State Meet.
5. The Girls and Boys Varsity races will be 3 miles and are open to runners in grades 9 through 12.

UNIFORMS:

1. All contestants are required to wear Cross Country uniforms of shirt and pants which designate their respective schools.
2. Shoes are required and the use of spikes is not allowed.
3. All contestants will be assigned a race number. They will be asked to write the number on their upper right arm – clearly visible to the recorders at the finish line.

ENTRIES & SCORING:

1. Five (5) contestants must finish the race to qualify for team scoring. If a team has six or seven finishers, runners six and seven may affect team scoring by displacing scoring members of other teams.
2. Participants representing schools with less than five finishers may qualify for individual awards but will not affect positioning for team scores.
3. Scorers need not be designated before the race.

AWARDS:

1. Individual medals will be awarded to the top 10 runners in each race.
2. Team trophies will be awarded upon request to the top three teams in each race.
3. Non-scorers are eligible for individual awards.

**YOUR TYPED ROSTER OR TEAM MANAGER (Hy-Tek) FILE IS DUE BY  
MONDAY SEPTEMBER 24, 2012**

## CROSS COUNTRY COURSE RULES PUNAHOU SCHOOL CAMPUS

Each competitor is responsible for knowing the race route, though monitors may sometimes help out by giving directions. Please look at the course map and/or ask for directions before the race.

Most of the monitors will be students, and will often be athletes not competing in that particular race. Visiting schools are invited and encouraged to contribute monitors or other assistants for the officials. (See a Punahou coach for details.) Any monitor or other race official may take action on an observed violation. All violations will be reported to the Head Finish Judge for final decision.

Following are the rules for running the course: The purpose of these procedures is to allow competitors to enjoy good fair competition and to prevent misunderstanding.

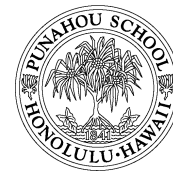
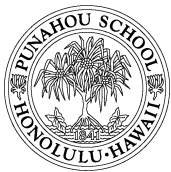
### **1. SHORT CUTS NOT ALLOWED:**

- (a) Never run more than six (6) feet inside the course line where it curves.
- (b) You must follow the course line around all obstacles (such as trees, flags, posts, bushes, road barriers, etc.).
- (c) If you do take one of the improper short cuts, you may correct it by going back to your last legal position on the course and then continuing on.

### **2. INTERFERENCE:**

- (a) Do not interfere with another runner's progress by making physical contact.
- (b) Do not interfere with another runner's progress by veering left or right to prevent passing.
- (c) Do not cut in front of a runner you are passing until you are a full stride ahead.

### **3. NO SPIKES:**



57th ANNUAL PUNAHOU INVITATIONAL CROSS COUNTRY RUN  
Saturday, September 29 – Punahou School Campus

**ENTRY FORM – BOYS**

PLEASE TYPE

(Just list athletes. No need to designate division.)

SCHOOL: \_\_\_\_\_

COACH: \_\_\_\_\_ HOME PHONE: \_\_\_\_\_

CONFIRMATION E-MAIL OR FAX #: \_\_\_\_\_

Name	Grade

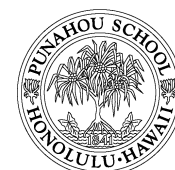
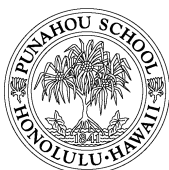
Please use additional pages if necessary

The above listed entries qualify in regard to eligibility, medical exam and conditioning period requirements.

COACH (PLEASE SIGN) \_\_\_\_\_

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 Monday, September 24, 2012**

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 1601 Punahou Street, Honolulu, Hawaii 96822  
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 E-mail: [jmeister@punahou.edu](mailto:jmeister@punahou.edu)



**57th ANNUAL PUNAHOU INVITATIONAL CROSS COUNTRY RUN**  
Saturday, September 29 – Punahou School Campus

**ENTRY FORM – GIRLS**

PLEASE TYPE

(Just list athletes. No need to designate division.)

SCHOOL: \_\_\_\_\_

COACH: \_\_\_\_\_ HOME PHONE \_\_\_\_\_

CONFIRMATION E-MAIL OR FAX #: \_\_\_\_\_

Name	Grade

Use additional pages if necessary

The above listed entries qualify in regard to eligibility, medical exam and conditioning period requirements.

COACH (PLEASE SIGN) \_\_\_\_\_

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