



TO: Girl's Cross Country Coach
Boy's Cross Country Coach

The 59th Annual Punahou Invitational Cross Country Meet will be held on Saturday, October 7, 2017 on the Punahou School campus.

Girl's Intermediate	2.0 mile course	unlimited 7 th & 8 th grade entrants/school
Boy's Intermediate	2.0 mile course	unlimited 7 th & 8 th grade entrants/school
Girl's Open	2.0 mile course	unlimited entrants per school
Boy's JV	5000m course	unlimited entrants per school
Girl's Varsity	5000m course	unlimited entrants per school
Boy's Varsity	5000m course	unlimited entrants per school

PLEASE COMPLETE ELECTRONIC REGISTRATION AT WWW.ATHLETIC.NET BY MONDAY.
October 2, 2017

If you have not already registered your team, please go to <http://www.athletic.net> and create a free coaches' account.

Approximate schedule on race day:

1:00 p.m.	Intermediate Coaches Meeting
1:30 p.m.	Girl's Intermediate Race Starts
2:05 p.m.	Boy's Intermediate Race Starts
3:00 p.m.	Presentation of Intermediate Awards (Middle Field Courts) Girl's Open Race Starts
3:35 p.m.	Boy's JV Race Starts
4:10 p.m.	Girl's Varsity Race Starts
4:45 p.m.	Boy's Varsity Race Starts
5:30 p.m.	Presentation of JV/Varsity Awards (Middle Field Courts)

COURSES: The course (Note: Due to construction, the course will be similar but not identical to previous years.)

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 5000m races will be completed in 35 minutes. **Any runners who have not completed the course may be asked to stop.**

SPECIFIC RULES: (Both Boy's and Girl's races)

1. No runner may compete in more than one division.
2. **The Intermediate races are open to runners in grades 7 and 8.** (No 6th graders)
3. Note that the order of events will be such that all 2.0-mile races will run first followed by the 5K races.
4. The Girl's Open race will be 2 miles and is open to runners in grades 9 through 12.
5. The Boy's Junior Varsity race will be 5K and open to runners in grades 9 through 11 who have never participated in their League Varsity Championships or the HHSAA State Meet.
6. The Girl's and Boy's Varsity races will be 5K 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. Athletes will be given a number at the end of the race. That finishing number is unique to this event so coaches and athletes will NOT be asked to write a number on their arm.

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 ELECTRONIC REGISTRATION AT WWW.ATHLETIC.NET IS DUE ON
MONDAY October 2, 2017**

**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 are not allowed.
2. Never run more than six (6) feet inside the course line where it curves.
3. You must follow the course line around all obstacles (such as trees, flags, posts, bushes, road barriers, etc.)
4. 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.
5. 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 until you are a full stride ahead.
6. Spikes are not allowed