

North Allegheny Middle School Cross Country Invitational – 2023

Date: Tuesday, October 10, 2023 (rain date: Wednesday, Oct. 11)

Place: Marshall Middle School
5145 Wexford Run Road
Wexford, PA 15090

Event Schedule: (Approximate times. We will begin each race once the previous one is finished. Teams should arrive prior to the first race in case schedule alteration is made necessary by weather conditions.)

4:15 - 7th and 8th Girls "Select" Race
4:40 - 7th and 8th Boys "Select" Race
5:05 - 7th and 8th Girls "Open" Race
5:30 - 7th and 8th Boys "Open" Race
5:55 - Awards Presentation

Course: The course is 1.8 miles and mostly grass with a small amount of asphalt (when crossing a road twice). **Spikes are permitted.**

Scoring: The first 5 runners per team score and the 6th and 7th runners displace in the "Select" races. (No team scoring in the "Open" races.)

Team Awards: Team trophies go to top three teams in the "Select" races.

Individual Awards: "Select" Races – top 25 will receive medals, 26-75 will receive ribbons.
"Open" Races – top 75 will receive ribbons.

Entries: "Select" Races – Each school may enter one team consisting of 5-7 runners.
"Open" Races – Schools can enter an unlimited amount of runners.
Note: Schools with fewer than five runners may enter the "Select" Race.

Entry Fees: \$75.00 per school for boys. \$75.00 per school for girls. \$150.00 per school for both.
OR \$15.00 per individual if not entering a full team
Please make checks payable to "NA Athletics" and send to:

Jason Winschel
North Allegheny Intermediate High School
350 Cumberland Road
Pittsburgh, PA 15237

Response: Please indicate that you will be coming to the meet by either 1) sending the entry fee via mail; 2) speaking to Coach Winschel in person; or 3) sending an email to jwinschel@northallegheny.org. Thanks. Please see below for team registration, which is necessary for timing purposes.

Registration: Timing once again will be done by Wolf Creek Race Management. All participating schools must complete the registration process at www.pa.milesplit.com. Go to the Race Calendar, find the meet on Oct. 10, and follow the instructions for registering. **Please complete the registration process by Sunday, October 8, 2023.** Any questions, please email Jason Winschel at jwinschel@northallegheny.org

Points of Interest: Shirts and pizza will be sold, and we hope to have free refreshments for athletes and coaches.

Invitational Website: paddyrun.com

Live Raceday Results: wolfcreektrackclub.com