



**19th ANNUAL GLORY DAYS GRILL INVITATIONAL
CROSS COUNTRY FESTIVAL**

WHEN: Saturday, October 1, 2011

WHERE: Bull Run Regional Park—Special Events Center

TIME: See Enclosed Schedule

ADMISSION: \$5 per car

ENTRIES: School may enter a team in any or all races. Only one race per athlete. JV and Freshmen races have unlimited entries. All others are limited to 7 maximum entries. SEE ENCLOSED ENTRY FORM. Please return the Entry Form completed so that we may enter your teams into the proper races.

Note: We will be using the Ipico Chip Timing system at this year's EVENT!!!!!! To register your team, you will need to go to www.milestat.com and register your athletes and enter your team into the Glory Days Grill meet. PLEASE MAKE SURE TO ONLY ENTER THOSE ATHLETES YOU KNOW ARE RACING. DON'T SEND US YOUR ENTIRE ROSTER WHEN YOU WILL NOT BE SENDING ALL YOUR ATHLETES. WE GET CHARGED FOR THE CHIP WHETHER IT IS USED OR NOT, SO PLEASE BE AS ACCURATE AS POSSIBLE IN YOUR ENTRIES.

ROSTER: You must submit your roster and entries to www.milestat.com on or before September 25th, 2011 (the Sunday prior to the race). This should also ensure that you enter the most accurate roster possible.

SANCTION: The meet will be sanctioned by the NFHS (Schools will be invited from VA, MD, and Washington, DC.)

ENTRY FEE: 2 Options: \$50 per race.
\$200 to enter 4 or more races

ENTRY DEADLINE: **September 25th.**

SCORING AND FINISH LINE: Coaches must be prepared to turn in accurate Quick Score. There will be detailed instructions in packet on the race day.

DIRECTIONS: See Enclosed

COURSE: 5000 meters. All Grass. Very open, excellent spectator course.

AWARDS: Medal to top 15 individuals in all races.

1st, 2nd, 3rd place wood carved plaques will be awarded in Freshman, Varsity B, and Seeded races.

FACILITIES: No Changing. No water. Not much shade. 24 port-a-johns, Athletic Trainer will be on site.

PARKING: Only one way into park. PLEASE FOLLOW SIGNS AND ATTENDANTS.

TRASH: **PLEASE DON'T LEAVE ANY!!!**

To Bull Run Special Events Center

DIRECTIONS:

FROM BRADDOCK ROAD....Come all the way out Braddock, across Union Mill. Continue on New Braddock Rd. until you hit Route 28. Turn right on 28, and go 3 lights to route 29. Turn left on 29 and **see continuation...**

FROM 29....Come all the way out Route 29 until you get to the Route 29 and Route 28 intersection and **see continuation...**

FROM 66....Go west on 66 to exit 52 (Rt. 29). Turn right (South) at end of exit ramp and **see continuation...**

CONTINUATION....From intersection of 28 and 29: Go south on Route 29, 3 miles to Bull Run Post Office Road. (Top of the hill-Bull Run Park sign on right) Turn left; Go 1.5 miles to Park (Don't get on Compton Road) As soon as you cross over Route 66, turn left at "Shooting Range". Then go straight back as far as you can.

**PLEASE DON'T LEAVE ANY
TRASH!!**

**GLORY DAYS GRILL
CROSS COUNTRY RACE
TIME SCHEDULE:**

8:30 AM – Open Race – you may enter on www.prraces.com – this gives anyone running the opportunity to run and then watch/coach their athletes afterward. This race is intended for coaches, parents, youngsters, or anyone who wants to run on the same course as the high school athletes!!!!!!

9:00 am--Course opens for reviews. Packet pick-up.

9:30 am--**Coaches meeting/Final packet pick-up**

10:30 am--Freshman BOYS Race (unlimited entries)

11:10 am--Freshman GIRLS Race (unlimited entries)

11:50 am -- JV BOYS (Division 1)

---RANDOM SPLIT--

12:30 pm – JV BOYS (Division 2)

1:10 pm -- JV GIRLS

2:00 pm -- Varsity B BOYS

2:30 pm -- Varsity B GIRLS

3:00 pm -- Seeded Varsity BOYS

3:30 pm -- Seeded Varsity GIRLS

4:15 pm -- Awards Ceremony for all races on stage – we will be pushing daylight, so please be there ASAP.

DON'T LEAVE ANY TRASH!!

Tee Shirts and Concessions will be sold

ENTRY FORM
19TH ANNUAL GLORY DAYS GRILL
CROSS COUNTRY INVITATIONAL
OCTOBER 1st, 2011

SCHOOL NAME: _____

SCHOOL ADDRESS _____

COACH'S NAME _____

COACH'S PHONE# (SCHOOL) _____

(HOME) _____

(E-MAIL) _____

ROSTERS MUST BE ENTERED ON WWW.MILESTAT.COM
AND YOU MUST ENTER INTO THE GLORY DAYS GRILL
INVITATIONAL

PLEASE CHECK RACES YOU PLAN TO ENTER:

FRESHMAN (UNLIMITED) **GIRLS**_____ **BOYS**_____

JV (UNLIMITED-NO TEAM SCORE) **GIRLS**_____ **BOYS**_____

VARSITY B (7 MAX) **GIRLS**_____ **BOYS**_____

SEEDED VARSITY(7 MAX) **GIRLS**_____ **BOYS**_____

TOTAL NUMBER OF RACES ENTERED: _____

AMOUNT ENCLOSED: _____

MAKE CHECKS PAYABLE TO: NVCCTFA

MAIL TO: Mike Kiernan
3948 Bradwater Street
Fairfax, VA 22031

QUESTIONS? Contact: Mike Kiernan 703-209-3585,
michael.kiernan@fcp.edu, Scott Raczko, scottraczko@yahoo.com.