

# Golden Bear 5th Annual Cross Country Invitational

## September 28, 2019

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### Course

Blue River Cross Country Venue, Blue River Memorial Park, 725 Lee Blvd, Shelbyville, IN  
Blue River CC Course ([www.bluerivercc.com](http://www.bluerivercc.com)) has gentle rises, it is both runner and spectator friendly. The course is conveniently located off of I-74 with ample parking, restrooms, spectator areas and a splash park/play area for kids. Please visit the website for more information including spectator and course/park maps. **Spectators** should plan to enter the park from Lee Boulevard coming from the south off of St Rd 44 (Applebee's, Starbucks & Wal Mart at the intersection of Lee Blvd and St Rd 44) or from Rushville Road to Lee Blvd. **Busses** should plan to enter the Shelby County Fairgrounds to gain walkable access to the park. NO PETS ON MEET DAYS.

### Teams

HS: Black Division: Beech Grove, Danville, Herron, McCutcheon, Mt Vernon, New Palestine, Shelbyville, Southport,  
Gold Division: Cascade, Centerville, Christian Academy, Covenant Christian, Hagerstown, Indian Creek, Lutheran, Monrovia, Providence Christo Rey, Southwestern, Speedway, Triton Central, Union County, Waldron

### Races

HS – varsity races can run up to 10 athletes; Varsity for girls should run under 35 min; for Boys they should run under 30 min. If runners cannot run under those times they should run in the JV race.

- 2 High School Divisions – 1 race, divisions for award purposes only
  - Black Division: 3A and 4A Schools per IHSAA Classification
  - Gold Division: 1A and 2A Schools per IHSAA Classification

### Entry Fees

- \$100 for each gender per school
- Please make checks payable to: Shelbyville High School, 2003 S Miller St, Shelbyville, IN 46176
- Checks should be mailed so they are received by Sept 26th or turned in to Alpha Timing at packet pick up

Please email emergency contact info (coach name, email and cell number) by the entry deadline to:  
[michelle@alphatiming.net](mailto:michelle@alphatiming.net)

**Meet Schedule** \*race will begin *approximately* 5 minutes after the last finisher in the race prior finishes

7:45 am	Check In/Packet Pick Up, Course Opens
8:15 am	Coaches meeting at Timing Trailer
8:40 am	Boys report to start line
8:45 am	Varsity Boys
9:25 am*	Varsity Girls
10:15 am*	JV Girls & boys – all JV runners must have been registered with team entry, officially timed but not scored)
11:00 am**	Awards

\*\* Awards will be approximately 10 min after the last race completes.

### **Course Walks**

It is preferred that course walks be completed by all teams by 8:40am.

### **Course Maps**

*Print course maps to bring with you and for your spectators, there are none on site.*

**Facilities and Miscellaneous** see [www.bluerivercc.com](http://www.bluerivercc.com) for maps and parking for spectators. Directions for spectators and busses are on the last page, **please share with all spectators and bus drivers!!**

- Team camps will be set up closest to the fairgrounds across the gulley from the finish, along the gravel path on the gulley side or up closer to the parking lot or past the grassy area near the finish line, past, west, the port o lets toward the end of the split rail fence. Please tell your parents they cannot drive beyond the parking lot cement with any team items. They must all be walked in.
- Awards area will be the grassy area to the NW of the finish, **no team camps in this area.**
- A shelter house is available to rent. Contact Shelbyville Park & Rec. 317.392.5128
- Splash pad area may be on during warmer weather, **NO SPIKES!!**
- Teams should bring water/drink, cups, ice, bags for their athletes
- Restrooms for spectators and athletes are available in the permanent buildings. Athletes may also use the port-o-pots located near the start line or finish.
- BRCCV is a 'pack it in, pack it out' park so please bring trash bags to carry your trash out with you

**Merchandise: there is an online store where you may pre-order merchandise and SOME of the options will be sold on site. Cash or credit accepted. Please share the address following with your athletes/parents. Pre-orders will ensure getting what you want in your size and color choice. Online store will close on 9/22 midnight.** <http://www.itsazshirt.com/gbinvite19>

**IMPORTANT Information to share please with parents/spectators/bus drivers ahead of time!**

- Admission fee of \$5 per car will be charged. Exact change is appreciated to keep cars moving
- Follow the directions on the last page for entry to the park for spectators
- **No pets are allowed** on meet days
- Restrooms for spectators and athletes are available in the permanent buildings. Athletes may also use the port-o-pots located near the start line or team camp area
- Spectators will not be allowed in or near the finish chute for any reason
- Spectator parking will be available around the splash pad building & softball diamonds
- Be aware there is a walk to the start and finish areas: some paved, some ADA approved gravel and some grass
- Busses will drop athletes off at the Fairgrounds at the path, athletes will walk through to the park. Spectators will not be allowed to follow busses into the fairgrounds
- Concessions/food trucks MAY be available
- Several restaurants are located within 2 miles. Ask us ahead if you'd like recommendations!

**Roster/Entries:**

***PLEASE READ THIS IMPORTANT INFORMATION***

Entry will be done via [www.athletic.net](http://www.athletic.net) online entry. You can check that you are entered correctly within the program itself.

**DEADLINE: ALL ENTRIES MUST BE MADE PRIOR TO Thursday, September 19<sup>th</sup>, NOON**

Limited copies of results will be available to coaches at the conclusion of the awards ceremony. Results will be posted to [www.alphatiming.net](http://www.alphatiming.net) to view/print additional copies and to athletic.net.

**SUBMIT ALL ATHLETES on your team, even if you aren't sure today they will run meet day, VERY IMPORTANT.** Not registered, not running.

**Trainer**

Shelbyville HS will have a trainers on site and be located near the finish line. Teams should bring water, ice, bags for their use. Parents should allow the trainers to do their jobs.

**Awards**

Varsity HS each division: Winning team, boys and girls, will receive a team trophy and 7 team ribbons  
Top 15 individuals, boys and girls, will receive ribbons.

**Questions and contacts**

Course: [www.bluerivercc.com](http://www.bluerivercc.com)

Meet Directors/Scoring: Michelle Nolley, [michelle@alphatiming.net](mailto:michelle@alphatiming.net) (email preferred), 317.403.8594

SHS Coach: Dan Theobald, [dptheobald@shelbycs.org](mailto:dptheobald@shelbycs.org)

SHS Athletic Director: Jenny DeMuth, [jademuth@shelbycs.org](mailto:jademuth@shelbycs.org) or 317.398.9731 x2118



Please read this page fully, it will answer most questions!

- **Entry will be done via [www.athletic.net](http://www.athletic.net) Online Entry.** Instructions on how to use the system are posted there. Please read fully before emailing with questions.
  - **Meet info** is also posted @ [www.alphatiming.net](http://www.alphatiming.net) event Info tab to view at any time.
  - If you have an account from another meet this season or last year, CC or track, please use that username & password. No need to create a new account each year/season. Use the forgot password feature if you need help with your password. Use the same account for CC & track by choosing Manage roster for the one you want to work with. No need for different accounts for boy/girls either, if you coach/manage both.
  - **NEW COACHES:** best thing is to ask prior coach to log in, add you as coach then you can remove them. If not possible then email [athletic.net](mailto:athletic.net) support to be added as a coach, this can take up to 48 hours so plan accordingly.
  - **USE proper names for each athlete in athletic.net.** If you have a Joe but his name is Joseph use Joseph to register him, **the IHSAA wants proper names used throughout the season.**
  - Simply enter your COMPLETE roster for each gender, include grade levels for each. Enter into the meet EVERY athlete that has any potential to run, please help us by not 'forgetting' any runners. There are ample opportunities to check and re-check your entries for missing athletes, spelling, correct genders, etc. We are not concerned if they do not end up running once entered.
  - **2 STEP entry process!** Entering your roster is only step 1. **STEP 2 is going to MEETS and choosing REGISTER for a specific meet and following the instructions on this process you will enter your ENTIRE roster into the specific meet.**
  - No need to 'declare' Varsity
  - **You may check that you have correctly entered within athletic.net on the meet page itself.** Please don't email to ask us, we'd love to help but with as many meets we have it is impossible.
- **Roster Entry deadline Thursday, September 19<sup>th</sup>, at NOON.**
- So we may run a great meet for you and your athletes please adhere to the manner in which we ask for your information; enter your ENTIRE TEAM; and adhere to the deadlines we ask for it all. Please don't wait until the last moments to begin the registration process, you won't stress yourself out this way!
  - Email is the best contact. Please keep in mind that we will return most emails/calls during normal business hours M –T 10am-4pm; F 10am-noon.
  - Results will be posted to [www.alphatiming.net](http://www.alphatiming.net) , [athletic.net](http://athletic.net), & sent to the Indy Star after the meet.
  - **\*Be sure to allow my emails, emails from [support@alphatiming.net](mailto:support@alphatiming.net) & from [athletic.net](http://athletic.net) back in to your server if using school accounts\***

*Follow us on Facebook and Twitter!*

**REMEMBER spectators cannot follow busses into the fairgrounds.**

**Remind your spectators to leave pets at home!**

**Remind spectators there is a \$5 per car admission. Correct change will help keep things moving for everyone!!!**

**From Eastbound I-74:** Exit 113, St Rd 9. Turn right off the exit toward McDonald's. Go to the 4<sup>th</sup> stop light (1<sup>st</sup> one once you've crossed the bridge) and turn left onto Mechanic St. Take this to the stop sign and go left onto Vine St, it will turn into Morris Ave after you cross a bridge. Then follow the ALL BUSES box at the bottom.

SPECTATORS following busses from this direction: Spectators who follow busses should take the Y on Morris Ave to the left, following the cemetery. Go through the stop sign straight, the park will appear on their right. They can enter via the gate off of Morris or continue and turn onto Lee Blvd and enter there.

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**From Westbound I-74:** Exit 119, St Rd 244, go left back over the interstate, go to the T with 421. Go right. Follow this to the stop light, go right (Progress Parkway). Take to the stop light, go left or east onto St Rd 44. Busses then will continue to the 3<sup>rd</sup> stop light, Papa John's on the right, turning right onto Vine St and then follow the ALL BUSES box at the bottom.

SPECTATORS following busses from westbound I-74 should go straight at the stop light with St Rd 44 and continue toward Wal Mart. Pass in front of Wal Mart going to the stop sign, turn left at the stop sign, Lee Blvd. The park entrance will be on their left after they cross the bridge.

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**From Eastbound St Rd 44:** Bring 44 into Shelbyville, at the 1<sup>st</sup> flashing light turn left still following 44 signs. At the Stop Sign continue right, following SR 44 signs, at next stop light go left, still following SR 44, at next light go right (CVS on corner) staying on SR44. At the 2<sup>nd</sup> stop light past the CVS, Papa John's on the corner, just past KFC, go left onto Vine Street. Once on Vine go straight through the stop sign and then follow the box at the bottom from this point.

SPECTATORS following busses from this direction can go either way into the park by following the directions in the top box or by going straight on SR44 to the 3<sup>rd</sup> light past the bus turn off (Papa John's) and turn left toward Wal Mart, at the stop sign past Wal Mart turn left onto Lee Blvd, the park entrance will be on their left just over the bridge.

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**ALL BUSES:** will be entering from Vine St: Morris Ave will Y, take the right angled road, Fair Ave, this will end at the entrance to the fairgrounds. Go right into the fairgrounds and the road will w, take the spoke going to the far left and follow it back to just at the barns, busses may stop here to unload and athletes can walk through the gate to the team camp area designated by signs to their right or ahead of them depending on weather. Busses may then park in the fairgrounds area grass.