

MANHATTAN INVITATIONAL CROSS COUNTRY MEET

SATURDAY, SEPTEMBER 6, 2008

You are invited to Manhattan and Warner Park for the 2008 Manhattan Invitational Cross Country meet. We hope the enclosed information will aid you during the meet. If you have any questions please contact Susan Melgares, Cross Country coach, Manhattan High School, (785) 587-2100, or 770-9530(h), 313-7009(cell). Email address: susanm@manhattan.k12.ks.us.

DIRECTIONS: Warner Park is located just west of Manhattan on Highway 18. **If coming from the east on I-70**, take exit 313 north to Manhattan. After crossing the bridge, take the exit right to Tuttle Creek Blvd./Ft. Riley Blvd. and turn right to go around the south edge of Manhattan. Continue on Ft. Riley Blvd. (which turns into K-18 Highway) traveling west past the Clarion Hotel approximately 1.1 miles, just past mile marker 188 to Miller Parkway and turn right. Turn right again at Warner Park Road and follow it into Warner Park. **If coming from the west on I-70**, take exit 303 north and east to Manhattan. Stay on K-18 past the airport and golf course until .9 mile past mile marker 187 and turn left on Miller Parkway.

There is a parking area for buses in the lower part of Warner Park. Follow the park road to the right.

Note: Please notify fans and parents that we will charge \$5 per car for parking to help offset the cost of awards and meet administration.

MIDDLE SCHOOL CROSS COUNTRY FUN RUNS: Boys race at 8:00 a.m. and girls at 8:20 a.m., entry fee is \$40/team or \$5.00/runner. Race distance will be 1600 meters. Please send rosters to Pat Melgares, melgares@ksu.edu by Wed. Sept. 3rd. Race day entries are strongly discouraged because of time limitations.

EXPECTED SCHOOLS: Emporia, Highland Park, Junction City, Lawrence, Lawrence-Free State Leavenworth, Manhattan, Newton, Topeka-Seaman, Shawnee Heights, St. John's Military Academy, Topeka High, Topeka West, Wamego, Washburn Rural

RACE	B Boys (enter and score 7 runners)	9:00 a.m.	5K
TIMES:	B Girls (unlimited number)	9:30 a.m.	2 Miles
	A Boys (enter and score 7 runners)	10:00 a.m.	5K
	A Girls (enter and score 7 runners)	10:30 a.m.	4 K
	C Boys (unlimited number)	11:00 a.m.	2 Miles

In case of extreme heat on race day, all races will be 2 miles. The decision will be made the day of race, keeping the safety of the runners in mind.

AWARDS: Top 20 individuals will receive medals in each of the five races.

COURSE MARKING: A white line will serve as a guide throughout the course.

INSPECTORS: We will have inspectors stationed on the course at all times. Tell your runners not to cut, as this could disqualify your team.

TIMES: We will give splits at the 1 mile and 2 mile marks.

SCORING: The meet will be scored with Hy-tek Meet Manager software for cross country. Individual times/places will be posted after each race, and complete results available after the meet.

ENTRIES: Entries must be done online at: www://aspisolutions.com/team/index.asp?IDMeet=2195, and must be declared by Wed., Sept. 3. Instructions are attached. If you have questions, please contact susanm@manhattan.k12.ks.us.

EMERGENCY AID: Water and first aid will be located east of the finish line area.

RESTROOMS: Johnnie on the Jobs will be located at the meet site.

COURSE RECORDS:	5K Course record	15:19.7	Kevin Newkirk, Emporia	State CC, 1990
	5K Invite record	15:51.2	David Keller, Buhler	1985
	4K Record	14:45.25	Marley Crusch, Manhattan	2007
	2 Mile record	10:53.4	Alysun Deckert, Salina So.	1982
	2 Mile Inv. record	11:31.6	Mary Powell, Lawrence	1987