# Padre 2

Dear Coach,

We would like to cordially invite you to participate in the **58th Annual** **Trinity Invitational** (The Oldest Meet in KY)and the **16th Annual Valkyrie Invitational Cross Country Meets,** which will be held at EP Tom Sawyer State Park, in Louisville, on Friday and Saturday, September 20th & 21st. Last year’s races had four NXN finalist teams as well as teams from six different states all competing for team standings. The course, home of the 2012 NCAA Division I National Cross Country Championships, is a fast with last several years averaging over 25 men going sub 16 in the Boys Varsity race and nearly 120 lads under 17 minutes in boy’s competition. We also are averaging nearly 20 girls to break 19 minutes.

**Reminders:**

1. **Chip Timing for Races**. We excited to announce that we will continue to have immediate results as our races will now use chip timing.
2. There will be a $5 per person gate fee however at the entrance to the park. Coaches, we are expecting you to share this with your parents and fans. (Athletes, coaches, and staff however will not have to pay an gate fee.)
3. **Awards**: We will have Nike Technical t-shirts for the top three teams in each race division this year! We will also continue as in last year provide awards furnished by Louisville Stoneware for the top three varsity teams.

**RACES:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| RACE | # on Team  Roster Entries | Distance | Time | Day |
| Boys Jr High (7th – 8th) | 10 | 3K | 5:00 pm | Friday |
| Girls Jr High (7th – 8th) | 10 | 3K | 5:30 pm | Friday |
| Boys Elementary (4th–6th) | 10 | 2K | 6:00 pm | Friday |
| Girls Elementary (4th – 6th) | 10 | 2K | 6:25 pm | Friday |
| Boys Primary (1st – 3rd) | Unlimited | 1K | 6:50 pm | Friday |
| Girls Primary (1st – 3rd) | Unlimited | 1K | 6:55 pm | Friday |
| Award Ceremony |  |  | 7:15 pm | Friday |
| Boys Open | 30 | 5K | 9:00 am | Saturday |
| Girls Open | 30 | 5K | 9:40 am | Saturday |
| Boys Varsity | 10 | 5K | 10:20 am | Saturday |
| Girls Varsity | 10 | 5K | 11:00 am | Saturday |
| Boys & Girls Freshman | unlimited | 5K | 11:40 am | Saturday |
| Award Ceremony |  |  | 12:30 pm | Saturday |

**HIGH SCHOOLTEAMS:** KHSAA rules limit high schools only to enter one team in the **VARSITY** race. In the **OPEN RACE** a high school may enter only one team. Unlike the varsity race however, the team can carry as many as 30 members. Seniors may also run in the open race. In the **FRESHMAN RACE** only freshmen may run in the Freshmen Race. The freshman team may consist of a roster of unlimited runners.

**GRADE SCHOOL TEAMS:** Teams may consist of any athlete from the 4th – 8th grade, freshman are not allowed to run in the grade school races. In the grade school race a team will be made up at least of **five** runners, but can carry as many as ten. The first five runners will determine the team score. However, a grade school may enter up to two (2) teams per school per race (i.e. – 2 boys and 2 girls teams.) **There is also a Primary Race for grades 1- 3.** There will be no team score, nor official results, but participants will receive a finisher’s prize at the completion of the race. Although there will be no team score in the primary division, schools can enter an unlimited number of boys and girls in the race for $10. The top five boys and top five girls in the primary division will get an additional award.

**FEES:** Prices for the Varsity, Open, Freshman, and Grade School races for teams and individuals are the following:

|  |  |  |
| --- | --- | --- |
| RACE | TEAM PRICE | INDIVIDUALS |
| Varsity | $60 | $10 |
| Open | $50 | $5 |
| Frosh | $40 | $5 |
| Grade School | $35 | $5 |
| Primary | $10 | $5 |

Individual prices are for schools that cannot field a team only.

**CHECKS:** Please make all checks payable to **Trinity High School Athletic Department.** Mail to Chad Waggoner, c/o Trinity High School, 4011 Shelbyville Rd, Louisville, KY 40207. If you are planning on entering our meets, please send in your entries and check by the deadline. **Teams that have not paid by the deadline may still enter but fees double.**

**ENTRIES**: Please register **BOTH THE BOYS & GIRLS** races via at <http://ky.milesplit.com/calendar> and you can find our online entry listed at 9/20

**DEADLINE:** Although the deadline for entries is September 16th, **our field has closed the past several years with the popularity of the race.** To ensure your spot mail in checks or send in entries earlier than the deadline.

**AWARDS:** Trinity High School will offer the Coach Rich Rostel Championship Cup to the winning team. The trophy will honor one of the greatest cross country coaches in the state of Kentucky as well as all past team champions in the previous races. Team awards will be trophies and Nike technical t-shirts (7 per team) to the first three teams in each race. Individual awards are the following: Varsity – top 25, Open – top 20, Frosh – top 10, Junior High – top 20, Elementary – top 20, Primary – top 10 but all participants will receive a finisher’s prize.

**HOTEL INFORMATION**: We have secured rooms at a discounted rate at the Hilton Garden Inn which is very close to the park. Please make reservations with them at 502-423-0018. If you are staying overnight please contact me at 502-338-9479 so I can give you more travel assistance.

# Miles of Smiles,

Coach Chad L. Waggoner Coach Rick Heim

Trinity High School Sacred Heart Academy

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