



A NOTE FROM HIGH SCHOOL DIVISION DIRECTOR

Tim O'Rourke



We have very exciting news to share with you regarding the 2019 Mt. SAC Cross Country Invitational, which will be held on Friday, October 25, and Saturday, October 26.

First, construction on our new track stadium is flying along now, and we are excited to say that in 2019 we no longer will have to limit the number of schools that can compete in the Mt. SAC Cross Country Invitational. (On a related note, we will be back home in our beautiful new state-of-the-art track and field stadium for the 2020 Mt. SAC Relays.)

That means this year we will be able to accept all schools into the Mt. SAC Cross Country Invitational that register on time and pay their registration fees prior to the entry deadline.

Registration will open on our website on September 1. You will have the full month of September to complete the entry process and pay your registration fees.

If your school has the capability, you may pay directly online using a credit card. If not, you may enter your school and individuals online and then print out a completed registration form which will have your registration fees clearly listed. You may turn that invoice into your school to get a school-issued check and send it to us before the September 30, 2019, registration deadline.

Either way, if you have entered your athletes and we have received your registration fee by September 30th, your school will definitely be in the 2019 Mt. SAC Cross Country Invitational. Schools that have not made their payment by September 30 will not be placed into the meet.

Second, we have modified our schedule and our Sweepstakes procedures for both Friday and Saturday to ensure that **ALL** schools will compete in **ALL** their races within a maximum three hour window. No more JV race at 7:15 AM, a varsity race at 10:00 AM, and a sophomore race at 2:30 PM.

Saturday, Divisions 1 & 2 & Sweepstakes

We are once again going to have our Division 1 & 2 Boys and Girls Individual and Team Sweepstakes races early on Saturday morning, but we are going to modify the schedule to make the experience even easier for you.

If you have a single team (boy or girl) accepted into the Team Sweeps or an individual (boy or girl) accepted into the Individual Sweeps, then **ALL** of the other levels of your school (Boys and Girls frosh, soph, JV and Varsity) will race in the morning prior to the Sweepstakes races.

This means **ALL** of your levels—boys and girls—will compete between 7:30 AM and 10:00 AM.



This will also allow us to schedule all the remaining Division 1 and 2 schools that do not have a team or individual in a Sweepstakes Race into a dramatically reduced window of competition they will enjoy on Saturday.

If you are Division 1 school without a team or individual in the Saturday Sweepstakes race, **ALL** of your races will be run between 10:00 AM and 12:30 PM

If you are Division 2 school without a team or individual in the Saturday Sweepstakes race, **ALL** of your races will be run between 3:30 PM and 5:30 PM

Friday, Divisions 3, 4, and 5 Sweepstakes

For many years, the Saturday Division 1 & 2 combined Sweepstakes races have been the highlight of the year for many individuals and teams. The excitement of being in truly one of the great high school athletic events in the nation is what many runners tell us is the highlight of their high school athletic experiences.

We want to bring that excitement and opportunity to Friday for schools in Divisions 3, 4, and 5.

Beginning this year, we will now have both a boys and girls Team and Individual Sweepstakes race combining the best of Divisions 3, 4, and 5 on Friday. Furthermore, those sweepstakes races will be held in what has become quite possibly the absolute best time to race at M. SAC—very late Friday afternoon.

Just as we have always done on Saturday, team scoring in the Team Sweepstakes Race will be separated into the three divisions. Division 5 schools will only be competing for team awards and the title of D5 Sweepstakes Champion against other D5 schools, and the same, of course, for D4 and D3 schools; however, they will now be in a single race with ultimate top flight competition.

And, just as we have done for the Saturday Sweepstakes, if you have a team or individual accepted into the Friday Sweeps, **ALL** of your levels will be racing in a block between 4:00 PM and 6:00 PM

Additionally, this will also help us to schedule all the other Division 3, 4 and 5 schools that do not have a team or individual in a Sweepstakes Race into a dramatically reduced window of competition they will enjoy on Friday.

If you are Division 3 school without a team or individual in the Friday Sweepstakes race, **ALL** of your races will be held between 10:30 AM and 1:00 PM

If you are Division 4 or 5 school without a team or individual in the Friday Sweepstakes race, **ALL** of your races will be between 1:00 PM and 4:00 PM

Please check our website... <http://events.mtsac.edu/ccinvite/> for further information, and please feel free to email me directly if you have any questions or concerns at torourke@mtsac.edu.