



# THE JOHN CARROLL SCHOOL

On Tuesday, November 8, John Carroll will host the Patriot Middle and Elementary School Cross Country Invitational. All middle and elementary school kids are invited to compete. Races are by age group with individual and team awards. To be eligible for any team awards, a school must have at least five runners in an age group event.

**Format:**

- 3:15 – 3:45 p.m. – Check in
- 3:50 p.m. – 4<sup>th</sup> grade and under, half-mile race
- 4:00 p.m. – 5<sup>th</sup> and 6<sup>th</sup> grade, 1-mile race
- 4:10 p.m. – 7<sup>th</sup> and 8<sup>th</sup> grade, 1-mile race

**Scoring:** Team scoring is based on a school’s top five runners, plus next two displacers, following the standard high school cross country scoring method.

**Awards:** In each race, medals are awarded to the top three boys and top three girls. All others receive ribbons. Team plaques will be awarded to the top team in each race.

**Entry Fee:** \$5 per participant or \$60 per school (note that a school may send as many athletes as they wish, and the fee is only \$60). Cash or checks accepted. If paying by check, please make payable to John Carroll. Race day entries accepted, however, if you have all your athletes’ forms ahead of time, we appreciate them sent early.

If your school is interested in participating, or if you have any questions, please email me at [rtorres@johncarroll.org](mailto:rtorres@johncarroll.org) or call 410-608-8558. Also, please have all participants and their parents fill out the information below.

Rob Torres – John Carroll Cross Country and Track Coach

Print Name: \_\_\_\_\_ Grade: \_\_\_\_\_

School: \_\_\_\_\_ Gender: \_\_\_\_\_

As a condition of my son or daughter’s participation in the Patriot Middle and Elementary School Cross Country Invitational, I hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages for personal injury and otherwise, which I may have against the sponsors and agents thereof or any other groups of persons involved in the Patriot Middle and Elementary Cross Country Invitational, for any and all claims of liability. By my signature, I hereby acknowledge reading and understanding this clause. I certify that my son or daughter is in good health.

Signature of Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_