

# 29<sup>th</sup> Hoquiam Grizzly Alumni Cross Country Invitational

This document serves as our official online invoice for those choosing to pay by purchase order.

**29th Hoquiam Invite Date:**

Saturday, October 10, 2009

**Where:**

Hoquiam High School / John Gable Park - 501 West Emerson Hoquiam, WA

**Contact:**

Kevin Gary, Hoquiam Cross Country Coach/Invite Event Director

Hoquiam High School

Work: 360-538-8320 or E-mail: [kgary@hoquiam.k12.wa.us](mailto:kgary@hoquiam.k12.wa.us)

**Fees:**

\$75.00 Team Fee

- Covers all high school and middle school boy/girl athletes
- Coaches/Team Managers run free in the open 5k
- \$10 per individual athlete (if bringing four or less total athletes)

Please make checks, money orders or purchase orders payable to: **HHS Cross Country**. It would help if you can send in your payment before October 1, 2008. Please mail payments directly to:

Kevin Gary, HHS Cross Country

501 West Emerson

Hoquiam, WA 98550.

### **Races and Race Times:**

- 8:30 AM: Open Run Registration
- 9:15 AM: Open 5k Run (Coaches Run Free)
- 10:30 AM: Coaches Meeting (Foods Room located above the big H)
- 11:15 AM: Frosh/Soph Race - Boys & Girls Combined
- 11:50 AM: Girl's JV - unlimited participants
- 12:35 PM: Boy's JV - unlimited participants
- 1:10 PM: Girl's Varsity - top 7 only
- 1:45 PM: Boy's Varsity - top 7 only
- 2:15 PM: Middle School (all grades) - 1.78 mile run Boys and Girls Combined
- 2:45 PM: Award-Ceremony -- (at track stadium)

### **Tents & Seating :**

Our track facility, Sea Breeze Oval, has limited covered seats. The grandstand, built out of solid concrete, also serves as a natural amplifier for our sound system/music. We highly advise teams to bring a team tent or some form of cover to protect against the various coastal weather coming off the ocean (hopefully lots of sunshine).

### **Parking :**

Gable Park, which is located directly behind our track stadium, will be closed for spectator/team parking. Coaches, please see a copy of the parking map and share/print out copies for your bus driver/spectators that plan on attending.



## **Awards**

Awards for the varsity races will be grouped by top large school (3A/4A) and small schools (BB, B, 1A, 2A). Non-varsity races, such as the Frosh/Soph, JV, and Middle School are awarded medals/ribbons for the top ten places per gender only (not broken down by large/small school) and will be recognized during the award's ceremony.

- 1st -3rd Team Places Per Varsity Race:
  - Plaques awarded to the top three overall teams per size/gender
- Ribbons/Certificates/Medals:
  - Awarded to places 2-10 per each race
- 1st Place Plaque :
  - Awarded to the first place varsity finisher of each race
- Middle School Team Plaque:
  - Awarded to the top Middle School Boy's and Girl's team

*1<sup>st</sup> place wood plaques custom made by Career & Technical Education Students in Hoquiam High School's Wood shop Program.*

## **Beach Distances from the Starting Line**

With our close proximity to pristine ocean beaches, several schools choose to make this event an overnight team trip. Should you choose to do this, here are some local beach distances from the starting line. We recommended overnight accommodations in Ocean Shores, Washington.

- Ocean Shores: 18.5 miles
- Ocean City: 18.5 miles
- Copalis Beach: 19 miles
- Westport: 26.61 miles
- Pacific Beach: 28.50 miles
- Moclips: 30.25 miles

### **Award-Winning Coaches Hospitality Room**

Coaches and course volunteers can join us for complimentary breakfast, lunch, and snack items in the coaches/volunteer room (directly above the big 'H'). Food/drinks will be served until supplies last.

### **Map**

A course map can be found online at [www.hoquiaminvite.com](http://www.hoquiaminvite.com)

### **Food Concessions and T-Shirts**

The Grizzly Booster Club will provide an array of concessions during the invite. BBQ items, snacks, drinks, etc. will be available. T-shirts, sweatshirts, and other clothing items will also be sold throughout the day.

### **Live Music/Entertainment!**

Action DJ's of Lacey, WA will be playing a variety of songs for all ages throughout the day. Other TBA entertainment to be provided/announced.

### **Spectator Friendly Course**

- 1) You can view the start, 1-mile, 2-mile (in the distance), and finish from the grand stands
- 2) For the non-runner, one can easily walk between mile marks
- 3) Several excellent view points if watching by foot

### **Trainer**

Our certified athletic trainer from Harbor Physical Therapy is scheduled to attend. Water/Gatorade will be provided at the finish.