

## ADDITIONAL INFO ON THE 45th ANNUAL MCQUAID INVITATIONAL

**PARKING** - There are almost 250 places for cars and vans adjacent to the course, but all buses will be directed to either the carousel lot in Genesee Valley Park or to the large University of Rochester bordering the park. Any buses entering via River Rd. should expect to drop runners off at the course and be directed to one of the bus lots.

**RACE ASSIGNMENTS** - Schools will be assigned according to size first. Three divisions for boys: Small (A), Medium (AA), Large (AAA); same three for Girls. Cut-off points change from year to year, so check our web site after 9/29 to be sure about the races your teams are in. If you want to compete in a higher division, check with the meet director before Wed. 9/30. Within each division, varsity races are divided into seeded and unseeded. Boys: 3 seeded, 4 unseeded; Girls: 3 seeded and 3 unseeded. Seeded races will have 15-20 teams; unseeded could go as high as 35-40.

**"MIXED" RACES** - If necessary to avoid over-crowding of unseeded races, we will place up to 10 unseeded teams in a seeded race and have a separate scoring and first-place plaque for the best unseeded team. Computer-scoring will separate seeded teams from unseeded teams. In recent years we increased the seeded race awards to prevent inequities if the race became a mixed one. (Last year, only 1 of our seeded races were in fact "mixed.") COACHES: IF YOU ENTER A TEAM AND ASK TO BE UNSEEDED, ALSO INDICATE ON THE ENTRY IF YOU DO NOT WISH YOUR TEAM TO BE PLACED IN A "MIXED" RACE.

**TO FIND OUT WHAT RACES YOU'RE IN** - The seeding meeting will be on Sun., 9/27. Beginning Monday 9/28 you can check our web site: [www.YenTiming.com/mcquaid](http://www.YenTiming.com/mcquaid) and find your school listed in the race assignments for the whole meet. Changes can be requested up until 5:00pm on Tues., 9/29. No requests for changes will be accepted after that. The assignments will be by race numbers only. The times and descriptions of races are on the web site for reference.

**REGISTRATION** - Your envelopes will be at the shelter closest to the finish line (about 50 yards away). Our concessions stand will also be there to serve complimentary coffee and doughnuts to coaches and drivers. (Free coffee/donut coupons will be in the envelopes.) REGISTRATION WILL OPEN AT 7:45 AND CONTINUE THROUGH THE MEET UNTIL 1:30. Coaches wishing to pick up their envelopes on Friday may do so **between 2:00 and 6:00pm** at the Souvenir stand. The Souvenir stand will be open during that period selling McQuaid Invitational t-shirts, hats, etc.

**STARTING LINE POSITIONS** - Drawn at random for each race by computer only for complete teams. Incompletes will fill in at end of line. Exception: individual entries in seeded races will be assigned positions, also at random.

**USING RUNNERS AT PROPER LEVELS** - Three reminders:

1. Under NY rules, runners in Gr.7-9 are ineligible for Jr. high races once they've competed officially in a varsity or J.V. race. Run them at sophomore level or higher in this meet.
2. Varsity-caliber Sophs (and 7-9, too) may run in the Soph races. They're usually pretty fast.
3. 11<sup>th</sup>-12<sup>th</sup> graders who would normally be varsity scorers may not run in a Varsity "B" race, which is intended for your second-string runners. We have had to disqualify runners for not observing this rule.

**INDIVIDUAL ENTRIES** - Run them in their proper size division (A, AA, AAA) unless you wish them to move up to a larger (and usually tougher) one. Check with the meet director no later than Wed., Sept. 30<sup>th</sup> if you're not sure about seeded or unseeded race placement.

**JEWELRY RULE** - No watches or any kinds of visible jewelry are allowed. Religious items may be worn but must be taped.

**NO SPIKES IN JR. HIGH RACES...** a point of emphasis this year will be checking all Jr. High runners for spikes. National Federation rules prohibit Jr. High runners from wearing spikes. Individuals caught wearing spikes will be disqualified as will their team.

**LIMIT ON RUNNERS** –

1. No limit in any sub-varsity race, but only 7 will count. Coaches, use discretion and do not enter any very slow runners in this meet. Because of our tight race schedule we aren't able to wait for stragglers.
2. **GIRLS VARSITY - Limit of 10** in Medium and Large school races. All others must run Girls Varsity B or Girls Sophomore race. No limit in smallest/small school races.
3. **BOYS VARSITY - TEN IN SEEDED RACES ONLY.** (Only 7 count.)
4. Unseeded races will have the usual limit of 7. If we wind up having any "mixed" races, all teams in those races may run up to 10.
5. **"Straggler Rule"** – Due to the looping nature of the course, the straggler rule will once again be in effect for all JV/Varsity races. It has become necessary due to the tight time schedule that we follow to get 25 races run off in 7 hours. Any boy runners who do not make the 2-mile mark by 16:00 or girl runners who do not make the 2 mile mark by 18:00 will end their race at that point. We suggest having a coach or parent at that point if you feel you have an athlete that would be affected by this rule.

**PRACTICING ON THE COURSE** - Course lines should be painted by Thursday. If you wish to come to the park that day or Friday, please tell your runners **NOT TO RUN ON THE LINES**. Some course maps, including the new Jr. High course, will be left in an envelope attached to the finish bleachers.

**SOUVENIRS** - T-shirts, mock T's with long sleeves, sweatshirts, and hats will be sold on Friday starting at 2PM. Last year's items will be at cost and sold only on Friday. Also available will be t-shirts, long and short sleeve, hoodies, flannel pants, women's capris (new this year), sling bags and cow bells. Items will be sold starting at 7AM until sold-out on Saturday. [This year we will accept VISA or MASTERCARD credit cards.](#)