

Vic Roberts Invitational @ Lakota Plains

Monday, September 16th, 2019

Please email your intent to compete to tom.thompson@lakotaonline.com .

General info:

- \$75 per team (\$150 school) or \$5 per individual; Please make check available to **LAKOTA PLAINS ATHLETICS (NOT the Boosters)**.
- **\$3 will be charged per car**, this is to keep individual schools' entries reasonable and to maintain a quality meet.
Please inform parents.
- Course Map will be on Plains CC web page, site is spectator, coach and runner friendly! No loops. different; finish will be on the football field with many trails through woods
- Registration and scoring will be with GHG timing, they will use MileSplit for Registration.
- The camping areas will be near the **start line** on the front fields in the front of school – please leave at least ten feet to the course. Please no footballs, soccer balls or Frisbee tossing.
- Concessions near tennis courts and a trainer near the finish line.
- Grant Stanley is our registered Official.
- Tasteful, “Athletic” music provided by a DJ

Awards:

- Awards presented immediately following races on the podium
- Trophies for 1st, 2nd, 3rd place teams in the team races.
- Medals for top 15 individual finishes in team races. Medals for top 10 of Open Races.
- Participation ribbons available at awards tent.

Schedule of Races:

- 4:30 Junior High Boys Open race (no team scores)
- 4:55 Junior High Girls Junior Varsity race (no more than 7 per team)
- 5:20 Junior High Boys Junior Varsity race (no more than 7 per team)
- 5:45 Junior High Girls Varsity race (no more than 7 per team)
- 6:10 Junior High Boys Varsity race (no more than 7 per team)
- 6:35 Junior High Girls Open race (no team scores)

Awards presentation on the podium following race tabulation (usually 35 minutes following race completion)

Any question: Tom Thompson
tom.thompson@lakotaonline.com
Plains Junior 5500 Princeton Road
Liberty Township, Ohio 45011
School: 644-1130 ext 11110
School fax: 644-1135

Teams that competed in the past: Colerain, , Hamilton, Harrison, East, Indian Hill, Kings, Lebanon, Liberty, Mason, Middletown, Monroe, Nagel, West, ,Pleasant Run, Princeton, Reading, Ridge, Ross, Sacred Heart, , Springboro, Sycamore, Summit Country Day, Three Rivers, Walnut Hills, White Oak, Wyoming

Record Holder Boys	Conant Smith	Middletown	10:42.93	2014
Record Holder Girls	Faith Duncan	Lebanon	11:42.27	2016

Directions are from I-75 Exit #24, Rt. 129 West. West on Rt. 129 to Rt. 747, Princeton-Glendale Road, Exit #21. Turn right (north) on Rt. 747 to Princeton Rd. (approx. 1/2 mile). Turn right (east) on Princeton Rd. The Lakota Plains Junior School is on the left approximately 3/4 mile.