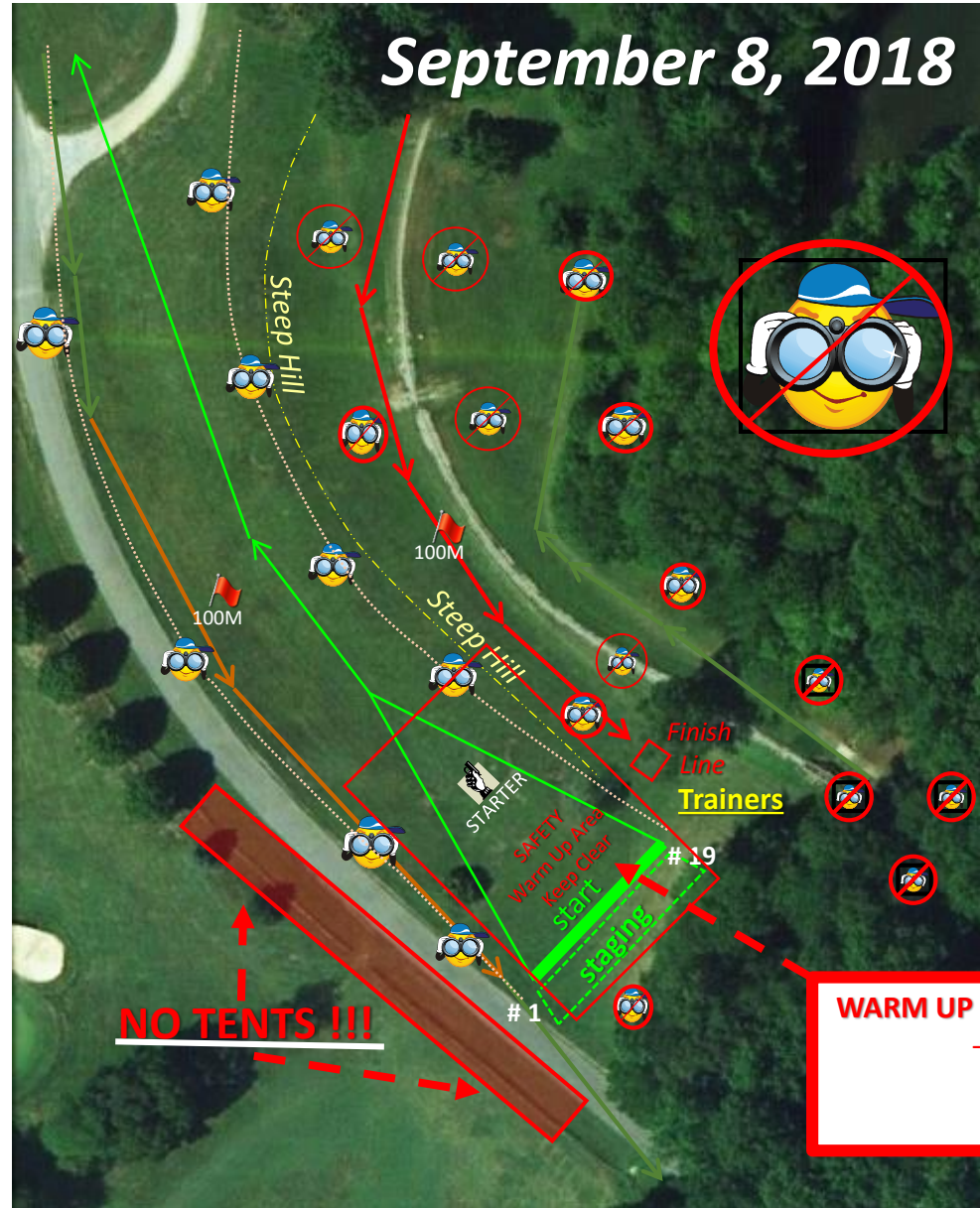




# Monroe Parker XC at Burke Lake



 = Great Location to watch the race

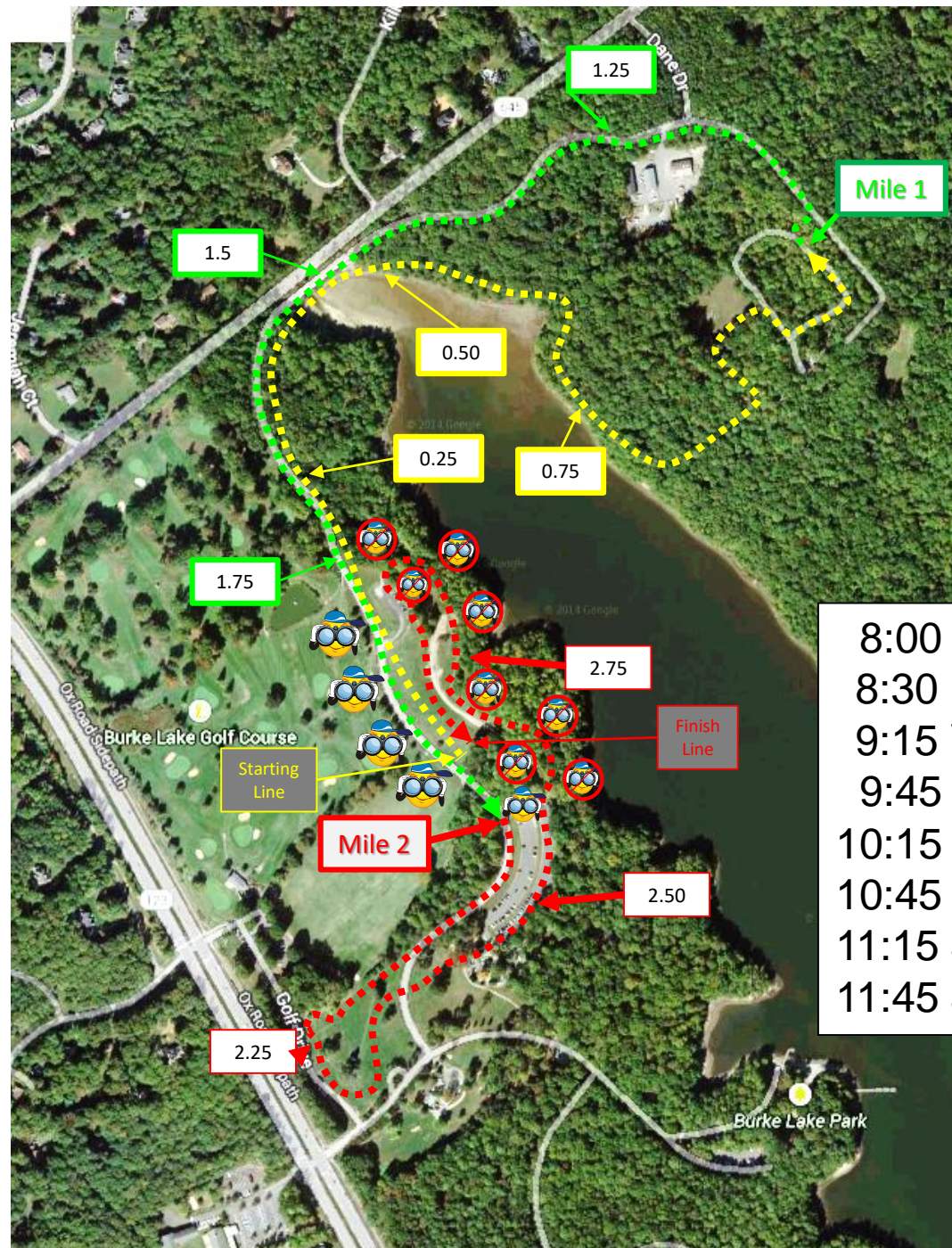
 = Off Limits to spectators

- 8:00 Freshman Boys / (Max is 15)
- 8:30 Freshman Girls / (Max is 15)
- 9:15 Varsity Boys / (Max is 10)
- 9:45 Varsity Girls / (Max is 10)
- 10:15 JV I Girls / (Max is 15)
- 10:45 JV II Girls / (Max is 15)
- 11:15 JV I Boys / (Max is 15)
- 11:45 JV II Boys / (Max is 15)

**WARM UP AREA MUST BE KEPT CLEAR FOR ATHLETE WARMUPS**  
- STARTING AREA TO THE TOP OF THE HILL –  
Do Not Cross this area during Warmups!!!!  
**SAFETY FIRST**



# Burke Lake – Monroe Parker September 8, 2018



### RULES IN EFFECT:

- Uniform Rule
- Electronic Rule

### Caution Followed By DQ

- No Spectators on the railroad tracks
- No Tents by the Black Fence
- Warmup Area is off limits to transit

- 8:00 Freshman Boys /(Max is 15)
- 8:30 Freshman Girls /(Max is 15)
- 9:15 Varsity Boys /(Max is 10)
- 9:45 Varsity Girls /(Max is 10)
- 10:15 JV Girls I /(Max is 15)
- 10:45 JV Girls II /(Max is 15)
- 11:15 JV Boys I /(Max is 15)
- 11:45 JV Boys II /(Max is 15)



# Monroe Parker Invitational XC

## September 8, 2018



Race	Planned Start Time	Duration Between Races	First Call	Warm UP On Course Starting Area	Athletes Race Ready	Coaches Clear Starting Area	In Box	Start
			T - :20	T - :15	T - :10	T - :05	T - :03	T - :00
Course Open	7:00AM	1:00.0	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="background-color: #4a7ebb; color: white; padding: 5px; border-radius: 5px;"><i>In Staging Area</i></div> <div style="background-color: #4a7ebb; color: white; padding: 5px; border-radius: 5px;">Box Assignments</div> <div style="background-color: #4a7ebb; color: white; padding: 5px; border-radius: 5px;">In Box</div> <div style="background-color: #4a7ebb; color: white; padding: 5px; border-radius: 5px;">Final Instructions</div> </div>					
Starting Area Open	7:30AM	:30						
Freshman Boys	8:00 AM	0	7:40 AM	7:45 AM	7:50AM	7:55 am	7:57 am	8:00 AM
Freshman Girls	8:30 AM	00:30.0	8:10 AM	8:15 AM	8:20AM	8:25 am	8:27 am	8:30 AM
Varsity Boys	9:15 AM	00:45.0	8:55 AM	9:00 AM	9:05AM	9:10 am	9:12 am	9:15 AM
Varsity Girls	9:45 AM	00:30.0	9:25 AM	9:30 AM	9:35AM	9:40 am	9:42 am	9:45 AM
JV Girls # 1	10:15 AM	00:30.0	9:55 AM	10:00 AM	10:10AM	10:05 am	10:12 am	10:15 AM
JV Girls # 2	10:45 AM	00:30.0	10:25 AM	10:30 AM	10:35AM	10:40 am	10:42 am	10:45 AM
JV Boys 1	11:15 AM	00:30.0	10:55 AM	11:00 AM	11:05 AM	11:10 am	11:12 am	11:15 AM
JV Boys 2	11:45 AM	00:30.0	11:25 AM	11:30 AM	11:35 AM	11:40 am	11:42 am	11:45 AM
Starting Area Secured	11:50PM	0.05:00						



# Box Assignments September 8, 2018



Box 1	Annandale
	Hayfield Secondary School
Box 2	Bishop O'Connell
	Flint Hill School
	Fairfax
Box 3	Centreville
	Falls Church
	Thomas Jefferson S&T
Box 4	Chantilly
	McLean
	Justice
Box 5	George C. Marshall
	Mount Vernon
	Saint John Paul the Great Catholic High School
Box 6	James Madison
	Robert E. Lee
	South Lakes

Box 7	James W. Robinson
	Paul VI Catholic
	Osbourn Park
Box 8	Lake Braddock
	Woodbridge
	Yorktown
Box 9	Langley
	Thomas Edison
	T.C. Williams High School
Box 10	Patriot High School
	West Potomac
	Westfield
Box 11	Tuscarora High School (VA)
	Herndon
	West Springfield
Box 12	W.T. Woodson
	Wakefield High School
	Washington-Lee High School

# JV Race Box Assignments

**Applies to both Girls (10:45) and Boys(11:45)**

## JV I – Boys and Girls

1	Hayfield
2	Bishop O'Connell
2	Fairfax
2	Flint Hill
3	Falls Church
4	Justice
4	McLean
5	George C Marshall
5	John Paul the Great
5	Mount Vernon
6	Robert E Lee
7	Paul VI
8	Lake Braddock
8	Yorktown
9	Langley
9	Thomas Edison
9	Thomas Jefferson
12	Wakefield
12	Washington-Lee

8:00 Freshman Boys /(Max is 15) 8:30 Freshman Girls /(Max is 15) 9:15 Varsity Boys /(Max is 10) 9:45 Varsity Girls /(Max is 10) 10:15 JV Girls I /(Max is 15) 10:45 JV Girls II /(Max is 15) 11:15 JV Boys I /(Max is 15) 11:45 JV Boys II /(Max is 15)
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## JV II – Boys and Girls

1	Annandale
3	Centreville
4	Chantilly
6	James Madison
6	South Lakes
7	James Robinson
7	Osborn Park
8	Woodbridge
9	TC Williams
10	Patriot
10	West Potomac
11	Tuscarora
11	West Springfield
11	Westfield
12	WT Woodson