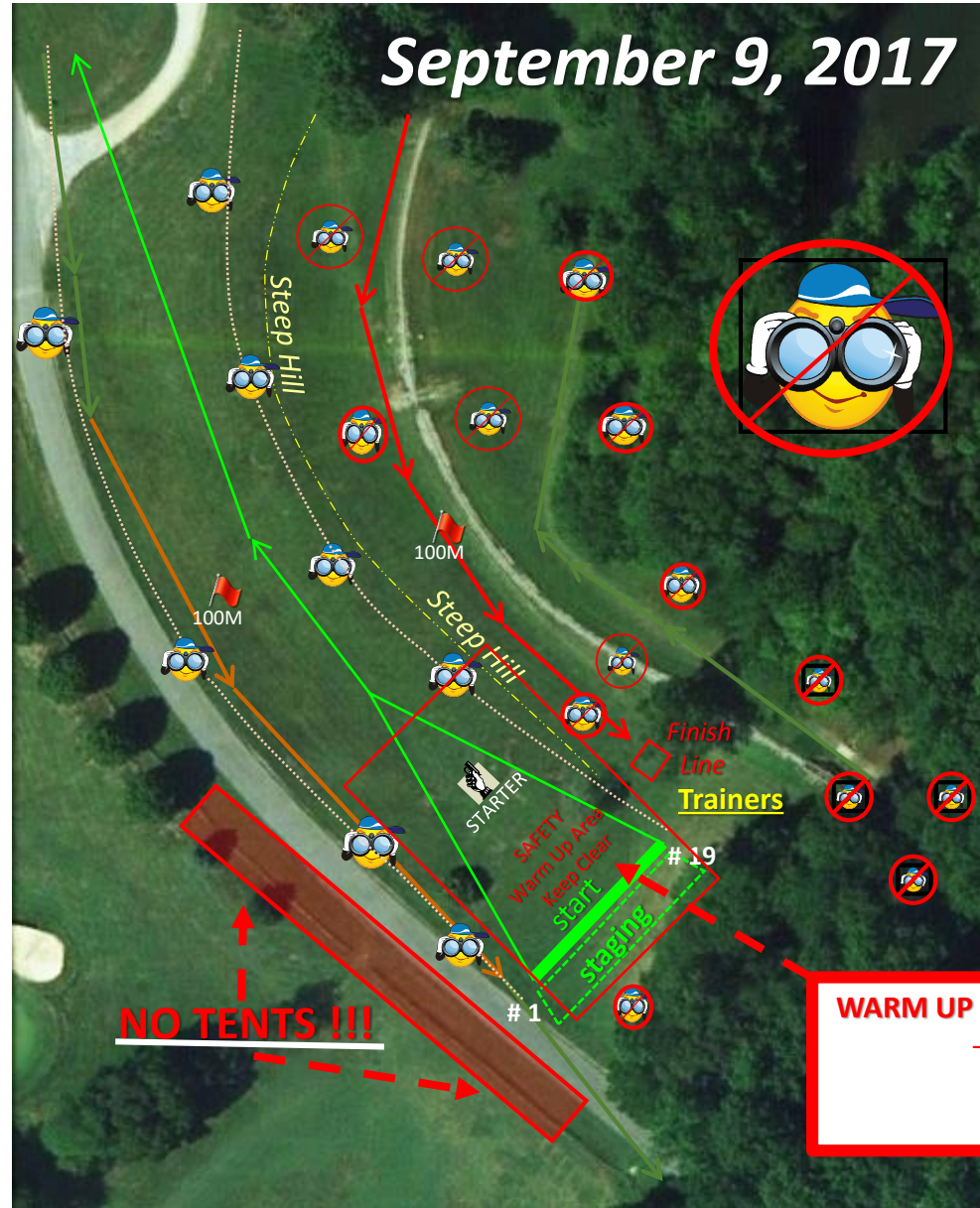




Monroe Parker XC at Burke Lake



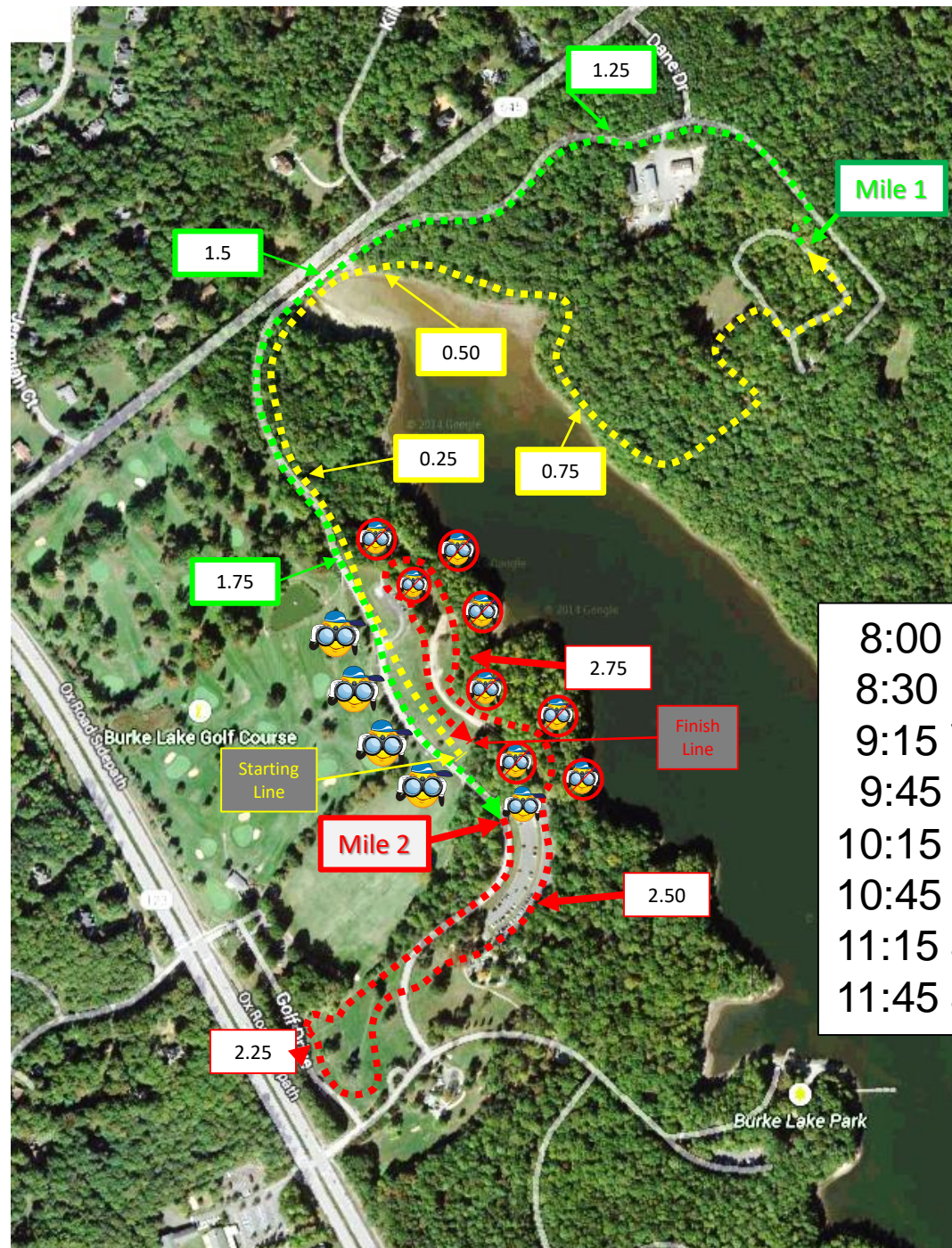
 = Great Location to watch the race
 = Off Limits to spectators

- 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 9, 2017



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 09, 2017



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;">In Staging Area</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 – Freshman // Varsity September 9, 2017



Freshman and Varsity Boys/Girls		Box
Annandale	Paul VI	1
Bishop O'Connell	Potomac Falls	2
Centreville	Robert E Lee	3
Chantilly	South Lakes	4
Fairfax	Stonewall Jackson	5
Falls Church	TC Willaims	6
Flint Hill	Thomas Edison	7
Forest Park	Thomas Jefferson	8
George C Marshall	Tuscorara	9
Hayfield	Wakefield	10
James Madison	Washington-Lee	11
James Robinson	West Potomac	12
JEB Stuart	West Springfield	13
John Paul the Great	Westfield	14
Lake Braddock	Woodbridge	15
Langley	WT Woodson	16
McLean	Yorktown	17
Mount Vernon	Open	18

Junior Varsity Races Boys and Girls		
Junior Varsity - 1	Junior Varsity - 2	Box
Bishop O'Connell	Annandale	1
Falls Church	WT Woodson	2
Flint Hill	Centreville	3
Thomas Jefferson	Woodbridge	4
Thomas Edison	Chantilly	5
South Lakes	Westfield	6
George C Marshall	Forest Park	7
JEB Stuart	West Springfield	8
John Paul the Great	James Madison	9
Paul VI	West Potomac	10
Fairfax	James robinson	11
Hayfield	TC Willaims	12
Langley	Lake Braddock	13
McLean	Potomac Falls	14
Mount Vernon	Stonewall Jackson	15
Wakefield	Robert E Lee	16
Washington-Lee	Open	17
Yorktown	Open	18
Tuscorara	Open	19