

Meet Program

2016



Notes for Coaches, Athletes and Spectators:

There will be no coaches meeting. Pick up your race packet in the Football Field Press Box.

Our trainer will be available for emergencies only. He cannot tape 500 athletes.

Parking will be limited. Please encourage your athletes to use school provided transportation.

Athletes and spectators are allowed only in Bordley Stadium for the meet and the Barton Alumni Sports Center for using the restrooms and trainer. All other buildings are off limits. Coaches are responsible for their athletes at all times.

Report any problems you have with the way the meet with Landon's Head Coach Addison Hunt. Do not confront or harass our volunteer officials. Make sure your spectators and athletes do the same.

Have your athletes to the starting line area 10 minutes before the start.

No dogs on the turn infield!

Please make sure athletes report to the starting line in a school issued uniform. Any athletes whose appearance is found to be objectionable by Landon will be asked to take care of the specific items.

Keep your athletes and spectators off the infield and finish line area.

Athletes are limited to 1 Race.

Head of School: Jim Neill

Athletic Director: David Holm

Athletic Trainers: Mike McCormick, Cameron Danish

Meet Director: Addison S. Hunt

Congratulations to all the runners who raced today and thank you to all of the coaches, spectators and especially our parent volunteers.

Please help keep our campus beautiful by picking up your trash and belongings.

Addison S. Hunt

Race Director

Schedule:

7:45 AM Guided Course Walk

9:00 AM Girls Varsity Brown Division (5K) (Up to 9 runners)

9:45 AM Boys Varsity Brown Division (Up to 9 runners)

10:15 AM Girls Varsity White Division (5K) (Unlimited Runners)

11:00 AM Boys White Division (5K) (Unlimited Runners)

11:45 AM Awards

In order to comply with MPSSAA and DCIAA Sanctioning requirements we have made the following adjustments

The following team **must** run in the **Brown** Division

Eastern H.S. (DC)

C. H. Flowers (MD)

The following team **must** run in the **White** Division

Abington Friends (PA)

Flint Hill (VA)

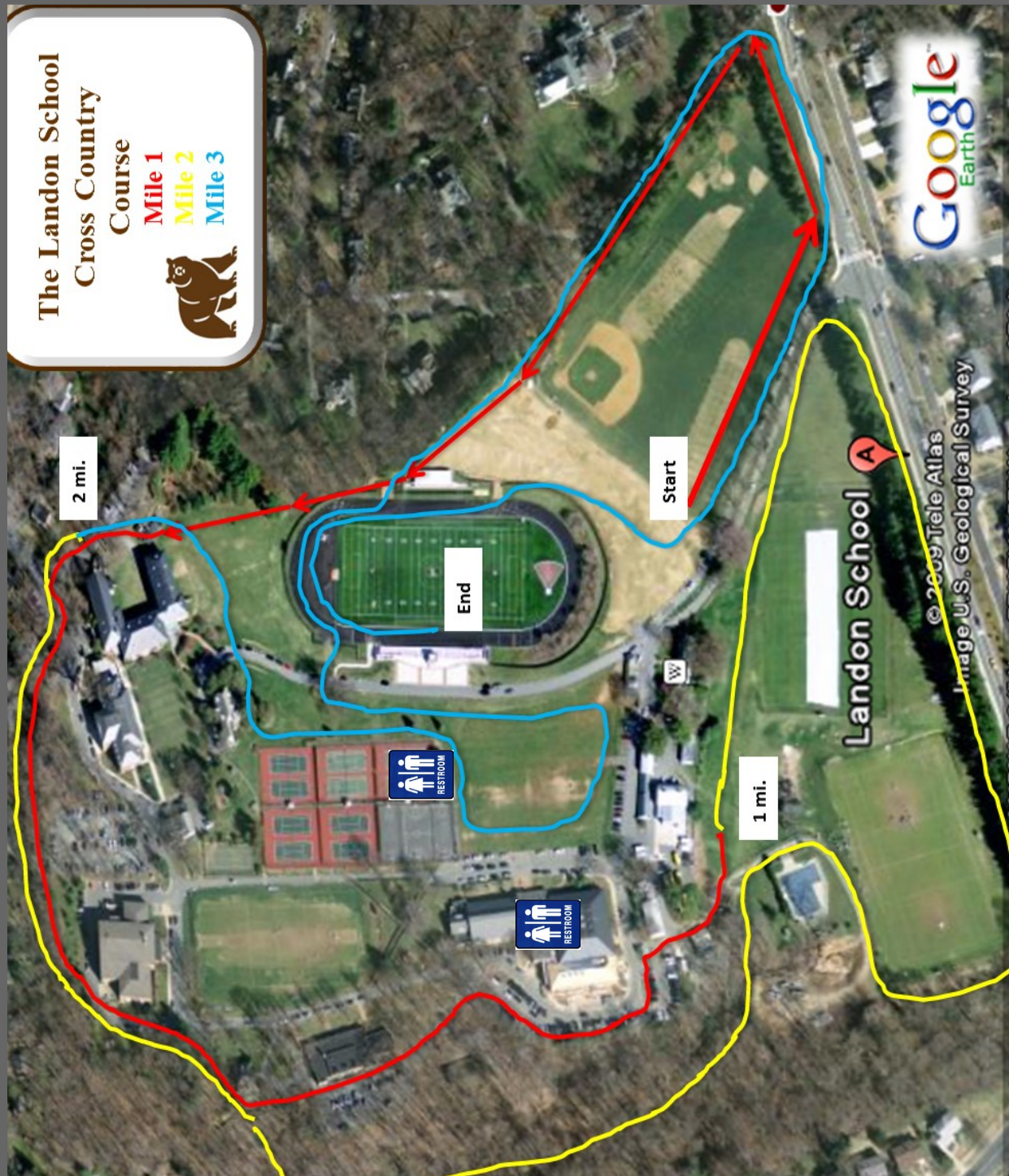
Mercersburg Academy (PA)

Spire Cross Country (VA)

Everyone else should put 7-9 runners in the **Brown Division** and everyone else in the **White Division**.

We have added more Medals to the White Division and will go 10 deep.

5000 Meter Course Map



Landon Invitational Starting Boxes 2016

Box	Girls—Brown	Boys—Brown	Girls—White	Boys—White
1	St. Marys (Annapolis)	Eastern	Siena School	St. John's High School
2	Connelly Holy Child	Washington Latin PCS	St. John's High School	The Heights
3	Elizabeth Seton	Bishop Ireton	Washington Latin PCS	Siena School
4	Bishop McNamara	St. Marys (Annapolis)	Elizabeth Seton	Bishop McNamara
5	Washington Latin PCS	Bullis	Bishop McNamara	St. Mary's Ryken
6	Bullis	Landon	Maret	St. Marys (Annapolis)
7	Holton-Arms	The Heights	Bishop Ireton	Landon
8	Bishop Ireton	Don Bosco Cristo Rey	Flint Hill	St. James
9	St. Mary's Ryken	St. Mary's Ryken	St. Mary's Ryken	Bullis
10	Eastern	Maret	Spire Cross Country	Bishop Ireton
11	Stone Ridge	C.H. Flowers	St. Marys (Annapolis)	Maret
12	C.H. Flowers	St. John's High School	Bullis	Abington Friends (PA)
13	Don Bosco Cristo Rey	St. James	Mercersburg Acedemy	Don Bosco Cristo Rey
14	St. John's High School	DeMatha Catholic	Abington Friends (PA)	Spire Cross Country
15	Acadaemy of the Holy Cross	Bishop McNamara	Holton-Arms	Flint Hill
16	Maret		Don Bosco Cristo Rey	DeMatha Catholic
17			Connelly Holy Child	Washington Latin PCS
			Stone Ridge	
			Acadaemy of the Holy Cross	

Position 1 is closest to the white building and guard house. Position 16 is closer to the track/football field. Top five on the line.

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WHITE SHORT SLEEVE.....	\$17.00
WHITE LONG SLEEVE.....	\$22.00
CAMO SHORT SLEEVE.....	\$22.00
TIE DYE SHORT SLEEVE.....	\$22.00
NEON SHORT SLEEVE.....	\$20.00
SWEATPANTS.....	\$25.00
HOODIES.....	\$35.00
RAINBOW HOODIES.....	\$45.00

ALL PRICES INCLUDE ONE ARTWORK
2XL ADD \$2 3XL ADD \$3

NAMES \$4 FOR ONE WORD
.50 A LETTER FOR ADDITIONAL WORD

EXTRA ART \$5 **TEAM NAMES \$3
IF AVAILABLE**