

10th Annual Darlington Cross Country Festival

Saturday, September 28, 2013

Information for **High School (5K)**, **Middle School (3200m)**, and Elementary (1 mile) races.

You must submit your entries online using Milesplit: <http://ga.milesplit.com/meets/145564>

If you have never used Milesplit start here: http://www.milesplit.us/pages/Online_Meet_Reg_Instructions

Deadline: Online entry must be completed by Wed., Sept. 25 at midnight. Please mail checks ASAP.

Cost: \$70 for one gender, one age group; \$130 for **HS boys & girls OR MS boys & girls**.
\$250 for **HS boys & girls AND MS boys & girls**. *Entry for the **Run with PRIDE** Open 5K and 10K races must be completed separately and is on reverse.* Make checks payable to Darlington School and mail to Alan Parish, Darlington School, 1014 Cave Spring Rd SW, Rome, GA 30161.

Entry: **High school coaches:** Put your **top 27-32 runners** in the Milesplit entry for the meet. On race day you pick 7 to run in the varsity race, and pick 25 (girls) and 20 (boys) for the early JV races. You do not need to tell anyone which race a runner will participate in. Do not enter runners for the JV Unlimited race on Milesplit because they will not wear bib number's and it will not be timed or scored. **No MS athletes in 5K races.**
Middle school coaches: **All of your runners** in the varsity and JV races must be listed in your Milesplit online entry; they will all wear bib numbers. Middle school runners must be in 6th, 7th, and 8th grades only. If you have anyone running in the Elementary 1-mile race add them to your Milesplit entry so they will be assigned a bib #.

8:00 a.m. Open 5K Race & Open 10K Trail Race (See reverse for **Run with PRIDE** registration. Free entry for coaches of participating HS or MS teams!)

8:45 JV HS Girls 5K (25 runners per team, must be sub-30 min. 5K, this race will be scored and timed)

9:20 JV HS Boys 5K (20 runners per team, must be sub-30 min. 5K, this race will be scored and timed)

9:50 Varsity HS Girls 5K (Max. 30 teams, top-7 runners, must be sub-30 5K)

10:25 Varsity HS Boys 5K (Max. 30 teams, top-7 runners, must be sub-30 5K)

10:55 JV HS Boys & Girls 5K unlimited (No bib numbers, no official timing or scoring; clock at the finish)

****All five high school races are for 9th-12th grade students of GHSA member schools ONLY.****

Girls 5K Course record: 19:25, Natalie Kile, Blessed Trinity, 2012

Boys 5K Course record: 16:15, Jesse Baker, Darlington, 2011

11:45 Elementary (Up to 5th grade) 1-mile race (Must register on Milesplit individually or through their MS team)

12:00 MS Varsity girls 3200m (Max. 30 teams, top-7 runners)

12:30 MS Varsity boys 3200m (Max. 30 teams, top-7 runners)

1:00 MS JV girls unlimited 3200m (No team awards but will be officially timed and scored)

1:30 MS JV boys unlimited 3200m (No team awards but will be officially timed and scored)

Girls 3200m Course record: 12:14, Megan Gavin, North Cobb Christian, 2011

Boys 3200m Course record: 11:02, Ben Davies, Holy Innocents', 2012

Awards will be presented on a rolling schedule throughout the day between races:

Top team in each GHSA classification will receive a trophy in all varsity races; Top 3 teams in the MS varsity races will receive trophies; *There are no team awards in JV races*; Top three individuals in all varsity races will receive trophies; Top 20 runners in all races (varsity and JV, boys and girls) will receive medals; top 10 boys and girls in elementary 1-mile will receive medals.

Timing by Fast Feet Timing Services * Electronic results will be available online the day of the race * T-shirts will be sold and designed on site by Eagle Sportz * All HS races are GHSA sanctioned * Course is 50% grass, 50% crushed gravel, flat and fast. * Concessions: food and drinks will be for sale * Certified medical trainer will be available * Directions available online; parking at the Huffman Athletic Center on Darlington Drive. * NO REFUNDS; meet will be rescheduled to Oct. 5 if there is a postponement due to inclement weather. * **Contact:** Alan Parish; aparish@darlingtontschool.org; 615-480-6138



Run with PRIDE

10K & 5K Races at 8:00 a.m.

Fun Run at 9:00 a.m.

Races start and finish near the Darlington track

LOCATION / INFO: Race Day packet pick-up and registration will be on the patio between the Huffman Center and the track. The 10K race is a partial trail run, all on the Darlington campus. The 5K is a 2-loop grass and gravel course used for the Darlington Cross Country Festival. The Fun Run will start and finish on the track and go through the tunnel and around the lake.

REGISTRATION: Pre-registration by mail until Sept. 18, 2013. Download registration form at www.darlingtonschool.org/5k. Register on race day from 7 to 7:45 a.m.

Cost if postmarked by Sept. 18: 10K \$25, 5K \$20, Fun Run \$10

Cost after Sept. 18 and race day: 10K \$30, 5K \$25, Fun Run \$15

PRE-RACE PACKET PICK-UP: Avoid the crowds! Pre-registered participants may pick up race packets and numbers on Friday, Sept. 27 from 5:00 to 6:00 p.m. on the sidewalk in front of Darlington's Huffman Athletic Center.

GOODIES: T-shirts and participant packets guaranteed if registered by Sept. 18. 10K and 5K runners will receive a technical, "dry-fit" shirt, Fun Run participants will get cotton.

5K & 10K AWARDS: Male and Female - 1st place Overall, Masters; 1st, 2nd, and 3rd in each age group: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over

See reverse for information on the 10th Annual Darlington Cross Country Festival:
A large, elite running event for high school teams, middle school teams, and elementary runners.

For more information email runwithpride5k@gmail.com.

ATTENTION: Please read carefully and print all information. Waiver must be signed. If under 18 years of age, applicant must have signature of parent or guardian in addition to his/her own. Illegible or incomplete entries will not be accepted. No refunds. Race will be held rain or shine. Bicycles, skateboards, roller skates or inline skates and other wheeled conveyances, and animals are not permitted due to insurance considerations



RUN with PRIDE Races – Sept. 28, 2013

Mail entry form and checks payable to: Run with PRIDE
Darlington School • 1014 Cave Spring Road • Rome, GA 30161

Check one: ☐ 10k Race ☐ 5k Race ☐ Fun Run ☐ Free Coach of participating HS or MS team (no shirt with free entry)

Name: _____ Age: _____ Date of Birth: ____/____/____ Gender: ☐ M ☐ F

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

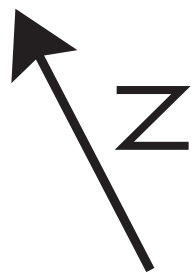
Shirt: **YOUTH:** ☐YS, ☐YM, ☐YL, **WOMEN:** ☐S, ☐M, ☐L, ☐XL, **MEN:** ☐S, ☐M, ☐L, ☐XL, ☐XXL

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Darlington School and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I certify that I am 18 years of age or older, or that I am the Parent/Guardian of the entrant and am granting permission for him/her to participate.

Signature

Date Parent/Guardian (if under 18)

Date



CAVE SPRING ROAD

DARLINGTON DRIVE

PARKING LOT

HUFFMAN CENTER

FOOTBALL FIELD

RESTROOMS & CONCESSIONS

NO ENTRY/NO PARKING

TENNIS COURTS

AWARDS/RESULTS

ENTER COURSE AREA

ATHLETIC TRAINER & WATER

PRACTICE FOOTBALL FIELD
START

FINISH

OFFICIALS ONLY BEYOND THIS LINE

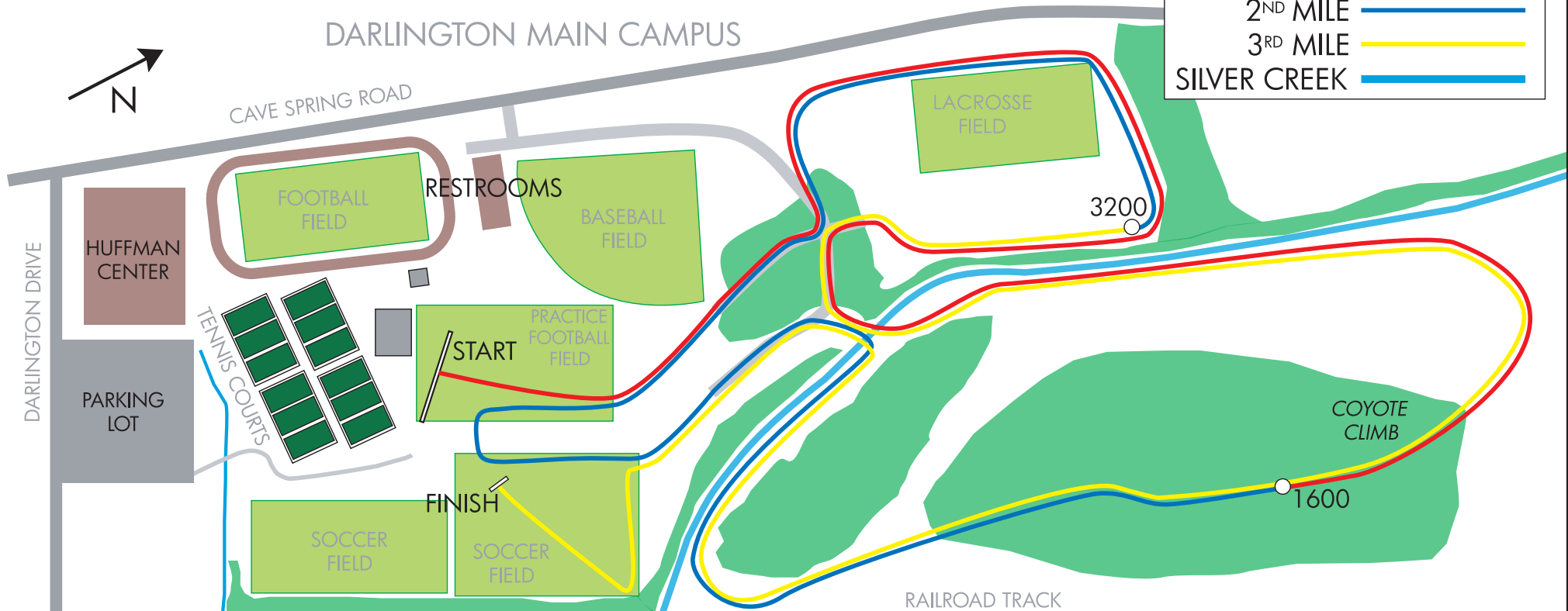
Soccer
TEAM TENT AREA
Soccer FIELD

BASEBALL FIELD

"Let us run with endurance the race that is set before us..."

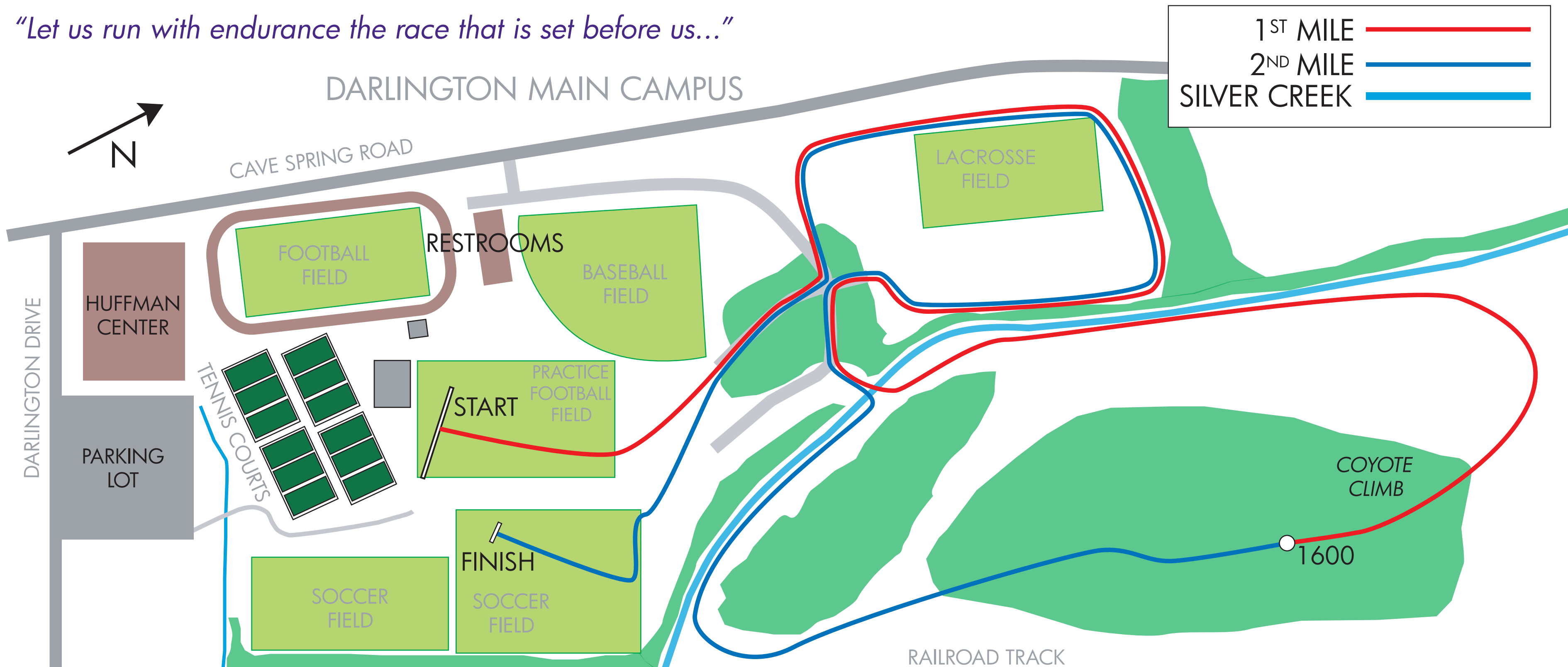
DARLINGTON MAIN CAMPUS

1ST MILE ———
2ND MILE ———
3RD MILE ———
SILVER CREEK ———



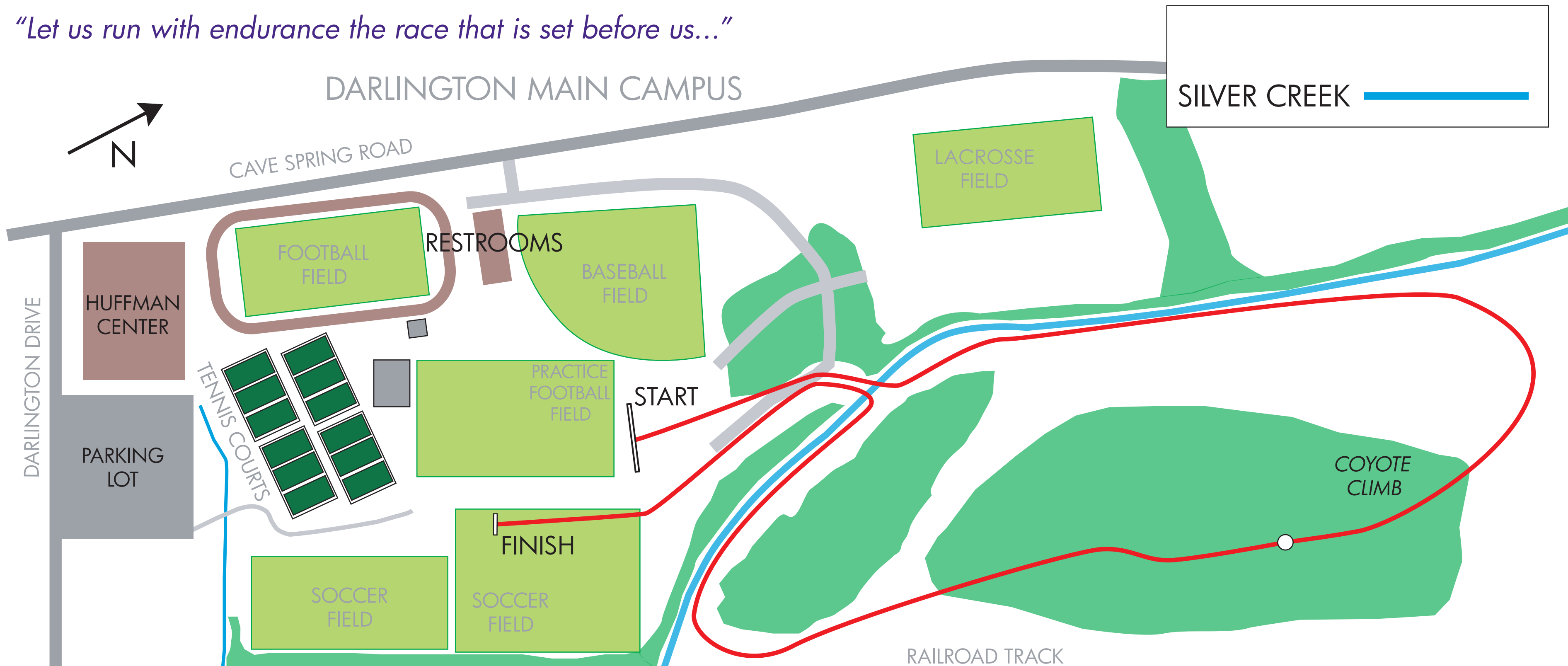
2013 **DARLINGTON CROSS COUNTRY** 5K COURSE

"Let us run with endurance the race that is set before us..."



2013 **DARLINGTON CROSS COUNTRY** 3200m COURSE

"Let us run with endurance the race that is set before us..."



2013 **DARLINGTON CROSS COUNTRY** 1600m COURSE