Saint Viator High School

1213 East Oakton Street, Arlington Heights, IL 60004-5099

Here is the format of the event on race day:

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| Registration Opens | **4:00 PM** |
| Coaches Meeting | **4:20 PM** |
| Kindergarten and Under - 50- Yard Dash | **4:35 PM** |
| 1st - 3rd Boys and Girls Grade - 200 Meter | **4:45 PM** |
| Junior High JV Girls - 1 Miles | **5:00 PM** |
| Junior High JV Boys - 1 Miles | **5:15 PM** |
| Junior High Varsity Girls - 2 Miles | **5:30 PM** |
| Junior High Varsity Boys - 2 Miles | **6:00 PM** |
| Individual & Team Awards | **6:30 PM** |

 The course will be run over multiple surfaces.  Please make the athletes aware that running shoes are the required shoe for this race.

 No spikes allowed

There will be 20 teams competing in this meet

**Water and Trainer:**

Please ask the runners to bring their own water to the event.  Saint Viator will provide a trainer and water jugs, but no cups or water bottles.

**Tents:**

We will have a tent area available for team gathering.  We will include this area on our course map as we approach the event.

**Awards:**

While we hope this will be a fun event for all participants, we will award team and individual awards this year.  Please know that we value each runner and their learning growth in this preseason event. We want to make this a realistic learning experience for your runners so when the competitive season begins your student/athletes will know what to expect and how to prepare.

Each student/athlete will receive a Saint Viator Invitational t-shirt on race day

**Timed Race:**

The event will be timed by a professional timing company.  By doing this, our hope is to:

* Familiarize new runners with how to wear and use a bib.
* Provide immediate feedback to you as coaches and your student/athletes.