

# **2014 Apache XC Invitational: October 31<sup>st</sup>, 2014**

Coaches,

We here at Arcadia High School are proud to announce that we will once again host the Apache XC Invitational near the end of the CIF regular season! As you know, most of the races featuring flat/fast courses take place early in the season, oftentimes before your team fully rounds into form. That's why we've created a **3-mile** course in our beautiful **Arcadia County Park** that's one of the fastest of its kind. It's flat as a pancake, run almost entirely on grass, and is extremely spectator-friendly. This makes for a race that'll be as easy on your athletes' legs as you can find at the end of a long season, and it's a great opportunity to run a new, confidence-boosting 3-mile PR before heading into League Final and CIF competition.

Moreover, a unique feature of our Invitational is that you can run **10 athletes at the Varsity level**, with **only the top 7 factoring into the scoring**. For our rising-star or less-experienced athletes, this is a great chance to get a taste of that Varsity-level intensity. For coaches, the setup helps us figure out/nail down our top 7 the week before most of our respective League Finals and two weeks before our CIF meets.

This year's Apache XC Invitational takes place on **Halloween – Friday, October 31<sup>st</sup>**, with the first race set to kick things off at **1pm sharp!** VS Athletics will serve as our meet sponsor, and Finished Results will handle chip timing and results. 100 medals will be awarded in all 12 races! Relay Apparel will be on hand to provide high-quality merchandise commemorating your athletes' experiences, and we'll have a full snack bar for your runners to enjoy.

I hope you plan to join us this year and for future XC campaigns. Come out and run some fast times at Arcadia High!

Enter online at [www.episports.com](http://www.episports.com)

Contact: Chris Drescher at (951) 334-8300 or [cdrescher@finishedresults.com](mailto:cdrescher@finishedresults.com)

Meet Director: Michael Feraco-Eberle: [mferaco-eberle@ausd.net](mailto:mferaco-eberle@ausd.net)

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## Meet Schedule

1:00	Frosh Boys – Small School	3:30	Varsity Girls – Small School
1:25	Soph-Frosh Girls – Small School	3:55	Varsity Boys – Small School
1:50	Frosh Boys – Large School	4:20	Varsity Girls – Large School
2:15	Soph-Frosh Girls – Large School	4:45	Varsity Boys – Large School
2:40	Soph Boys – Small School	5:10	JV Girls - Large & Small Schools
3:05	Soph Boys – Large School	5:35	JV Boys - Large & Small Schools

**Location:** Arcadia County Park, Arcadia, CA (where Santa Anita Avenue meets Huntington Drive)

**Parking:** Arcadia County Park Santa Anita Lot (just south of Huntington Drive)

**Awards:** Medals to be determined by number of teams entered; we're hoping to keep with tradition by awarding them to the top 100 finishers in each race. Plaques will be presented to the 1<sup>st</sup> & 2<sup>nd</sup> place teams in each of our 12 races.

**Results Posted:** Finished Results, PrepCalTrack, Flotrack, Dyestat

**Entry Fees:** Full School: \$300 **-or-** Each Race: \$50 (no prorating per athlete)

**Checks Payable To:** AHS ASB Boys' Cross Country (**On or Before Meet Day**)

**Return Checks To:** Arcadia High School  
Apache Invitational c/o Michael Feraco-Eberle  
180 Campus Drive, Arcadia, CA 91007

School Name \_\_\_\_\_ Coach's Name \_\_\_\_\_

E-Mail Address \_\_\_\_\_ Coach's Cell # \_\_\_\_\_

\_\_\_\_\_ We will definitely attend!

\_\_\_\_\_ Sorry, not this year.

\_\_\_\_\_ Please keep us on the mailing list for the future.

Thank you, as always, for considering our meet!

Michael Feraco-Eberle, Cross Country / Distance Coach, Arcadia High School