



THE 2ND ANNUAL SANDHILL SEASHORE CROSS COUNTRY INVITATIONAL

Hosted by: Sandhill Fields

Produced by: The Seashore Striders

(home of the 2021 Sussex County Championships)

Friday, October 21, 2022

Race information:

- **Registration**
 - **Registration Deadline: Monday, October 17th at 6:00pm**
 - Register for Varsity Championship (most competitive), Junior Varsity, Coaches Open, Youth Open
- **The Races**
 - Varsity Championship (most competitive)
 - This is your top 7 boys & top 7 Girls
 - Junior Varsity Championship
 - This is the rest of your team outside of the top 7
 - Middle School Championship
 - This is your whole team of 6-8th grade
 - Youth Open Championship
 - This is your whole team of 8th grade & under (club or open)
- **The Courses**
 - Varsity Championship (most competitive) & Junior Varsity Championship
 - This is a 5000m/3.1m fast & flat course with a combination of grass, cinder & raised bridge
 - Middle School Championship
 - This is a 3000m/1.86m fast & flat course with a combination of grass, cinder & raised bridge
 - Youth Open Championship
 - This is a 2000m/1.24m fast & flat course with a combination of grass, cinder & raised bridge
 - Note...Spectators will have an excellent view of the starting line and the finish area. A course map is provided at our meet website...www.seashorestrider.com
- **Time Schedule**
 - 1:30-2:00 pm- Teams arrive at Sandhill Facility...Bus parking in the front parking lot
 - 1:30 pm- Course Walk on your own...well marked & maps available in Team Packet
 - 2:30 pm- Coaches Meeting at timing trailer
 - 3:00 pm- Varsity Boys Championship...3.1m (5000m)
 - 3:30 pm- Varsity Girls Championship...3.1m (5000m)
 - 4:00 pm- Junior Varsity Boys Championship...3.1m (5000m)
 - 4:30 pm- Junior Varsity Girls Championship...3.1m (5000m)
 - 5:00 pm- Middle School Boys Championship...1.86m (3000m)
 - 5:20 pm- Middle School Girls Championship...1.86m (3000m)
 - 5:40 pm- Youth Open Boys Championship...1.24m (2000m)
 - 6:00 pm- Youth Open Girls Championship...1.24m (2000m)
 - 6:15 pm- Awards Ceremony at Finish Pavilion
- **Awards. (160 medals will be presented!)**
 - Varsity Championship (most competitive)
 - Top 20 Individuals in each race & top 3 teams
 - Junior Varsity Championship
 - Top 20 Individuals in each race & top team
 - Middle School Championship
 - Top 20 Individuals in each race & top team

- Youth Open Championship
 - Top 20 Individuals in each race...No Team Results
- **Meet Payment**
 - High School Entry Fee...\$150 per gender per team; \$300 Full Boys & Girls Team
 - Middle School Entry Fee...\$100 per gender per team; \$200 Full Boys & Girls Team
 - Youth Open Entry Fee...\$10 per athlete...Entry App located at www.seashorestriders.com
 - Checks made payable to: "Seashore Striders"
 - Mail entry form to: Tim Bamforth; Sandhill Invite; 9 Gander Lane, Lewes, DE. 19958
 - Checks can also be handed in on Meet Day to the Timing Trailer
- **HS/MS Coaches Meet Entry Procedure**
 1. Go to www.seashorestriders.com
 2. Fill out attached excel spreadsheet with Entry Info (Name, Grade, Division)
 3. Email file to tim@seashorestrider.com
- **Meet Director**
 - Tim Bamforth; Seashore Strider Event Production, Inc. 302.542.4536...tim@seashorestrider.com
- **Sandhill Directions**
 - **Located at www.seashorestriders.com**