



*Gear UP Sports™ and Eisenhower Cross Country
present the*

46th Annual

SUNFAIR CROSS COUNTRY INVITATIONAL

Saturday, October 5th, 2019

The 46th annual Sunfair Invitational Cross Country Meet will be held Saturday, October 5th, 2019 at Franklin Park in Yakima, Washington. Over 1,200 runners are expected to descend upon Franklin Park for an exciting day of top level competition. In past years teams from British Columbia, California, Hawaii, Idaho, Montana, Oregon, Utah and Washington have participated. The Sunfair Invitational is comprised of 16 races over the 3 mile course at Franklin Park. There is an appropriate race for every member of a team to participate in, including coaches and spectators. The highlights of the day usually occur during the 7 varsity flights, where a single varsity runner from each team (boy and girl) will compete against their counterparts from the other participating teams. The meet begins at 8:45 am with the 3rd-6th grade race and will end at 4:30 pm with the awards ceremony at the base of the terraces. The varsity flights start at 12 noon.

The Sunfair Cross Country Invitational one of the largest single-day high school participation events in the Northwest. We are proud to associate with **gear UP Sports** as a new sponsor of the meet this year, and look forward to providing runner merchandise to first place finishers in each of the seven varsity flights. Many local businesses and individuals will partner with **gear UP Sports** and the Eisenhower Cross Country Parents Club to help insure a fun, safe and successful event.

Meet Records: The course record for the boys is held by Matthew Davis an NCAA All American from Oregon. In 2011, Amy-Elise Neale set a new girls' course record of 17:03.9 on a day that saw 23 girls run the course in under 19 minutes. The previous record was set in 2004 by Brie Felnagle in a race where the top 2 finishers broke U.S. Olympian Sara Schwald's record: Brie Felnagle from Bellarmine Prep in 1st place and Zoe Nelson from Flathead High School in Montana in 2nd place.

The meet director for the Sunfair Cross Country Invitational is Phil English, Cross Country coach for Eisenhower High School.

GENERAL MEET INFORMATION

- Date:** Saturday, October 5th, 2019
- Location:** Franklin Park, 19th Avenue & Tieton Drive, Yakima, Washington
- Web Site Coverage:** Results will be posted on Athletic.net.com, and we will post results as the races are completed.
- Course Length:** 3 miles for all races with the exception of the 3rd-6th grade (1 mile), the 7th-8th grade (1.5 miles) and the Frosh (2.0 miles) competitions. These races will be run over the last sections of the 3 mile course. For example, the Frosh races will be run over the last 2 miles of the regular 3 mile course. The 3rd-6th Grade Race starts under the tree at the 2 mile mark. The 7th-8th Grade Races starts in the Southwest corner of the park. The Frosh race uses the regular starting line and the distance is adjusted on the dogleg at the top of the terraces.
- Course Description:** Primarily grass with short sections of pavement. Spikes or flats may be worn. The course is comprised of 3 1/2 loops with the terrain varying from a steep hill at 1 mile to rolling, gentle areas. The start area will be near the center of Franklin Park. The finish area will be near the new Rotary Pavilion. The course will be marked and available for viewing on Friday afternoon (October 4th) and officials will be available for course clarification from 2:00-6:00 pm. Packets can be picked up then also.
- Entry Form:** **All High School Teams are required to enter the meet using *Athletic.net*. Middle School teams are also required to use *Athletic.net*.** Students in grades 3rd-8th who have not pre-registered may register at the Rotary Pavilion on the south side of Franklin Park on Friday afternoon after 2:00PM or on Saturday morning after 7:00AM. **Parents and coaches must allow ample time prior to your 3rd-8th grade race, if you elect to register on the morning of the race.** Registration for the Community Fun Run is not required.
[For registration instructions and links to Athletic.net, click here.](#)
Schools are encouraged to enter runners in any and all races at Sunfair. Registration must be completed by noon on Thursday to allow us time to create the team packets and meet program. The race you choose for your runners to compete in is entirely your prerogative and can be made right up to race time but **you may enter only one boy and one girl in each of the first 6 varsity flights, and only one boy or one girl in each of the last 2 varsity flights.**
- Entry Fee:** \$250.00 for a combined Girls & Boys team, or \$125.00 for a Boys *or* a Girls team, or \$15.00 for each individual entry. **There is no entry fee for 3rd-8th grade runners.** The entry fee for the Community Fun Run is included in the admission price of the Sunfair Invitational.
Please make checks payable to Eisenhower ASB and forward to:
**Phil English, Eisenhower H.S.
611 S. 44th Avenue
Yakima, WA 98908**

Lane Assignments: There will be no assigned lanes. Runners are free to start at any point behind the starting line.

Meet Scoring: **All seven Varsity Flights will be scored by place.** The team accumulating the lowest number of points for all seven flights will be declared the winner. Also, to better accommodate smaller Schools for the A/2A/B/2B or equivalent classification Varsity Flights - **Only Flights 3 through 7 will be scored for A/2A/B/2B team results.** You may enter athletes in the first two varsity flights for individual medals and ribbons, but for team scoring, only the results for top five flights will enter into calculations for the A/2A/B/2B team trophies. (3A and 4A schools are still required to have runners finish in all 7 flights to qualify for the team trophies.) Ties will be broken by the finish of the runner in Flight 7. Teams that do not have a varsity runner competing in all varsity flights will not be eligible for team scoring and awards. **Only one boy and girl runner from each team will be scored in each of the varsity flights.** There will be no team scoring for non-varsity races.

Race Schedule:	8:45 am	3rd-6th Graders Combined	1.0 mile
	9:00 am	7th-8th Grade Girls	1.5 miles
	9:30 am	7th-8th Grade Boys	1.5 miles
	10:00 am	Frosh Boys & Girls Combined	2.0 miles
	10:30 am	Junior Varsity Girls	3.0 miles
	11:00 am	Sophomore Boys & Girls Combined	3.0 miles
	11:30 am	Junior and Senior Class Boys	3.0 miles
	12:00 pm	VARSIITY Flight 1 Combined (#7 runner on the team)	3.0 miles
	12:30 pm	VARSIITY Flight 2 Combined	3.0 miles
	1:00 pm	VARSIITY Flight 3 Combined	3.0 miles
	1:30 pm	VARSIITY Flight 4 Combined	3.0 miles
	2:00 pm	VARSIITY Flight 5 Combined	3.0 miles
	2:30 pm	VARSIITY Flight 6 Combined	3.0 miles
	3:00 pm	Girls' VARSIITY Flight 7 (#1 runner)	3.0 miles
	3:30 pm	Boys' VARSIITY Flight 7 (#1 runner)	3.0 miles
	4:00 pm	Community <i>Fun</i> Run	3.0 miles
	4:30 pm	Awards Ceremony on the NW Terraces	

Please Note: Boys & Girls will run together in the first six varsity flights. Flight 7 will be run separately. Prior to the start of the Flight 7 races we will be introducing the top competitors. If you have an athlete deserving of recognition at this time please email us with their accomplishments to Administration@SunfairRun.com by October 3rd.

Results: Results will be posted on Athletic.net after all races are completed.

Race Numbers: All runners must wear their race number during their race. These numbers will be provided in the team packets. No High School teams or individuals will be entered on the day of the meet. Athletes in grades 3rd-8th who did not pre-register will be provided race numbers prior to the start of their races.

- Awards Ceremony:** An awards ceremony will take place immediately following the Community *Fun* Run. The ceremony is held at the base of the terraces in the northeast corner of the park.
- Individual Awards:** Medals to winners in every race and in each varsity flight
Ribbons for places 2-50 in each non-varsity race
Ribbons for places 2-10 in each varsity flight
- Team Awards:** Boys & Girls Trophies to 1st, 2nd, & 3rd in 4A Classification
Boys & Girls Trophies to 1st, 2nd, & 3rd in 3A Classification
Boys & Girls Trophies to 1st, 2nd, & 3rd in A/2A/B/2B combined Classification
Overall trophy to the top combined school (for the 7 Varsity Flights)
- Packet Pick-up:** Packets may be picked-up at the Rotary Pavilion on the south side of Franklin Park on Friday afternoon after 2:00PM or on Saturday morning after 7:00AM.
- Medical:** A team of physicians and athletic trainers will be on duty for the duration of the meet. A medical area and tent will be located at the finish area; access will be restricted to the medical staff and meet workers ONLY.
- Admission:** Franklin Park will be fenced-off for the meet. Admission gates will be established at various locations around the park. Adults will be charged \$5.00 and seniors, children and students with ASB \$4.00. All participants, coaches, and school personnel will be admitted free.
Any athletes or teams caught removing fencing, or entering the meet in through unpatrolled or unsecured areas will be disqualified.
- Restrooms:** Locker rooms will be available at Franklin Middle School (athletes only). Public restrooms will be open at Franklin pool. In addition, approx. 30 portable toilets will be available throughout the park.
- Parking:** Limited parking is available at Franklin Park on Tieton Dr. Additional parking will be available at Franklin Middle School on 19th Ave. Most parking will be on the streets in the surrounding residential neighborhoods. Please do not park on private property or block driveways. Parking for buses and vans will be available at the church on the corner of Chestnut and 16th Avenue. Additional parking is available a few blocks farther away at Roosevelt Elementary school at 16th and Summitview Avenues.
- Concessions:** A full concession stand will be available for the duration of the meet. There is also a soda fountain located in the [Yakima Valley Museum](#) at the main entrance to Franklin Park on Tieton Drive.
- Shirts:** A large selection of uniquely designed apparel will be available for purchase.

