

# John Sample Invitational

Formerly

**(GROVE CITY CROSS COUNTRY INVITATIONAL)**

**Date: Saturday, October 5th, 2019**

Coaches and Athletic Directors,

The Grove City Cross Country team is getting ready for another exciting year of competition. Once again, we will be hosting our invitational in early October. We always hold it on the first Saturday in October. We hope that you will be able to attend this year.

*Note that we have changed the name of the invitational to honor a long time coach of the program.*

This is the 18<sup>th</sup> year for our invitational. We use Mark Courtney and his “**champion-chip**” technology to provide splits at the mile, two mile, and at the finish line. We were the first invitational to use this technology for a high school race, and we remain committed to providing mile and two mile splits.

***Again, this year we will be including an elementary race. Any elementary age student may register. It is free if you are attending with a team in our invite and only \$10.00 if you are running independent.***

Our course is one of the fastest in Western Pennsylvania with 80% grass and gradual hills and only one short steep hill in the second mile. The course is spectator friendly and both the mile and two-mile markers are near the start line. As a spectator or coach, you do not have to move very far to see the race or chart your runners.

The date for our invitational is **Saturday, October 5th** and the start time is 9:00 AM.

To register for this year's invitational please go to [www.runhigh.com](http://www.runhigh.com) to register your team by **Thursday, October 3rd.**

***Upon receipt of this letter, I would also ask that you send me an e-mail at the address below stating whether you plan on attending, so that we may know how many teams we will need to accommodate this year.***

Thank you and good luck in the coming season!

Michael Sample

Head Cross Country Coach  
Grove City High School  
E-mail: [mike.sample@gcasdk12.org](mailto:mike.sample@gcasdk12.org)  
Phone: 724-458-4996  
Cell: 724-813-5859

Grove City, PA

Events:	8:50 a.m.	Coaches Meeting - start line
	8:55 a.m.	National Anthem – start line
	9:00 a.m.	<b>Elementary Boys and Girls Race – 1.1 mile</b>

"All other races will follow the finish of the **previous race**"

**Jr. High Girls** – 1.9 miles (Unlimited entries)  
Open to 7<sup>th</sup> & 8<sup>th</sup> graders

**Jr. High Boys – 1.9 miles** (Unlimited entries)  
Open to 7<sup>th</sup> and 8<sup>th</sup> graders

**JV Girls and JV Boys Races (combined) – 5K (Unlimited Entries)**  
Open to all high school runners not competing in varsity race

**Varsity Girls – 5 K** (Limit to 10 runners)  
Each school may enter one team – top 5 score, top 7 displace

**Varsity Boys – 5 K** (Limit to 10 runners)  
Each school may enter one team – top 5 score, top 7 displace

Course: Open space and wooded areas for scenic racing, mostly flat with some rolling lengthy hills. Mile, 2 mile splits-loop to the start/finish line perfect for spectators. Very fast course.

Directions: From I-79—Exit at Grove City (exit 113), and follow Route 208 east toward Grove City. At Katie's Korner Ice Cream Stand, take a left on to George Junior Road and then take 2<sup>nd</sup> right onto Ballpark Drive.

Restrooms: Facilities available

Past Results: Go to [www.runhigh.com](http://www.runhigh.com) and look for the number and quality of teams attending our invite each year. It is always on the first Saturday in October and now titled the John Sample Invite.

Concession: Full array of food items and t-shirts being sold. T-shirts match the medals.  
Stand and  
T-Shirts

Timing: Event will be timed by Runner's High using ChampionChip technology or race numbers. Results will be posted on the internet at [www.runhigh.com](http://www.runhigh.com) on the day of the race and at finish line for coaches.

Entry Fee: \$100 boys and \$100 girls base fee (allows schools to enter a Jr. High, JV and/or Varsity team). On race day, packets will contain all materials needed for the race (map, lane assignments, etc.).

**(All names must be registered before the deadline. No adding, switching or substituting of names on race day will be permitted.)**

*\$10 per athlete if not affiliated with a team. An individual high school athlete must be accompanied by a school approved coach.*

Deadline: All registrations will be done on-line via internet email at [www.runhigh.com](http://www.runhigh.com) or the day of the race if arrangements are made with Mike Sample, race director and head cross country coach at Grove City.

**Absolutely no entries accepted after 6 p.m. on October 3rd unless verbal confirmation is given by Mark Courtney.**

Bring checks on race day made payable to: **Grove City XC Boosters**

If checks need to be mailed, please address them to:

Grove City XC Boosters  
PO Box 281  
Grove City, PA 16127

Awards:	Elementary Race	All participants receive a ribbon top 10 medals
	Jr. High Race	Top 2 boys and girls' teams and top 25 boys and girls
	Jr. Varsity	Top 15 boys and girls individuals only
	Varsity	Top 2 boys and girls' teams and top 25 boys and girls

Information: Mike Sample email: [mike.sample@gcasdk12.org](mailto:mike.sample@gcasdk12.org)  
Home Phone: (724)458-4996  
Cell Phone #724-813-5859

S. Mark Courtney e-mail [smc@runhigh.com](mailto:smc@runhigh.com)

**Coaches and Athletic Directors,**

**Please indicate whether or not you plan on attending this year! Send me an e-mail with your intentions at [mike.sample@gcasdk12.org](mailto:mike.sample@gcasdk12.org) ....thank you!**

**Mike Sample**  
**Head Cross Country Coach**  
**Grove City, PA**

**NOTE: If we get enough teams (we have been close the last few years) that our start line cannot adequately handle a clean start, then we may run 2 varsity divisions. Large school and small school....with the ability to race up but not down.**