

STATE CROSS COUNTRY MEET INFORMATION

October 29, 2005

Eagle Island State Park, Eagle

Meet Directors: Tim Severa, Dave Mills

IHSAA Administrator: Diane Wolf

Schedule of Events

Course Open for Preview: Friday, Oct. 28, 2:00 - 5:00 p.m.; Saturday, Oct. 29, 10:15-11:15
Coaches' Meeting: Friday, Oct. 28, 8:00 p.m., Borah High School, 6001 Cassia, Boise
Workers' Meetings: 1. Both WAC and high school race workers: Sat. 7:30 a.m. @ Park Pavilion
2. High school race workers only: Sat. 10:00 a.m. @ Park Pavilion
First Call: 11:15 a.m. (no course preview permitted after 11:15)
First Race: 11:30 a.m. (4A Girls)

Order of Races (Times are approximate)

Race 1: 11:30	4A Girls	Race 2: 12:00	5A Girls
Race 3: 12:30	4A Boys	Race 4: 1:00	5A Boys
Race 5: 1:30	2A Girls	Race 6: 2:00	3A Girls
Race 7: 2:30	2A Boys	Race 8: 3:00	3A Boys

Race order is rotated yearly and is set to allow coaches more time with both their girls and boys. Awards ceremonies will be held ASAP after the boys' race in each classification.

Meet Location

Eagle Island is located west of Eagle, off Linder Rd., between Highway 20 (Chinden Blvd.) and Highway 44 (State Street).

Parking / Entry Fee

A \$5.00 entry/parking fee will be charged to all private vehicles. Team busses will be admitted free of charge. Please park in designated areas.

Course Description

The course at scenic Eagle Island State Park is two loops of the same route around the lake. It is generally flat with several turns. Each lap has one short, steep hill. Runners will cross one asphalt path, but the majority of the course is grass and dirt trails.

WAC Cross Country Championships

Boise State University will host the WAC cross country championships on Saturday prior to the IHSAA meet. Running times are: Women (5000m) 9:00; Men (8000m) 9:35. Please note that, on Saturday, the course will not be available for high school runners to preview before 10:15 am.

Park Facilities

1. Eagle Island does not have indoor facilities for runners to gather. Please plan transportation and clothing accordingly.
2. Park management has requested that NO animals be brought into the park. If it is imperative to bring one, the animal must be on a leash at all times.

Host Hotel

SPRINGHILL SUITES

6325 N. Cloverdale Rd, Boise

208-939-8266