

## **Mt. Carmel/Asics XC Invite – Invitational Race Format and Procedures**

We have created some new ways to have your team and runners run in the invite and I would like to tell you how it works.

Races #1 and #2 and #15 and #16 are now Senior/Invitational Races for runners.

Every year we get coaches calling and asking if their good runner can run up in the senior races since their athlete is very good and there is more competition there. Previously we have not allowed that, our adjustment to the race format now allows for it.

The type of runners we are looking for are runners who are all league, all CIF, or All-section.

**If you are a Division 1 team** and you have a good runner (or 2) and you would like to have them run up in the Senior/Invitational race, call or send me an email and let me know who the runner(s) is and that you want to move them up with a short explanation why. I will get you a quick response back.

**If you are a Division 2 team** and you have a good runner (or 2) and you would like to have them run up in the Senior/Invitational race, call or send me a email and let me know who the runner(s) is and that you want to move them up with a short explanation why. I will get you a quick response back. A Division 2 team has the option of running a good runner(s) in either the D-2 Senior/Invitational Race or the D-1, Senior/Invitational Race.

### **Additional Team Awards**

The invitational races give out deeper team awards as well as individual awards.