**for the “Advantage Quad-Series” Cross Country Meets held at Fulton County High School in Hickman, KY. All schools are invited to attend, just let me know when you plan on coming and be sure toEmail me a Roster by the Sat. Prior to your Race Date. FYI – This will also be the Same Course used for our Region 1 Class A Meet in November.**

**Advantage X-Country Quad Series**

**WHEN:** **MEET I –** Monday, August 20th @ 6:00 pm

**MEET II –** Monday,September 10th @ 5:30 pm

**MEET III –** Monday, October 1st @ 5:00 pm

**MEET IV –** Monday, October 22nd @ 4:30pm

**WHERE:** Fulton County High School, 2740 Moscow Ave. (St. Rt. 94 E.), Hickman, KY

**ENTRY DEADLINE: Saturday Before ALL MEETS**

Space is available on a First Come = First Served basis.

**ENTRY FEES:** **$50.00 Per-School / Per-Meet**

(Covers All Teams & Individuals for both Boys & Girls)

Unlimited Entries Per-Race

Make Checks Out To: Fulton County Track & Field

2740 Moscow Avenue

Hickman, KY 42050

**SCRATCH/ADDS:** Changes can be made up until the Coaches Meeting for each meet ***but beforehand would be preferred.*** Send Rosters & Changes to steve.spadafino@fulton.kyschools.us

Fax: (270) 236-9004

Phone: W (270) 236-2070 x3143

C (270) 627-4668

**SCHEDULE:** 45 min. prior to start **= Open Course**

15 min. prior to start **= Coaches Meeting**

5 min. prior to start =**National Anthem & Final Instructions**

**Rolling Schedule =JV Girls & Boys** followed by **Varsity Girls** and then **Varsity Boys** (varsity races may be combined if

agreed upon by coaches)

Meet Closing =**Award Presentations**

**MEET DIRECTOR & OFFICIAL:** Steven “Vito” Spadafino – KHSAA & USATF

**AWARDS:** **Ribbons** at Each Meet for 1st–6th Place in each Boys & Girls Race

**Medals** for Top 12 Individuals of the Series in each Boys & Girls Division

**Trophies** for 1st–3rd Place Teams of the Series in each Boys & Girls Division

**DIVISIONS:** **JV BOYS 3K…**10th Grade & Under

**JV GIRLS 3K…**10th Grade & Under

**VARSITY BOYS 5K…**All Grades Eligible

**VARSITY GIRLS 5K…**All Grades Eligible

\* Runners may only participate in 1 Race Per-Meet, but may run in Both JV & Varsity Divisions at different meets within the Series.

**COURSE:** Located on the campus of the Fulton County School District. The trail is a 2 ½ circuit course for a 5K race and a 1 ½ circuit course for a 3K race. The course is run on a variety of surfaces including Grass 40%, Asphalt 30%, Dirt 25%, and Gravel 5%. The course is marked by means of a mowed path, painted directional arrows, and surveyor flags at 50yd intervals. The final straightaway runs the length of the football field marked with a cone runway and FINISH line chute. The scoreboard will run as a countdown timer for the Course Record.

**MEET**

**SCORING: STANDARD KHSAA/NFHS** Rules will apply for Team Scoring during each Meet of the series. Top 5 runners per team will be scored, runners 6 & 7 will act as displacers, any others will be ranked but not affect team scoring. Only teams fielding 5 or more runners will receive a Team Score in each Meet.

**SERIES**

**SCORING:** **MODIFIED SCORING** will be used to determine Overall Team Champions for the Series. Schools not able to field a full team of 5 in each Division are Still Eligible for Team Awards. If a school has less than 5 runners, those that complete a race will receive their rank & score based on their best time for the course. The “Ghost Runners” needed to get a team up to 5 will earn the points left after all real runners are scored. Example – If “Team A” lacks 2 runners to get a team score and the last real runner in the overall rankings to score was 48 then “Team A” would receive the points for places 49 & 50 for their “Ghost Runners.” If another “Team B” lacks 4 runners in that same Division they would receive points for places 49, 50, 51 & 52.

**RESULTS:** Results will be sent to you after meets ASAP by email (preferably) or fax. Meet Results will also be sent to the Hickman Courier, Fulton Leader, Union City Messenger & Paducah Sun Newspapers, WFUL & WENK Radio, and to [www.KYTrackXC.Com](http://www.kytrackxc.com/) for ranking purposes. If you wish to add your Area Media Contacts to this list please include email addresses on your Entry Form.

**CONCESSIONS:** Water will be provided for All Participants at the Start/Finish Area. Water stations may also be provided on the course in extreme heat. Concessions will be available on site.

**Steven "Vito" Spadafino**

**Athletic Director**

**Physical Education**

**Head Track & Field Coach**

**Fulton County Schools**

**Phone: (270) 236-2070 x3143**