



AVE INVITE

Hosted by Donahue Academy of Ave Maria
at NORTH PARK IN AVE MARIA, FL 34142

5000m HS Course ~ 3000m MS Course (FLYRA Qualifier) ~ 1 mi GS Course

Saturday, September 28, 2024

- 6:00 Packet Pick-up Opens
- 7:15 Star Spangled Banner
- 7:20 Varsity Boys HS 5K (7 runners max, all should be able to finish in 27 minutes)
- 7:50 Varsity Girls HS 5K (7 runners max, all should be able to finish in 30 minutes)
- 8:25 Mixed HS JV 5K (unlimited entries)

Once scores are tallied, HS results will be announced (during MS races).

- 9:10 Boys MS Varsity 3K (unlimited entries)
- 9:35 Girls MS Varsity 3K (unlimited entries)

Once scores are tallied, MS results will be announced (during ES races).

- 10:05 ES Boys One Mile (unlimited entries)
- 10:20 ES Girls One Mile (unlimited entries)

FEES:

HS Team: \$125/gender (\$250 for both)

MS Team: \$75/gender (\$150 for both)

GS Entries: \$25/gender (\$50 for both)

Individual Entries: HS \$25, MS \$15, GS \$5

Register on DirectAthletics.com

Make Checks payable to:

Donahue Academy

4955 Seton Way

Ave Maria, FL 34142

ATTN: Cross Country, Cassie Graham

AWARDS:

TShirts for Top 5 Individuals in each race.

Participation Ribbons to all who finish the GS 1 mile.

Team Awards for 1st and Runner Up Teams.

COURSE: MAPS FOR ALL COURSES WILL BE SENT IN AN EMAIL TO COACHES.

The course will be completely grass, starting and finishing on the park's soccer fields, but including a stretch on a wide-grass path through woods to the east of the park. There is a turnaround on this stretch since canals on either side of the path prevent us from creating a loop.

Timing and scoring provided by Elite Timing EliteTiming.net

DIRECTIONS: Take I-75 to Immokalee Rd. exit 111. Head east for 10 miles. Take a right onto Oil Well Rd. After 10 miles, turn left onto Ave Maria Blvd. Follow this for about 3.5 miles through the rotary. Take a right on Anthem Parkway and then a quick left at the sign for North Park. The course will begin at the north end of the soccer fields.

CONTACT: Coach Cassie Graham (786) 540-3601 Cassie.Graham@donahueacademy.org

Registration must be on DirectAthletics.com Registration closes Wed, Sept 25, 2024 at 11:59pm.