

HIGH-5 TROPHY SERIES - FALL 2015

This contest gives NTF runners some extra motivation: they can win a cool trophy in the end of the season through participation in local youth cross country races. This is how it works:

Rules:

- There are 5 meets in the series. (But there is no requirement to run all of them. You are not eliminated from the contest by missing a meet).
- For each event, participating runners score points. In the end of the season the scores are summed up and ranked.
- Runners compete within their age groups, but the final tally combines all age groups together. This contest is open only to registered NTF athletes.

Races:

1. NVRC-CRPR All-Comers Youth Cross Country Meet #1 - September 19 - Oak Hall Park
 2. NVRC-CRPR All-Comers Youth Cross Country Meet #2 - October 3 - Oak Hall Park
 3. Juniata Valley All-Comers Meet #1 - September 12 - Indian Valley Elementary
 4. Juniata Valley All-Comers Meets #2 - October 10 - Indian Valley Elementary
 5. NTF Intersquad Meet - October 24 - Circleville Park
- * NVRC-CRPR meet #3 (10/17) can be used as a back up to score points in place of other NVRC meets (#1 or #2), but it is not advised for athletes who travel to Lakeland Invitational on 10/18*

Scoring:

Finishing score	10 pt / race
+	
Placing scores	
1st in age group	5 pt
2nd in age group	4 pt
3rd in age group	3 pt
4th in age group	2 pt
5th in age group	1 pt

Age groups:

8 and under, 9-10, 11-12, 13-14

Boys and girls are scored separately even if they run together in the same race

Scoring is assigned based on the age breakdown used by meet organizers.

- CRPR meets use age as of race day.

- Juniata and Intersquad meet uses age as of Dec 31.

Any meet participants (not necessarily NTF) can bump you off in placing scores

Example #1: An under -8 girl runner competed in an all-comers meet and placed 2nd in her age group. Her score is 10 (for finishing) + 4 (for age group place) = 14. A 13-14 boy runner competed in the same all-comers meet and placed 3rd in his age group. His score is 10+3 = 13. In the combined roster she leads him by 1 point.

Example #2: Runner A completes 3 races during the season and places 1st in all of them. Runner B completes 5 races and does not place in top five in any of them. By total scores: Runner A - 45 pt; Runner B - 50 pt, Runner B beats Runner A in the final tally.

Tie-breaking:

1. Runner participating in greater number of meets gets preference
2. By last race score

Awards: Top 1-15 finalists get High-5 Trophies / Top 16-25 finalists get High-5 Medals. Awards ceremony for the High-5 Series will be held at the NTF Intersquad meet on October 24.

Directions to the meets:

CRPR-NVRC All-Comers Meets

Oak Hall Park, 120 Linden Hall Rd., Boalsburg, PA 16827

Drive on North Atherton St. towards Boalsburg. At the traffic light at the intersection with Route 45, turn left on Boalsburg Rd. and follow less than a mile north. Take next right on Linden Hall Rd and again right to Oak Hall Park entrance.

Juniata Valley Striders All-Comers Meets

Indian Valley Elementary School, 125 Kish Rd., Reedsville PA 17084 (~30 min drive from State College)

Drive on Route 322 East towards Lewistown. After going through the mountain zone following Potter Mills, take exit to Milroy on your right. Coming off the ramp, at T-intersection traffic light, make a right turn and follow no more than one mile on Old US-322 until you see the school on your left.

NTF Intersquad Meet

Circleville Park, 200 Little Lion Drive, State College, PA 16803

Enter Valley Vista Dr. from either North Atherton St. (by Lowes) or from Circleville Rd. and Science Park Rd intersection. If coming from N Atherton, right after passing Park Forest Middle School on your left, make a right turn onto Little Lion Drive, which takes you through a small wooden section to the Park. Parking will be on your left by the pavilion.