

Hoka One One 2 Mile High School Race, 2 Mile XC Middle School & 1 Mile XC Elementary School Challenge



*PLUS... District Track Club
Meet and Greet*

Sat., November 18th ~ Noon - 3 p.m.

At Jamestown High School ~ Brand New, Super Fast Track

Hoka One One 2 Mile High School Race

- USATF Sanctioned Event (Not a VHSL event)
- Open to all high school boys and girls
- Registration Fee: FREE

SHIP Elementary and Middle School XC 2 and 1 Mile Challenge

- USATF Sanctioned Event
- Open to 3rd-8th graders only
- Registration Fee: FREE (WJCC SHIP students only)

Parents must stay at meet with Elementary and Middle School students. No student drop offs.

Heat sheets will be posted by 5 p.m. on November 17th at www.gwrun.org. Races for the high school 2 mile will be seeded by time about 16-20 athletes in each race. Parental Waiver is required for all runners (see 2nd page). Please submit electronically at www.gwrun.org. Races will be hand-timed with two print timers and have a finish line judge. Official results will be posted within 4 hours of conclusion of meet at www.gwrun.org.

Schedule

Girls Hoka One One 2 Mile
Noon (FREE)

Boys Hoka One One 2 Mile
12:40 p.m. (FREE)

Girls Elementary School XC 1 Mile
1:20 p.m.

Boys Elementary School XC 1 Mile
1:40 p.m.

Middle School Girls XC 2 Mile
2:15 p.m.

Middle School Boys XC 2 Mile
2:45 p.m.

Sign Up Now at www.gwrun.org

Sign up online by 11:59 p.m. November 16th or on race day at least 45 minutes prior to scheduled race.

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Directions

Traveling on I-64 East:

- Take Exit 234 to Route 199 East.
- Turn right at the yield sign onto Route 199 East.
- Travel about 6 miles on Route 199.
- Turn right at the stoplight onto Route 5 West - John Tyler Highway.
- Follow for about 3 miles, then turn left at the light onto Eagle Way.
- Jamestown HS will be on your right.

Traveling on I-64 West:

- Take Exit 242A to Route 199 West.
- Travel about 6 miles on Route 199.
- Turn left at the stoplight onto Route 5 West - John Tyler Highway.
- Follow for about 3 miles, then turn left at the light onto Eagle Way.
- Jamestown HS will be on your right.

Address: 3751 John Tyler Highway | Williamsburg, VA 23185

High School Hoka One One 2 Mile

The Hoka One One 2 Mile is for cross country teams to enter five or more athletes into the meet as individuals. All athletes under 18 must bring a waiver signed by a parent or guardian. Results will be compiled and sent into the Hoka One One 2 Mile database.

Coaches Note:

Please send entries to marktompkins1gmail.com and have athletes bring signed waivers on race day. This is a USATF event and not a VHSL event. Athletes will not wear school uniforms nor should schools provide transportation.

Waiver

HOKA ONE ONE 2 MILE HIGH SCHOOL RACE AND ELEMENTARY & MIDDLE SCHOOL ONE MILE CHALLENGE RELEASE OF LIABILITY

(Required for all athletes participating in 2 mile or 1 mile races)

Waiver: I know that running and track meets are potentially hazardous activities. I assume all associated risks including but not limited to falls, contact with other participants, weather effects including high heat and humidity. Having read this waiver and knowing these facts, I/we release, absolve, indemnify and hold harmless the Greater Williamsburg Distance Running Club (Youth), organizers and sponsors in case of injury to my child. I/we waive all claims against the above mentioned persons or organizations which includes the Greater Williamsburg Distance Running Club, the County of James City, and the WJCC Schools. I certify that I know of no physical or emotional condition or impairment that would prevent participation in the program.

Parent/Guardian Signature _____

Student Name _____

Date of Application ____/____/____

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District Track Club Meet and Greet

Noon - 3 p.m.

Come out to Jamestown High School to meet and talk with professional distance runners!

Baked goods and concessions will be sold.



The following members from the District Track Club will be available at our Meet and Greet:

Tom Brumlik - Current General Manager District Track Club, Coach of the Middle Distance Men. Prior to launching the District Track Club program, Tom spent two years at American University as a recruiting coordinator.

Sam Penzenstadler - 3:57 (Mile), 2016 Penn Relays Champion (Mile), Coach at Sidwell Friends High School

Chris Hatler - 3:39 (1500), 2017 U.S. Championships Qualifier, Coach at Sidwell Friends High School

Endose Ibadin - 1:45 (800m), 2017 IAAF World Championships Qualifier, Graduate Student at Towson University

Strymar Livingston - 1:46 (800m), 2017 Jamaican National Runner Up (800m), Sales Associate at Potomac River Running

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