

2009 4th Annual Catholic High School

FALCON Invitational

**sponsors First Place Athletics and the
Knights of Columbus (Councils 4080, 10232 & 11672)**



When: September 19, 2009 (Saturday) 8:00 am

Where: John Hunt Running Park, Huntsville, Al

Entry Deadline: Tuesday 9/15/2009 online, Monday 9/14/2009 non online entries

If you are not submitting your entries online, then mail them to Catholic High School asst. coach Paul Shea, 4205 Lakeview Drive, Huntsville, Alabama 35810

Cost: \$35.00 per team for AHSAA sanctioned races (automatic timing). Free for HISL member school races (hand timed). Make checks payable to Catholic High School. Mail entry fees to coach Paul Shea or pay for entry fees at packet pick up.

Course: Open fields, wooded trail & hills along perimeter of Huntsville Municipal Golf Course. Varsity 5k, JV & Frosh/ JHS 2 miles, CHS feeder schools 1 ½ miles.

Automatic Timing by C.F.P.I. Timing and Data. Must register online at www.cfpitiming.com Non online entries will pay an additional \$10 per team.

Meet Director Ryan Shea phone (256) 851- 6037 or (256) 337- 3110

2009 FALCON Invitational Schedule of Races

CHS Feeder School Races, HISL members (hand times)
(Holy Family, Holy Spirit, St. Ann's, St. John's & St. Joseph's of Florence)

- 8:00 am Foundress Kathy Smith GIRLS 1 ½ mile run
Meet Record 11:26 Lydia Sweeney Holy Spirit 2007
- 8:15 am Coach Chris Kuehler BOYS 1 ½ mile run
Meet Record 10:49 Stephen Leahy St. John's 2007
- 8:30 am Knights of Columbus Color Guard process in Anthem & Pledge (Carlos Blackman)
- 8:40 am Eucharistic Minister Fred Dorsey leads prayer for athletes & guests

AHSAA Sanctioned Races (automatic timing)

- 9:00 am Varsity Girls (Father Patrick J. Murphy Memorial 5k)
Meet Record 20:00* Katie Huston Sparkman 2008
- 9:30 am Varsity Boys (Father Michael J. McGivney K of C Memorial 5k)
Meet Record 17:01* Mark Fisher Catholic 2008
- *Track & Field News conversion tables from 3 mile to 5k
- 10:00 am Junior Varsity Girls (Principal Vince Aquila Catholic HS 2 mile)
Meet Record 14:08 Kimari Martin J.O. Johnson 2008
- 10:30 am Junior Varsity Boys (Mike Allen First Place Athletics 2 mile)
Meet Record 12:44 Will Faulk St. Bernard Prep 2008
- 11:00 am Frosh/ JHS Girls (Paul Tygielski CHS Athletic Boosters 2 mile)
Meet Record 14:27 Whitney Brown West Point 2008
- 11:30 am Frosh/ JHS Boys (Bruce & Suzie Lowe CHS X-C Parents 2 mile)
Meet Record 12:32 David Jenkins Albertville 2008

12:15 pm Awards (t- shirts top 15 varsity, top 10 JV & Frosh/ JHS, top 5 feeder school races & top finisher from every full team that did not win an award. Varsity Team Trophies top 3 teams plus top 1A teams & top 2A- 4A teams. Trophies to top team from each Junior Varsity race, from each Frosh/ JHS race, and from each feeder school race).

2009 FALCON Invitational

Directions to John Hunt Running Park

Take I- 65 North to I- 565 Huntsville exit (1st exit after Tennessee River Bridge)

or

Take I- 65 South to I- 565 Huntsville exit (last exit before Tennessee River Bridge)

then

Follow I-565 to Huntsville. Turn right on Memorial Parkway South,
turn right on Airport Road. Go about ½ mile.

Turn left and drive between soccer fields & parking lots. There is no street sign but
on right opposite corner there is a sign for Jaycee Way, At fork in road keep
straight, the last parking lot is in front of John Hunt Running Park.

There will be a coaches hospitality table near the packet pick up area.

If you have more than 10 athletes in a race, enter them as a 'B' team
and pay an additional \$35 team fee or \$8 per individual fee.

AHSAA Junior High School teams should enter the Frosh/ JHS races,
which are for grades 7, 8 & 9

Junior Varsity teams are for grades 10 & under

Varsity teams are for grades 12 & under

There will be a limited number of day of meet entries accepted, at a cost of \$50.00
per team. Avoid the high cost & register online early for \$35.00 per team.

Team Trophies Top 3 Varsity Girls & Top 3 Varsity Boys Schools plus

Team Trophies for Top School in the following categories:

Top Varsity Girls & Varsity Boys 1A Schools (not in top 3)

Top Varsity Girls & Varsity Boys 2A thru 4A Schools (not in top 3)

Top Junior Varsity Girls & Junior Varsity Boys Teams

Top Frosh or Junior High School Girls & Boys Teams

Top CHS Feeder School Teams

Individual Trophy Top Finisher Each Race

2009 FALCON Invitational Cross Country Meet History

Varsity Girls

<u>Year</u>	<u>Championship Team</u>	<u>Runner- up Team</u>	<u>Individual Champion</u>
2008	Huntsville High	Cullman High	Katie Huston (Sparkman)
2007	Catholic High	St. Bernard Prep	Sarah Simmons (Catholic)
2006	Catholic High	St. Bernard Prep	Sarah Simmons (Catholic)

Varsity Boys

<u>Year</u>	<u>Championship Team</u>	<u>Runner- up Team</u>	<u>Individual Champion</u>
2008	Cullman High	Catholic High	Mark Fisher (Catholic)
2007	Catholic High	Buckhorn High	Mark Fisher (Catholic)
2006	Catholic High	St. Bernard Prep	Mark Fisher (Catholic)

Junior Varsity

<u>Year</u>	<u>Championship Team</u>	<u>Runner up Team</u>	<u>Individual Champion</u>
2008	Cullman High Girls	Arab High Girls	Kimari Martin (Johnson)
2008	Cullman High Boys	Arab High Boys	Will Faulk (St. Bernard)

Frosh & Junior High School

<u>Year</u>	<u>Championship Team</u>	<u>Runner- up Team</u>	<u>Individual Champion</u>
2008	Monrovia Middle Girls	West Point Girls	Whitney Brown (West Point)
2008	Albertville Boys	Monrovia Middle	David Jenkins (Albertville)

CHS Feeder School Individual Champions

<u>Year</u>	<u>Girls Champion</u>	<u>School</u>	<u>Boys Champion</u>	<u>School</u>
2008	Becky Boak	Holy Spirit	Aaron Riviere	Holy Spirit
2007	Lydia Sweeney	Holy Spirit	Stephen Leahy	St. John's