

2008 Western Carolina University Open Cross Country Meet

- DATE:** Friday August 29, 2008
- PLACE:** Western Carolina University Track
- ENTRY DEADLINE:** Received by Monday August 25, 2008
Email all entries to: brian@slipstreamtiming.com
Follow this format for entries:
School:
Coach:
Email:
Phone:
List of Athletes (as follows)
First Name Last Name Year in School
- ENTRY FEE:** \$65.00 per team – make checks payable: WCU Track & Field
- TIME:** 5:30 p.m. – women (2 miles)
6:00 p.m. – men (5000m)
- TEAM SCORING:** Men and Women's teams will be allowed an unlimited number of runners. Team scores will be computed by totaling the top five (5) runners finish positions. The 6th and 7th runners will count as pushers. Teams with less than five (5) runners will not be totaled in the team scores but will be scored in the individual scoring.
- DRESSING FACILITIES:** Reid Gym locker rooms will be available. Bring your own towels. Plan for your own security of clothes and valuables.
- COURSE:** Start will be on grass field behind the WCU track, parallel to the track. The finish will occur either on the Soccer Field inside the track or the access road directly beside the track..
- COURSE INSPECTION:** Course will be available for inspection on Friday August 29 after 2:00 p.m. Course maps will be posted at www.catamountsports.com on the Cross Country page.
- INDIVIDUAL AWARDS:** T-shirts to top 20 individuals in each race
- PACKETS:** Pick up packets at the Track Storage Building between 4:00-5:00pm on Friday August 29.
- NUMBERS:** All runners will wear race number on front of jersey.

Please contact Danny Williamson at dwilliams@email.wcu.edu or at 828-227-2026 to inform if you plan to attend meet so that we will know if we have your entries.

****Email entries to: brian@slipstreamtiming.com**

