

**WESTERN CAROLINA UNIVERSITY
2008 HIGH SCHOOL CROSS COUNTRY INVITATIONAL**

DATE: Saturday, September 20, 2008

PLACE: Western Carolina University Track

ENTRY DEADLINE: Received by Wednesday 17, 2008 @ 2:00pm
Email all entries to: brian@slipstreamtiming.com
Follow this format for entries:
School: (specify Boys or Girls – Varsity or JV)
Coach:
Email:
Phone:
List of athletes (as follows)
First Name Last Name Year in School

ENTRY FEE: \$35.00 for Varsity Teams
\$20.00 for Junior Varsity or Junior High Teams
Boys and girls are considered separate teams (ex: \$70.00 for Boys and Girls from Same school / boys, girls and 2 JV teams from same school-\$110.00)
Make checks payable to: Western Carolina University Track and Field

TIME: 5k - Varsity Boys at 10:30 a.m. Varsity Girls at 11:00 a.m.
2 mile - Junior High(JV) boys at 11:30am / Junior High(JV) Girls at 11:45am

TEAM SCORING: Boy's and girl'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 and Finish will be on grass fields at the WCU Track.

COURSE INSPECTION: Course will be available for inspection on September 19th from 2:00p.m. until 5:00pm.

AWARDS: Varsity: Individual 1- 20 place, Top 3 teams
Junior High(JV) 1- 10 place individual, Top team

PACKETS: Pick up packets at the Building on Track between 8:30am and 9:30am on Saturday Sept.20.

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

Email all entries to: brian@slipstreamtiming.com

SPECIAL NOTE TO COACHES:

No athletes will be allowed on the infield of the track. Team Camps should be set up on the lower fields away from the starting line area.