

# *Spain Park High School* *2008 Cross Country Invitational*

**Saturday September 20<sup>th</sup>**

The Course For The 2007 Great American Cross Country Festival

## **Course Description:**

- Wide 500 meter start in an open field
- The majority of the course is finely crushed gravel
- Great variety with a deceptively challenging lake-side section, a wooded trail section with some difficult hill sections, bridges, a tunnel
- Very coach/spectator friendly

## **Race Details**

- 5k for Varsity and Junior Varsity Race (9<sup>th</sup> -12<sup>th</sup> Grade)
- 2 miles for Junior High (7<sup>th</sup> and 8<sup>th</sup> Grade ONLY)
- \$50.00 per team per division - \$10.00 per individual for teams less than 5

## **Awards:**

- Top 10 in each division earn tee-shirts
- Top 5 in each division earn plaques
- Top 2 teams in each division earn trophies

## **Race Schedule**

- 8:00 am Junior High Girls - 2 Mile (7<sup>th</sup> & 8<sup>th</sup> Grade ONLY- Unlimited Entries)
- 8:20 am Junior High Boys – 2 Mile (7<sup>th</sup> & 8<sup>th</sup> Grade ONLY- Unlimited Entries)
- 8:45 am Varsity Girls (Top 10 Only)
- 9:15 am Varsity Boys (Top 10 Only)
- 9:45 am Junior Varsity Girls (Unlimited Entries)
- 10:15 am Junior Varsity Boys (Unlimited Entries)

## **Entries**

### **Entries may be done through Coach O**

- Only Top 10 Runners for the Varsity Division
- Unlimited entries for Junior Varsity and Junior High Divisions
- ENTRY DUE NO LATER THAN Wednesday September 17<sup>th</sup>, 2008
- This meet will be scanned and completed on hy-tek-
- Entries may be emailed to : [mzelwak@hoover.k12.al.us](mailto:mzelwak@hoover.k12.al.us)

## **Location**

- Spain Park High School

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