

MONTROSE CROSS COUNTRY

Meteor Invitational Fact Sheet

WHEN: September 11, 2010

WHERE: MONTROSE AREA JR/SR HIGH SCHOOL

COURSES: Two courses have been designed for the meet. The anticipated Varsity and JV distance will be 3.0-3.1 miles and Jr. Hi will be between 1.5-2.0 miles. Race times are approximate.

There will be a coaches meeting at 8:40 at the starting gate – upper football field

PLEASE NOTE TIME CHANGE OF VARSITY & JV RACES – THEY HAVE BEEN SWITCHED.

TIMES:	Jr Hi Girls	9:00 am	Varsity Boys	10:45 am
	Jr Hi Boys	9:30 am	JV Girls	11:30 am
	Varsity Girls	10:00 am	JV Boys	12:15 pm

All races have unlimited entries. **CONCESSION STAND WILL BE OPEN**

For fun, we have planned a coach's race again this year immediately following the final race of the day. The race will be the Jr High course. If interested, please sign up on the registration form. All coaches who participate will receive a t-shirt.

Awards - Immediately following coaches race

AWARDS: Top 20 Individuals in Jr Hi and Varsity Races will receive T-Shirts
Top 5 Individuals in JV races will receive T-Shirts

Trophies will be awarded to the winning individual in the Jr Hi Boys and Girls and Varsity Boys and Girls races and the top three teams in Jr Hi and Varsity Races

A team trophy will be awarded to the winning JV Girls and Boys teams

T-shirts will be handed out in the shoot and also available for sale
Trophies will be handed out at the awards ceremony

SCORING: Team Scoring will be based on finishing places. Individuals will not be deleted for team scoring and scores will not be adjusted. Tie Breaker is sixth runner. *(Score sheets must be turned in promptly after each race at the table near the finish line)*

REGISTRATION: \$55.00 per race
\$150.00 3 or more races
For individuals or special circumstances, please call

More Info: Debbie Smith, Cross Country Booster Club (570-278-6216)
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