

2009 INCARNATE WORD CROSS COUNTRY INVITATIONAL

Please make all checks payable to: UIW Cross Country
Entries will not be accepted after Tuesday, October 6th!

Date: Saturday, October 10th, 2009

Site: Live Oak City Park – Live Oak, TX (Pat Booker Rd. and corner of I-35 and 1604
*The same course as the 2008 NCAA South Central Regional Championships with needed variations.

We will be using a newly developed Chip Timing System for all scoring
All entries will be submitted via Direct Athletics

Division:	Schedule:
College Men	8:00 AM – 8K
College Men	8:45 AM – 5K
Boy's Gold Race	9:15 AM – 5K
Girl's Gold Race	9:40 AM – 5K!
Boy's 5K - Subdivisions	10:10 AM – (all sub 4A, private and JV)
Girl's 2-mile	10:35 AM – (all sub 4A, private and JV)

Course and Surface: All Grass – some rolling hills. 1 x 5K loop for women, 1 x 5k loop and 1 x 1.9 mile loop for men.

Information: http://iaapweb.com/brainpower/xc_invitational.htm

Check in begins: 6:30 AM - Saturday, October 10th.

*All team payments must be received before the meet date or on the morning of the meet

Teams will not be allowed to compete until payment is received!

Entry Fees: High Schools: \$8 per athlete (to help cover chip timing costs). College - \$200 per school (\$100 for each team)

Awards: Medals to top 10 Varsity runners. Team trophy for top Varsity boys and girls teams. **T-shirts for top ten collegiate finishers and team trophy to winning teams.**

T-SHIRTS will be for sale (\$15) & Concession stand will be available.

Contact: Head Coach Derek Riedel for more information at (210) 805-3566 or riedel@uiwtx.edu

Direct Athletics will provide you a confirmation verifying your entries have been received. Please print confirmation and bring with you to meet. If you do not receive a confirmation you entries have not been received!

Submit all entries via: www.directathletics.com

Changes to roster will not be accepted once entry deadline passes. All directions will be on direct athletics website.
