

Cross Country



Head Coach: Curtis Collier
Assistant Coaches: Jesse Parker and David Self

Sam Houston State University Cross Country Invitational

- Date:** Saturday, October 18, 2008
- Location:** Kate Barr-Ross Memorial Park
- Entry Deadline:** Tuesday, October 14th at 5:00 pm
- Entry Fee:** \$50 per team entered (or \$200 if you have JV Boys, JV Girls, Varsity Boys, and Varsity Girls).
\$10 for unattached athletes, unless associated with an entered collegiate team.
- Only 7 athletes per school will be allowed to compete in each varsity division. However, up to 20 athletes per school will be allowed to compete in each jv division. Collegiate entries will be unlimited.
- Entry Fee is to be paid during packet pick-up on Saturday morning or mailed to:
- SHSU Track & Field
Box 2268
Huntsville, Texas 77341
- Checks payable to: SHSU Track & Field
- Please note that you will have to pay cash at the meet for your entries if your check is "in the mail" and not received on or before October 16, 2008.
- Entry Procedure:** All entries will be done online through Direct Athletics. Please see the entry procedure below or go to www.gobearkats.com, choose "Track & Field" from the Men's or Women's Sports drop down menu on the left, and click on "Cross Country Meet Info." There will be a link that will direct you to the Direct Athletics website.

Race Times:**Saturday, October 18, 2008**

8:30 am	University & Unattached Men	6,400m
9:00 am	University & Unattached Women	4,000m
9:30 am	HS Varsity Boys	5,000m
10:00 am	HS Varsity Girls	3,200m
10:30 am	HS Junior Varsity Boys	5,000m
11:00 am	HS Junior Varsity Girls	3,200m

Team Scoring:

Team scores will be computed by totaling the top five runners' finish positions. The 6th and 7th runners will count as displacers. Runners 8 and beyond will not be figured into the team scores but will be given official times. Teams with less than five runners will not be totaled in the team scores.

Packet Pick-Up:

Packets may be picked up Saturday morning starting at 7:00 am. Packet pick-up will be located in the small brick building just north of the starting line.

Numbers:

Numbers and pins can be found in each packet. Each number will be assigned to a specific athlete. Please be sure that each athlete's number is visible on the front of their uniform.

Awards:

Medals will be presented to the top 10 finishers of each high school division. Plaques will be given to the top 2 teams in each high school varsity division. T-shirts will be given to the top 10 finishers in each university division.

Results:

Final results will be posted near the starting line. They will also be posted online at www.gobearkats.com following the completion of the last race.

Directions to Course:

From the South: Traveling north bound on I-45, take exit #118. Turn right on to TX-75. Kate Barr-Ross Memorial Park will be a quarter mile down on the left.

From the North: Traveling south bound on I-45, take exit #118. Turn left on to TX-75. Kate Barr-Ross Memorial Park will be a quarter mile down on the left.

Physical address of Kate Barr-Ross Memorial Park
480 State Highway 75 N
Huntsville, TX 77320

For Further Information: Please contact Jesse Parker by phone at (936) 294-3127 or by email at jparker@shsu.edu. For meet information online, go to www.gobearkats.com. Choose "Track & Field" from the Men's or Women's Sports drop down menu on the left. Click on "Cross Country Meet Info."