



2010 Raleigh
 Cross Country Invitational
 hosted by
 Meredith College and Peace College
 WakeMed Soccer Park, Cary, N.C.



2010 Raleigh Cross Country Invitational - Saturday, September 25

Race Information

- 8:00 am – College Men/Open Men Race (8k)
- 8:45 am – College Women/Open Women Race (5k)
- 9:30 am – HS Varsity Girls (5k)
- 10:00 am – College Awards
- 10:15 am – HS Varsity Boys (5k)
- 10:45 am – HS Boys & Girls Junior Varsity/Open race (5k)
- 11:30 am – High School Awards

Course: Site of the 2011 NCAA Division III national championship, the WakeMed course consists of hard-packed dirt trails throughout the wooded complex. The course is moderately hilly with an open start and finish area.

Awards: Top 2 teams and top 10 individuals will receive awards.

Entries and Fees: \$100 per team (5 or more runners), \$20 per individual. Make checks payable to Meredith College. High school- Up to 7 Varsity runners, no limit to JV entries. College- no roster limit

Deadline: Registration forms are due **September 17th**.

Results: Races will follow traditional Invitational scoring. The top five runners will comprise the team score (6th and 7th runners will displace). Runners outside of a team's top 7 will be dropped from team scoring. Chip timing will be done by East Carolina Road Racing.

Questions: Contact Meredith College Assistant Cross Country Coach Bill Koester at (919) 760-8758, koesterb@meredith.edu.

Registration Form

____ Raleigh Cross Country Invitational - \$100 team/\$20 individual _____

Total Enclosed _____

Team/School Name: _____

Coach: _____

Address: _____ City _____ State _____ Zip _____

Phone: _____ Email: _____

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Send to: Meredith Assistant Cross Country Coach Bill Koester, FAX (919) 760-2341 or koesterb@meredith.edu.

School _____ Coach _____ Phone _____

Men's Entries

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Women's Entries

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
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16. _____
17. _____
18. _____
19. _____
20. _____