

John Marshall High School

2005 Cross Country Invitational

Welcome: Coaches, we would like to extend to you and your team an invitation to the 2005 John Marshall X-C Invitational. We hope you will be able to participate this year and look forward to hearing from you.

Sponsor: John Marshall X-C Boosters

Date: Saturday, October 1, 2005

Times:

8:00 a.m.	Tour the course
9:30 a.m.	Coaches meeting
10:00 a.m.	Boys Varsity (5000m.)
10:40 a.m.	Girls Varsity (5000m.)
11:20 a.m.	Reserve (Boys / Girls combined)
12:00 a.m.	Awards ceremony (Shelter #1, top of hill)

Location: Grand Vue Park, overlooking Moundsville, WV.
Starting line is located at the old golf driving range.

Course: Challenging course with hills, meadows, and woods.
Course is clearly marked. Course judges with radio communication will be positioned throughout the course.

Scoring: Only seven runners will be permitted to run from each school in the varsity races. The top five will count for a team score. Individuals will be removed for team scoring. An unlimited number of runners may run in the reserve race.

Awards: All awards are individually crafted walnut trophies.
Awards will be given to the first fifteen men and women in the varsity races. The top ten men and women in the reserve races will receive plaques. Team awards will go to the top two teams in the men and women's varsity races.

Concessions: Food and drinks will be available at shelter #1 during the meet.
Meet tee-shirts will be sold at shelter #1 by the concession stand.

Fees: \$50.00 (Boys and Girls teams, both)
\$30.00 (Boys or Girls Team, one)
\$6.00 (per individual, if entering under five)

Checks

Payable to: John Marshall Cross Country Boosters

Checks may be mailed with entries or hand delivered on meet day. No team will be permitted to run if their entry fee is not paid by race day.

Deadline: Tuesday, September 27, 2005

Questions: Jim Hudson, X-C Coach School: (304)843-4444 ext. 124
John Marshall H.S. Home: (304)845-8164
1300 Wheeling Avenue Fax: (304)843-4419
Glen Dale, WV 26038

*** Please return entries by the above deadline ***

**JOHN MARSHALL HIGH SCHOOL
2005 CROSS COUNTRY INVITATIONAL**

Entry Form

Please enter all athletes who will run on race day. Include any injured runners who may be able to run by race day. **Note: Please type if faxing information.**

School _____

Coach _____

Varsity Boys Grade

Varsity Girls Grade

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____

Reserve Boys Grade

Reserve Girls Grade

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____

Please Return by Tuesday, September 27th