

**2007 BERKELEY SPRINGS  
CROSS COUNTRY INVITATIONAL  
September 22, 2007**

*First race begins at 12:00 p.m.*

**Where:** Warm Springs Middle School  
Route 9 East • Berkeley Springs • West Virginia

**Entry Fees:** \$60 per school, \$35 for one team, \$5 per runner (up to four)  
**Checks payable to Berkeley Springs High School**

***Rosters, entry fees, T-shirt orders, written communications to:***  
**John Rowland • 1715 Unger Store Road • Berkeley Springs, WV 25411**  
**Email communications:** jrbscc@yahoo.com  
**Phones:** Home (304) 258-3436, Cell (304) 671-1109

***All communications must be received by SEPTEMBER 17, 2007***

**Awards:** Top two teams, top 10 individuals, if number of teams are sufficient.

**Course:** A 5K course around the perimeter of both Warm Springs Middle and Warm Springs Intermediate Schools. Almost exclusively grass surface, a small wooded section, and one small stream crossing. The course has several hills including one challenging hill in the last part of the race. Spikes are recommended. Overall, a viewer friendly course with a little walking.

**Admission:** \$2 per car.

**Facilities:** Warm Springs Middle School will be open for bathrooms, changing, etc. Since we are all guests of the school, please remind your athletes to be respectful of the facility. There will be designated areas for tents. Please ask your athletes to clean up at the end of the day.

**Concessions:** Provided by the Berkeley Springs Athletic Boosters.

**Parking:** Please follow the signs. Both school parking lots will be used, with auxiliary parking on an undeveloped practice field. Most roadside parking will not be allowed because the course will run parallel to some of these roads.

**T-Shirts:** Will be offered in advance. Please see accompanying form. There may be limited unreserved shirts offered for sale at the meet. The shirts will cost \$10 each (order form is attached).

**Meet Schedule:** 10:00 Course open for touring  
11:30 Coaches Meeting  
12:00 Varsity Girls  
12:45 Varsity Boys  
1:30 Combined JV race (non-scored)  
2:30 Awards

**Directions to Warm Springs Middle School: From points south:** Take 522 North, turn onto Rt. 9 East (there is a Sheetz at this intersection) follow Rt. 9 for approximately 1.5 miles, turn left at Middle School sign, then turn right almost immediately, the Middle School complex is easy to see. **From points North:** Take 522 South (off Rt. 68, there is a Berkeley Springs exit). There is bridge construction at Hancock, which may delay you by as much as 20 minutes. Once you have reached Berkeley Springs, turn onto Rt. 9 East at the Sheetz, go approximately 1.5 miles. Turn left at the Middle School sign, then turn right almost immediately.

**Scoring:** We hope to do electronic scoring, but we have been unable to secure a scoring service at this time, if none is secured, we will score the conventional way.

**FIRST EFFORT:** This is our first attempt at an invitational. We know we can improve. Your suggestions are important to us, please offer any suggestions you may think of so that we can incorporate them into our regional meet. We want our meets to be first class, and we are very interested in improving.

**2007 BERKELEY SPRINGS  
CROSS COUNTRY INVITATIONAL  
VARSITY ENTRY FORM**

BOYS \_\_\_\_\_ GIRLS \_\_\_\_\_

SCHOOL \_\_\_\_\_

COACH \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

RUNNER'S NAME

GRADE

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

**2007 BERKELEY SPRINGS  
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**SHIRT ORDER FORM**

SCHOOL \_\_\_\_\_

COACH \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

***Please make checks payable to the: BERKELEY SPRINGS HIGH SCHOOL  
Please write "Cross Country shirts" on the memo***

<b>Shirt Size</b>	<b>Quantity</b>	<b>Sub-Totals</b>
Small	_____ @ \$10/each	_____
Medium	_____ @ \$10/each	_____
Large	_____ @ \$10/each	_____
X large	_____ @ \$10/each	_____
<b>Grand Total</b>	_____ @ \$10/each	_____