

# **2007 Region II Cross Country Championships October 18, 2007**

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

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

***T-shirt orders, written communications to:***

**John Rowland** • 1715 Unger Store Road • Berkeley Springs, WV 25411

**Email communications:** jrbshscc@yahoo.com

**Phones:** Home (304) 258-3436, Cell (304) 671-1109

**Berkeley Springs fax 258-5058**

PLEASE REMEMBER ALL ENTRIES ARE TO BE POSTMARKED BY OCTOBER 12, 2007 AS REQUIRED BY WVSSAC.

**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:** \$6 adult \$5 student (WVSSAC required)

**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 on the water tower side of the school. 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. Spectator parking will be on the undeveloped auxiliary playing field. Buses will park off the roadway near the start-finish line.

**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 \$12 each (order form is attached).

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**Meet Schedule:**

- 10:00 Course open for touring
- 11:15 Coaches Meeting
- 12:00 Varsity Girls
- 12:45 Varsity Boys

2:00 Awards (Earlier if possible)

**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 onto Fairfax Street, 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 onto Fairfax Street then turn right almost immediately.

2007 REGIONAL

**SHIRT ORDER FORM**

**All orders must be received by October 15  
Due to timelines, we will accept email orders, or  
you can call 258-3436 and place your order with  
Coach Rowland. There may be limited shirts at the  
meet.**

SCHOOL\_\_\_\_\_

COACH\_\_\_\_\_

PHONE\_\_\_\_\_

EMAIL\_\_\_\_\_

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

| <u>Shirt Size</u>  | <u>Quantity</u>   | <u>Sub-Totals</u> |
|--------------------|-------------------|-------------------|
| Small              | _____ @ \$12/each | _____             |
| Medium             | _____ @ \$12/each | _____             |
| Large              | _____ @ \$12/each | _____             |
| X large            | _____ @ \$12/each | _____             |
| <b>Grand Total</b> | _____ @ \$12/each | _____             |

