



2009 MOUNTAINTOP COMBO INVITATIONAL

The Preston High Cross Country team would like to invite you to the **Mountaintop Combo Invitational**. The "Mountaintop Combo" is a unique invitational that judges the top cross country program in the Mid-Atlantic area. This is accomplished by adding the boys and girls team scores together to get a combined school score. We also will be sponsoring a middle school meet with the same "combined" scoring. In addition to the high school and middle school races, we will have an open race for elementary aged children (grades K through 5). Over 800 runners participated in last year's **Mountaintop Combo** making it the 2nd largest invitational in the state of West Virginia.

When: Saturday, September 19, 2009

Where: The **Mountaintop Combo Invitational** will take place at Preston High School in Kingwood, West Virginia. The campus of Preston High overlooks the Allegheny Front and the Cheat River Valley. The course is challenging with a mixture of flats, meadows, hills, and wooded trails. The course starts and finishes inside "Knights Stadium" and is very viewer friendly.

Records: Course and meet record holders are Mikias Gelagle of Eleanor Roosevelt (16:13.50 - 2005) and Ari Kasproicz of Preston (19:05.75 - 2008). The middle school record holders are Cody Pelliccioni of Suncrest (12:25.53 - 2006) and Letitia Propst of Elkins (13:27.25 - 2006).

Event Schedule:

9:00 a.m.	-	Elementary School Open Race (800 Meters)
9:30 a.m.	-	High School Varsity Girls (5000 Meters)
10:10 a.m.	-	High School Varsity Boys (5000 Meters)
10:50 a.m.	-	High School Junior Varsity Girls and Boys (5000 Meters)
11:30 p.m.	-	High School Awards Ceremony
12:30 p.m.	-	Middle School Varsity Girls (3350 Meters)
1:00 p.m.	-	Middle School Varsity Boys (3350 Meters)
1:30 p.m.	-	Middle School Junior Varsity Girls and Boys (3350 Meters)
2:00 p.m.	-	Middle School Awards Ceremony

Awards: The top twenty-five individuals in both the varsity high school and middle school races will receive custom medals. In the junior varsity races, the top ten individuals will receive custom medals. The top five schools (not teams) in the varsity high school and middle school competition will receive plaques. The top ten boys and girls finishers in the elementary race will receive custom medals and all participants will receive a ribbon.

Concessions: Hot and cold concessions will be available as well as the official **Mountaintop Combo Invitational** T-shirt. T-shirts will be available in a wide variety of colors.

Pasta Dinner / Course Review: A pasta dinner will be provided on Friday, September 18th from 4:00 to 6:30 p.m. for all teams that require overnight accommodations. The course will also be open for review during this time.

Entry Fee: The entry fee will be \$75 per school (not team) for the high school and middle school races. For the high school and middle school races, make checks payable to **Preston High Cross Country**. There will be no cost for the elementary school open race. There will also be an admission fee for spectators of \$4.00 for adults and \$3.00 for students.

Entry Method: All schools must enter their athletes using **Hytek's Team Manager Lite or Athletic.net**. Faxed or mailed entries will not be accepted. Complete instructions on how to use Team Manger Lite and Athletic.net can be found at our website: www.PrestonRun.com. Electronic entries must be received by 3:30 p.m. on Monday, September 14th, 2009.

Deadline: If your school is interested in competing in the **Mountaintop Combo Invitational**, please fill out the online entry form on our website. We will limit the number of schools entered to thirty (first come, first serve). Schools must have a complete boys' and girls' team in order to participate.

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