

MONTROSE CROSS COUNTRY

Meteor Invitational Fact Sheet

WHEN: September 12, 2009

WHERE: MONTROSE AREA JR/SR HIGH SCHOOL

COURSES: Two courses have been designed for the meet. The anticipated Varsity and JV distance will be 3.0-3.1 miles and Jr. Hi will be between 1.5-2.0 miles. Race times are approximate.

There will be a coaches meeting at 8:40 at the starting gate – upper football field

TIMES:	Jr Hi Girls	9:00 am	JV Boys	10:45 am
	Jr Hi Boys	9:30 am	Varsity Girls	11:30 am
	JV Girls	10:00 am	Varsity Boys	12:15 pm

All races have unlimited entries. **CONCESSION STAND WILL BE OPEN**

For Fun, we have planned a coaches race again this year immediately following the varsity boys race for those interested. The race will be the Jr High course. If interested, please sign up on the registration form. All coaches who participate will receive a t-shirt.

Awards - Immediately following coaches race

AWARDS: Top 20 Individuals in Jr Hi and Varsity Races will receive T-Shirts
Top 5 Individuals in JV races will receive T-Shirts

Trophies will be awarded to the winning individual in the Jr Hi Boys and Girls and Varsity Boys and Girls races and the top three teams in Jr Hi and Varsity Races

A team trophy will be awarded to the winning JV Girls and Boys teams

T-shirts will be handed out in the shoot and also available for sale
Trophies will be handed out at the awards ceremony

SCORING: Team Scoring will be based on finishing places. Individuals will not be deleted for team scoring and scores will not be adjusted. Tie Breaker is sixth runner. *(Score sheets must be turned in promptly after each race at the table near the finish line)*

REGISTRATION: \$55.00 per race
\$150.00 3 or more races
For individuals or special circumstances, please call

More Info: Debbie Smith, Cross Country Booster Club (570-278-6216)
Montrose Area Jr /Sr High School
80 High School Road
Montrose, PA 18801

**MONTROSE CROSS COUNTRY
METEOR INVITATIONAL
September 12, 2009**

REGISTRATION FORM

Coaches Name _____

School Name & Address _____

Phone Number _____

E-Mail _____ *(must be included to send results, so please be sure it is accurate. Include alternate email if you have one)*

We will be entering the following races: (Please estimate # of runners in each race)

Jr Hi Girls _____

Jr Hi Boys _____

JV Girls _____

JV Boys _____

Varsity Girls _____

Varsity Boys _____

Coaches Race _____ *(All coaches who participate will receive a t-shirt, so please sign up if you are participating in this race)*

The cost is \$55.00 per race. If you will be entering 3 or more races the cost is \$150.00. Please check off only the races you plan on running. A lane will be assigned based on this information and when it is received. **(NOTE: Payment due before or day of race)**

Please make checks payable to: Montrose Cross Country Booster Club

Return form and payment to:

Debbie Smith
Cross Country Booster Club
Montrose Area High School
80 School Road
Montrose, PA 18801

Please send registration in by Friday, September 4, 2009