

# MONTROSE CROSS COUNTRY

## Meteor Invitational Fact Sheet

**WHEN:** September 10, 2011

**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**

**PLEASE NOTE TIME CHANGE OF VARISTY & JV RACES – THEY HAVE BEEN SWITCHED.**

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

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

**For fun, we have planned a coach's race again this year immediately following the final race of the day. 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 10, 2011**

**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 \_\_\_\_\_

Varsity Girls \_\_\_\_\_

Varsity Boys \_\_\_\_\_

JV Girls \_\_\_\_\_

JV 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 Monday, September 5, 2011**