



***METRO-EAST
LUTHERAN HIGH SCHOOL***

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Daniel Kostencki, Principal • www.melhs.org

6/16/2011

Re: Inaugural Metro- East Lutheran Cross Country Debut Meet

Location: SIU-Edwardsville Cross Country Course

Event Date: Saturday, August 27th 2011

Metro- East Lutheran wishes to welcome everyone to our invitational meet on Saturday, August 27. The SIUE course is a difficult full 5k and will certainly be a benchmark race for the rest of the season. We have established the following race times.

Start time schedule:

8:30 AM	Junior High race
10:00AM	Girls race
11:00 AM	Boys race
11:30	Open race- open to all high school runners not on established varsity team.

Please make all entries on the following website by 10:00pm on Tuesday, August 23, 2011.

Entries may be put on the following website: www.jtrackcc.com. Go to the right hand corner and include all participants. At this time, it makes no difference in a runner is Varsity or Junior Varsity.

We will awards plaques to the top three teams in both the girls and the boys division. We will also award medals to the top 50 runners in each division as well. No awards will be given for the open division.

The junior high division is new and is open to all junior high teams. Advance registration is necessary. We will run boys and girls together and will award medals to the first 120 finishers. We will not score or time this event.

High school teams- Upon arrival, pick up team packet at tent area near the start/finish line. In your packet you will find racing numbers for all your runners. The Varsity runners will run the first two races, and JV or extra runners run in the open. The open race WILL be timed and published.

Upon conclusion of the race, all runners will finish in the single chute. If runners happen to congest the single chute, we would open the double chute, if necessary. Runners will be directed at that time but it might be worthwhile explaining to your runners how a double chute works.

We will service the field of schools with ample rest rooms, camping facilities, bus and car parking, a water mister, limited medical care and a full concession stand. Although medical assistance will be available, teams are urged to bring their own water and medical equipment. Concession stand and T-shirts will be available.

High School entry fee: \$100 per co-ed team (\$50 boys/\$50 girls) or \$20 individual runner payable to Metro-East Lutheran HS Cross Country.

Dave Redden, Athletic Director
Metro-East Lutheran HS-Edwardsville, IL