



**METRO-EAST
LUTHERAN HIGH SCHOOL**

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August 19, 2010

Re: Inaugural Metro- East Lutheran Cross Country Debut Meet

Location: SIU-Edwardsville Cross Country Course

Event Date: August 28th 2010

Metro- East Lutheran wishes to welcome everyone to our invitational meet on Saturday, August 28. The SIUE Mud Mountain course is a difficult full 5k and will certainly be a benchmark race for the rest of the season. It is also the course where the Southern Illinois Class A Sectional will take place in 2010. We would like the start the races earlier to avoid anticipated heat, but many teams are coming from quite a distance so, to be fair to everyone, we have established the following race times.

Start time schedule: 10:00AM Girls race
 10:45AM 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 24, 2010.

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.

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.

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