

2009 Madison County Cross Country Championships
October 6, 2009
Alhambra Fireman & Legion Park



Varsity girl's 4:15 (both large and small schools)
Varsity boys' 4:45 (both large and small schools)
JV girls and boys 5:15 (both large and small schools)
Awards to follow

Enter your athletes online at www.jtrackcc.com by 10:00 P.M. on Friday, October 2nd. The online database, to accommodate for injury or illness, will allow you to enter more than 7 runners.

The course map is available for download at www.jtrackcc.com.

Metal spikes are permitted—no longer than 3/8".

Course is comprised of two loops that are roughly 1.5 miles each. It is mostly grass with a few hills.

We will not have access to the inside of the school or Legion Hall. Restrooms are located near the playground at the center of the park.

Team camp areas are in the center of the park and the pavilions are available on a 'first-come, first-served' basis.

School bus parking is to be at the lot next to the Legion Hall. Buses should pull into the park on Leef St. and then turn left on Locust. The buses can unload at the camp area and then proceed to the Legion Hall for parking.

Please encourage your fans to park on the grass behind Alhambra Elementary or on Jefferson St. They will not be allowed to park on Landolt Rd.

Dave Jokisch with Jokisch Track and CC Services will be managing the meet.

Alhambra Fireman & Legion Park is located at 610 W. Main St. (Highway 140) in Alhambra. It is adjacent to the elementary school.

Concessions will be available.

T-shirts are being sold at the meet for \$15.

Doug Bradley is the meet manager and he is available to take questions at Highland High (654-7131) on his cell (618-698-1673) or via email at dbradley@highlandcUSD5.org.