



**METRO-EAST
LUTHERAN HIGH SCHOOL**

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Sept 16, 2010

Re: 2010 Madison County Cross Country Championships

Location: SIU-Edwardsville Cross Country Course

Event Date: October 5, 2010

Metro- East Lutheran wishes to welcome everyone to the county cross country championships to take place on Tuesday, October 5, 2010. The new SIUE course is a difficult full 5k and will certainly be a one of the more difficult courses anyone runs this season. It is also the course where the Southern Illinois Class A Sectional will take place in 2010. We have established the following race times:

Start time schedule: 4:15 pm Varsity Girls race
 4:45pm Varsity Boys race
 5:15 Junior Varsity boys and girls
 AWARDS TO FOLLOW

Please make all entries on the following website by 10:00pm on Friday, October 1, 2010. Dave Jokisch with Jokisch Track and CC Services will be managing the meet. 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 if a runner is Varsity or Junior Varsity.

Awards for both individual and team will be announced at the concession area after the junior varsity race is concluded. Concessions and T-shirts will be available. All entries names will be included on the t-shirts.

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 junior varsity race. The junior varsity 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, 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. If you have questions, please call Dave Redden at 618-656-0043 or cell 618-444-8452. We hope this meet is an enjoyable one.

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