



Seymour High School 2013 Cross Country Invitational

Appleton North

Appleton West

Clintonville

Freedom

Hortonville

Kaukauna

Kimberly

Little Chute

Menasha

Neenah

New London

Oshkosh North

Peshtigo

Seymour

Shawano

West De Pere

Xavier

Date: Thursday, October 10, 2013

Location: Crystal Springs Golf Course
N8055 French Road, Seymour

The start and finish lines of the race will be near the clubhouse.

Course Info: Boys - 5,000m
Girls - 4,000m
Coaches: *Maps will be included in your envelope packet, which you will receive upon arrival. Please impress upon your runners that they need to stay off the 'greens' and 'tee areas'*

Awards: 1st place – team trophy for boys and girls varsity races
Varsity medals 1-20 - J. V. medals 1-10

Order Of Events: Coaches meeting at 3:30 p.m. at the Finish Line.

Boys JV (unlimited)	4:00 p.m.
Boys Varsity (8 runners)	4:30 p.m.
Girls Varsity (8 runners)	4:55 p.m.
Girls JV (unlimited)	5:20 p.m.
Awards	ASAP

These are approximate times. Races will not be started until the course is cleared from the previous race. We will do our best to keep on schedule.

Entry Fee: \$120

Entry Format: We will utilize **pttiming.com** for entry submission. Your entries **must** be submitted via this website by **Tuesday, October 8 at noon**. A late fee will be assessed if your entry is late!

- Log onto the website and scroll down to the Seymour meet
- Click on meet entries and follow the prompts and directions.
- You will be able to make changes at the meet, if needed.
- You must designate varsity and JV runners on the forms.
- Rosters and timing chips will be provided.

If you have any questions regarding the meet or the above information, please contact Scott Michalski at: smichalski@seymour.k12.wi.us

Note: Commemorative long-sleeved and short-sleeved T-shirts will be available for \$15/\$10. Make checks payable to: "Thunder Runners" Outdoor bathroom facilities will be available. Concessions will be available.

**On behalf of Seymour Community Schools,
we look forward to seeing you on October 10!**

Scott Michalski - Varsity Cross Country Coach
Mark Zahn - Athletic Director
920-833-2306, Ext. 498 - 920-366-2768 (cell)