

Seymour High School

2010 Cross Country Invitational

	Date:	Thursday, October 7, 2010
Appleton North	Location:	Crystal Springs Golf Course N8055 French Road, Seymour
Appleton West		The start and finish lines of the race will be near the clubhouse.
Kaukauna	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'
Kimberly		
Menasha		
Neenah	Awards:	1 st place – team trophy for boys and girls varsity races Varsity medals 1-20 - J. V. medals 1-10
New London	Order Of Events:	Coaches meeting at 3:45 p.m. in lower level of clubhouse.
Oshkosh North		Boys JV (unlimited) 4:00 p.m. <i>These are approximate times.</i> Boys Varsity (8 runners) 4:25 p.m. <i>Races will not be started until</i> Girls Varsity (8 runners) 4:50 p.m. <i>the course is cleared from the</i> Girls JV (unlimited) 5:15 p.m. <i>previous race. We will do our</i> Awards ASAP <i>best to keep on schedule.</i>
Peshtigo		
Seymour	Entry Fee:	\$90
Shawano	Entry Format:	We will utilize pttiming.com for entry submission. Your entries must be submitted via this website by Tuesday, October 5 at noon . A late fee will be assessed if your entry is late! Entries will open Tuesday, September 28 at noon.
West De Pere		• 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.
Wrightstown		
Xavier		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 7th!**

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