

2010 INCARNATE WORD CROSS COUNTRY INVITATIONAL

Please make all checks payable to: UIW Cross Country
Entries will not be accepted after Tuesday, September 28th!

Date: Saturday, October 2nd, 2010
Entry Deadline: Tuesday, September 28th @ 11:59 PM
Meet Information: www.iaapweb.com/brainpower

Site: Live Oak City Park – Live Oak, TX (Pat Booker Rd. and corner of I-35 and 1604)
***We are looking at one other course – please contact us in September for course information**

All entries will be submitted via Direct Athletics (search for Incarnate Word)

Division:	Schedule:
College Men	8:00 AM – 8K
College Women	8:45 AM – 5K
Boy's Gold Race	9:15 AM – 5K
Girl's Gold Race	9:40 AM – 5K!
Boy's 5K	10:10 AM – (all sub 4A, private and JV)
Girl's 2-mile	10:35 AM – (all sub 4A, private and JV)

***Boy's and Girl's 5K Gold races **may be combined** if there are less than 5 teams participating. The combined race will take place at 9:15. All remaining races will move up 25 minutes.

Course: All Grass – some rolling hills. 1 x 5K loop for women, 1 x 5k loop and 1 x 1.9 mile loop for men.

Check in begins: 6:30 AM - Saturday, October 2nd.

*All team payments must be received before the meet date or on the morning of the meet at check-in.

Teams will not be allowed to compete until payment is received!

Entry Fees: High Schools: \$8 per athlete (to help cover chip timing costs). College - \$300 per school (\$150 for each gender)

Awards: Medals for top 10 Varsity HS runners (boys and girls). Team trophy for top Varsity boys and girls teams. **T-shirts for top ten collegiate finishers and team trophy to winning teams.**

Contact: Derek Riedel for more information at (210) 805-3566 or riedel@uiwtx.edu

Direct Athletics will provide you a confirmation verifying your entries have been received. Please print confirmation and bring with you to meet. If you do not receive a confirmation you entries have not been received!

Submit all entries via: www.directathletics.com

Changes to roster will not be accepted once entry deadline passes. All directions will be on direct athletics website.
