

LTC Invitational Cross Country Meet for Conference Schools

When: Monday, October 19, 2009 4:30 pm start time Fun Run for Jr. High at 4:15.

Where: Kiwanis Park, Galesburg, Illinois (Map will be sent at a later date)

Who: Meet is open to athletes from any Lincoln Trail Conference schools with Cross Country programs.

Course: A standard 3 mile Cross Country course will be set up. Maps will be available the day of the meet.

Awards: Top 10 Boys and Girls from the Varsity Race. We will also make an arrangement to honor top F/S runners. Participation ribbons for all. Overall top boys and girls team award.

Entries: Unlimited entries

Dressing: Please come dressed to run. Restrooms are available.

Refreshments: We will not be able to offer a concession stand. Please bring water, beverages, and snacks for your athletes.

Rosters: Please complete the roster sheet and return to Karen Clark at AlWood High School. **Return by Tuesday, October 13, 2009.**

Contact Information:

Karen Clark
AlWood High School
301 E. 5th Ave
Woodhull, Illinois 61490

Phone: 309-334-2102
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