

Meet: Macomb H.S. Cross Country Invitational
Spring Lake Park, Macomb, IL

Date: **Tuesday, September 29, 2009**

Where: Spring Lake Park course; course is located at Spring Lake Park,
north of Macomb, west off of Rt 67 on County Road 1500 North,
course is located in northeast corner of park

Time: Girls – 4:30 pm; Boys – 5:15 pm

Entry Limit: As many as you would like

Course Length: 3.0 miles for both races

Chute: We will finish at the wide end of the chute. Please ask runners to
continue into narrow end.

Entry Fee:

Awards: Individually - medals to top twenty five (25) performers.
Trophy to top three teams.

Splits: Splits will be called out at mile marks.

Teams: Aledo, BPCA, Camp Point Central, Farmington, Illini West,
Kewanee, Knoxville, Macomb, Manual, Monmouth-Roseville,
Quincy Notre Dame, West Hancock

Entry: Please fax roster including grade level by Friday, September 25 to:
Randy Ames at Macomb High School (309) 836-1034 (fax) or
Email to amesr@mcusd185.org

Information: Any questions – call Randy Ames at (309) 833-2484 (work)