

Saint John's Catholic Prep
Cross Country, Indoor and Outdoor Track
Scott D. Rippeon, Coach



Dear Coach/ Athletic Director,

Your Cross Country team is formally invited to the **Eighth Annual St John's Invitational**. This meet is intended to offer a competitive season opener for the smaller schools in the area. Local teams from Maryland, West Virginia, Virginia, Washington D.C. and Pennsylvania are being invited to ensure a competitive field.

WHEN: Friday September 5th, 2008

WHERE: Heritage Farm Park, Walkersville, MD
*The fast, mostly flat course will tour the perimeter of the park.
Most of the course is on grass, aside from crossing of roads.
This is the second year at this course, as there is still construction on Ballenger Creek Park,
but the same quality as in years past should be expected.*

SCHEDULE OF EVENTS:	Course Open for Walks	2 PM – 3:50 Race Day
	Varsity Boys	4:00 PM
	Varsity Girls	4:30 PM
	Combined Open Race	5:15 PM <i>(may be divided if numbers warrant it)</i>
	Awards	6:00 PM

AWARDS: Trophies to First, Second and Third place teams in the Varsity race
Trophies to Varsity Boys and Girls winners
Medals to 2nd through 15th in the Varsity Races
Ribbons to 16th through 30th in the Varsity Races
Ribbons to 1st through 15th in the JV Races

ENTRY FEE \$50 for single gender teams
\$80 for both boys and girls entries
(An extra ten dollar (\$10) fee will be charged to those schools who do not pay until after the completion of the meet)

COURSE RECORDS	Zahorodny,, Wil	Damascus	16:41.3
	Sacker, Katie	Set. Keough High	21:00.6

If you have any questions, please feel free to contact the Meet Director, Scott Rippeon, either at work, 301.662.4210 ext 164; or by cell 240.674.7068, or by e-mail at srippeon@saintjohnsprep.org or rippeons@comcast.net. I look forward to seeing you on September 5th.



889 Butterfly Lane, Frederick, Maryland 21703
(301)-662-4210 ext 164

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Seventh Annual St John's Cross Country Invitational
September 5th, 2008

Request for Registration Information

The first twenty-five schools to respond will be entered in the meet. Entry deadline will be August 22nd, 2008. More detailed information will be mailed in early August to those who respond with their intentions to join. Please send in this request for information at your earliest convenience, so that information can be mailed in a timely fashion.

Please send this page of the letter to the address below, to the attention of "Scott Rippeon", email it to srippeon@saintjohnsprep.org or fax the information to 301-662-5166.

School Name _____

School Address _____

City _____ State _____ Zip _____

Athletic Director's Name _____

Coach's Name(s) _____

Best Phone Number _____ (indicate H or W)

Fax # _____ E-mail _____

<input type="checkbox"/>	Yes, we wish to participate in the St. John's Invitational	<i>estimated number of "open" runners</i>	
	<input type="checkbox"/> Boys	<input type="checkbox"/>	Boys
	<input type="checkbox"/> Girls	<input type="checkbox"/>	Girls
	<input type="checkbox"/> Both Genders		

No, we are not interested in attending the St. John's Invitational

Please respond either way. If you have indicated you won't be attending, please let me know why in a short note below. This will help me to improve the meet for next year.

