



# DON SWIGER INVITATIONAL



- Date:** September 26, 2009
- Where:** Hampshire High School  
Romney, WV
- Course:** A 5k course on mostly grass and wooded trails on the grounds of the middle and high school. The course starts on top the hill at the middle school and finishes on the track at the high school.
- Awards:** Trophies for top two varsity teams. (Boys & Girls)  
Top 15 individual runners receive medals. (Boys & Girls Varsity)  
Top 10 individual runners receive medals (Boys & Girls JV)
- Meet Schedule:** 8:00 a.m. Course Opens  
10:00 a.m. Coaches Meeting  
10:30 a.m. Girls Varsity (7 runners)  
11:15a.m. Boys Varsity (7runners)  
11:45 a.m. Combined JV race (no limit)  
12:30 p.m. Awards (Football Field)
- Facilities:** Restrooms with be open underneath the football scoreboard. Tents are permitted but **please only in the bleachers.**
- Shirts:** Shirts will be made on site and will be aproxamitley \$15.00
- Entry Fee:** \$75.00 per high school  
Make checks payable to Hampshire High School  
**Deadline is September 18, 2009**
- Roster:** Please send all team rosters by September 19, 2009  
Submit team entries through [www.athletic.net](http://www.athletic.net) only.  
Questions about how to use athletic.net please contact,  
  
Craig Nething  
Home 304-726-4559  
Cell 240-362-4616
- Admission:** Admission will be \$3.00 per person collected at the entrance of the school.

