

AMAC CROSS COUNTRY MEET  
OCTOBER 1, 2009  
KEYSER HIGH SCHOOL

Time:	Course walk	3:00
	Coaches meeting	4:15
	Girls Varsity	4:30
	Boys Varsity	5:15
	Combined JV's	6:00
	Awards	6:45

Scoring: WVSSAC rules apply

Facilities: Restrooms and concessions available at KHS

T-shirts: Will be on sale

Awards: Plaques for top 2 varsity teams, each race  
Medals for top 10 varsity individuals, each race  
Ribbons for ten JV runners, boys & girls each

Course: 5K, rolling terrain, various surfaces, FLATS  
RECOMMENDED

Rosters: Either fax to 304-788-4234, attn. Joe Altobello or  
email – [jmaltobello@verizon.net](mailto:jmaltobello@verizon.net) (preferred)

**\*\*Rosters due by September 24\*\***