

# DON SWIGER INVITATIONAL

## SITE OF THE 2010 REGION II AAA CHAMPIONSHIPS

**LOCATION:** HC 63, Box 1979  
Hampshire High School  
Romney, WV. 26757

**DATE:** September 25, 2010

**RACE SCHEDULE:** 9:00 Course opens  
10:00 Coaches Meeting  
10:30 Girls Varsity (7 runners)  
11:15 (or 10 min after last runner) Boys Varsity (7 runners)  
12:00 Combined JV (no limit)

**ENTRY FEE:** An entry fee of \$ 75.00 will be assessed for 2 varsity teams;  
\$40.00 for 1 varsity team; or \$5 per individual.

**COURSE DESCRIPTION:** A 5k course on mostly grass and wooded trails on the grounds of the middle and high school. The course starts on top of the hill at the middle school and finishes on the track at the high school.

**FACILITIES:** Restrooms will be open underneath the football scoreboard. Tents are permitted but please only in the bleachers.

**SHIRTS:** Shirts will be approximately \$15.00

**ROSTER:** Please send all team rosters by **September 17, 2009**

Submit team entries through [www.athletic.net](http://www.athletic.net).

The videos on athletic.net under **site info** on the left hand side will guide you through the submitting process.

Questions about how to use athletic.net please contact,

Coach Craig Nething @ Cell 240-362-4616 or  
[nething\\_cd@yahoo.com](mailto:nething_cd@yahoo.com)

**Admission:** Admission will be \$3.00 per spectator collected at the entrance of the school.

**Awards:** Top 10 on both Boys and Girls Varsity.

Top 10 on both Boys and Girls JV.

Team awards will be 1-3 for Boys & Girls varsity only.