

**Wednesday Oct . 14<sup>th</sup>  
2009**

## **Washington Cross Country Invitational 2009**

**Sam Michaels Park**

**Shenandoah Junction, WV**



**Course walk 4:30 pm  
Coaches meeting 5:00pm  
Varsity Girls 5:30pm  
Varsity Boys 6:15pm  
Combined JV 6:45pm  
High school awards- TBA**

**Course description:  
The race will be  
contested on a 5k course  
that features grass and  
dirt trails over rolling  
hills.**

**Contact person: Robin Rhoades  
rrhoades@access.k12.wv.us**

### **Awards:**

**Medals to top 7 individual  
finishers in varsity races.  
Medals will also be given to  
individual JV winners.**

**Entry Fee: \$75 per school  
All rosters and entry fees  
due by October 4<sup>th</sup>**

**Trophies will be given to 1<sup>st</sup>  
place boys and girls varsity  
teams.**

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