



# *FLEET FEET XC INVITATIONAL*



**Saturday September 7, 2019**

Salisbury Community Park, Salisbury, N.C.

935 Hurley School Rd. / Salisbury, NC / 28144

**COLLEGE Races: Men 8k- 8:30am/ Women 5k- 9:15am**

**HIGH SCHOOL Races: Boys 5k- 10:00am/ Girls 5k- 10:40am**

**Entry:** COLLEGE: \$125 per gender/\$250 total for M & W team.

HIGH SCHOOL: \$50 per gender/\$80 for both boys and girls (Checks Payable to Catawba Cross Country). Entries done through Direct Athletics with an entry deadline of Tuesday Sept. 3 at midnight. \*As of now there will only be one HS race for both boys and girls. If entry numbers dictate a JV race then the varsity race will be capped at 10 entries with the rest in the JV race run after varsity later in the morning. Unattached athletes \$10. No HS athletes in the college races!

**Awards/Scoring:** Unique wood engraved trophy for Top 2 Teams in each race and medals to Top 10 individuals in each race; unattached athletes are not eligible for awards.

**Surface:** Course is 99% grass and dirt trails with minimal asphalt at a crossing area. Course consist of one loop for 5k and 2 loops for 8k. This was the site of the 2014 SAC Championships.

**Food/Concessions:** Chick-fil-A biscuits / Gatorade/ water/ event t-shirts will be available for sale near start/finish area. Fleet Feet High Point/Greensboro will be on site with giveaways and product for sale.

**Packets:** Pick packets up on the morning of the race before 9:00am near the finish line area at the soccer fields on your left as you enter the park.

\*Please email Meet Director, Coach Bryan at [jpbryan14@catawba.edu](mailto:jpbryan14@catawba.edu) if you have any other questions or please feel free to call cell number below.

**Coach Jason Bryan | Cell- (864) 915-9890 | Office- (704) 645-4578**

**Catawba College XC/TF | 2300 W. Innes St. | Salisbury, N.C. 28144**