

**FREEDOM CROSS COUNTRY INVITATIONAL
AT BRUSH CREEK PARK
WEDNESDAY, OCTOBER 18th, 2017**

BRUSH CREEK PARK COURSE: (North Sewickley Township, Beaver County, PA): Over 99% of the course is on grass fields. Runners will cross a couple of asphalt roads. The first and last miles are in full view of spectators.

To help select your WPIAL team, you may run up to nine (9) runners in the varsity race.

SCHEDULE: 2:00 PM - WALK THE COURSE

2:30 PM - CHIP/PACKET PICKUP

3:00 PM - Junior High Boys & Girls 2 miles

Unlimited entries (7th & 8th grade only)

3:25 PM- Varsity Girls **5K / 3.1 miles**

Up to nine (9) runners

4:00 PM - Varsity Boys **5K / 3.1 miles**

Up to nine (9) runners

4:25 PM – J.V. Girls/Boys **5K / 3.1 miles**

Unlimited entries

AWARDS: Top 35 finishers in each race.

ENTRY FEES:	TEAM	INDIVIDUAL
VARSITY GIRLS	\$55	\$12
VARSITY BOYS	\$55	\$12
J. V. GIRLS	\$30	\$7
J. V. BOYS	\$30	\$7
JR. HIGH GIRLS	\$30	\$7
JR. HIGH BOYS	\$30	\$7

PLEASE HAVE ENTRY FEES POSTMARKED BY TUESDAY, OCTOBER 10, 2017 Make checks payable to: FREEDOM TRACK & CROSS COUNTRY BOOSTERS.

**MAIL ENTRY FORM &
FEES TO:**

Ed Shephard
Freedom Area High School
1190 Bulldog Drive
Freedom, PA 15042

ONLINE REGISTRATION will be done through pa.milesplit.com

Entry deadline: 8:59pm on Sunday, October 15th.

TIMING: Timing & scoring will be handled by Runner's High Timing Services.

OTHER INQUIRIES: Ed Shephard, Freedom XC Coach @, (724) 622-5370 (cell),
(724) 775-7400 (school) useshep1234@gmail.com (email)

John Rosa, Athletic Director @ 724-312-6952

There will be a concession stand

T-shirts will be sold at the meet

It is imperative that everybody abide by the 15 MPH speed limit while driving on park roads. Please make sure that all bus drivers, parents, students, and other spectators are aware of this. Also be cautious of walkers and joggers on or along park roads. Thanks!

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SCHOOL _____ COACH _____

SCHOOL ADDRESS _____

SCHOOL PHONE _____ HOME/CELL PHONE _____

COACH'S EMAIL _____

WE WILL RUN:

[] VARSITY GIRLS \$55/team (\$12/individual) \$ _____
(up to 9 runners)

[] VARSITY BOYS \$55/team (\$12/individual) \$ _____
(up to 9 runners)

[] J. V. GIRLS \$30/team (\$7/individual) \$ _____
(unlimited runners)

[] J. V. BOYS \$30/team (\$7/individual) \$ _____
(unlimited runners)

[] JR. HIGH GIRLS \$30/team (\$7/individual) \$ _____
(unlimited runners)

[] JR. HIGH BOYS \$30/team (\$7/individual) \$ _____
(unlimited runners)

TOTAL DUE \$ _____

Make checks payable to FREEDOM AREA TRACK & CROSS COUNTRY BOOSTERS.

Please have entry fees postmarked by Tuesday, October 10, 2017.

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FEES TO:**

Ed Shephard
Freedom Area High School
1190 Bulldog Drive
Freedom, PA 15042