



The Virginia Military Institute
Cross Country Invitational
(Open, High School & Middle School)



Saturday Afternoon September 20th 2008
The Virginia Horse Center
Lexington, Virginia

Schedule of Events:

4:00pm	Boys Middle School 3200m
4:30pm	Girls Middle School 3200m
5:00pm	High School Girls Junior Varsity 5000m
5:40pm	High School Boys Junior Varsity 5000m
6:10pm	High School Girls Varsity 5000m
6:40pm	High School Boys Varsity 5000m

The Course:

The course is 100% grass over rolling hills. An interactive course map is available by going to the cross country page of www.vmikeydets.com and clicking on the interactive course map. There you will be able to view pictures of the course by clicking on various spots along the online course map. An elevation chart is also available.

Entry Procedures:

We ask that you please e-mail Paul Spangler at spanglerpc@vmi.edu by Sep 7th and confirm that you anticipate attending this year's invitational. By doing so it will better help us organize the best possible meet for both coaches and athletes. You will not be denied entry into the meet if you don't meet this deadline.

Entry Deadline is Monday Sept 15th by noon via fax to Paul Spangler at 540-464-7790 on the form that is provided. Mailed entries will not be accepted! An online entry form can be downloaded at going to the cross country page of the vmikeydets.com website or e-mailing Paul Spangler at spanglerpc@vmi.edu

Field Limitations: The high school varsity races are limited to seven runners. All junior varsity and middle school races are unlimited.

Awards:

As with the VMI Classic High School Track Invitational held each spring, expect first class awards for this year's cross country invitational. Team awards will be awarded to the top two teams in each division and custom VMI medals (*pictured right*) will be awarded to the top 15 individuals in each varsity race, top 10 in each junior varsity and middle school race, and top 5 in the open race.



Entry Fees

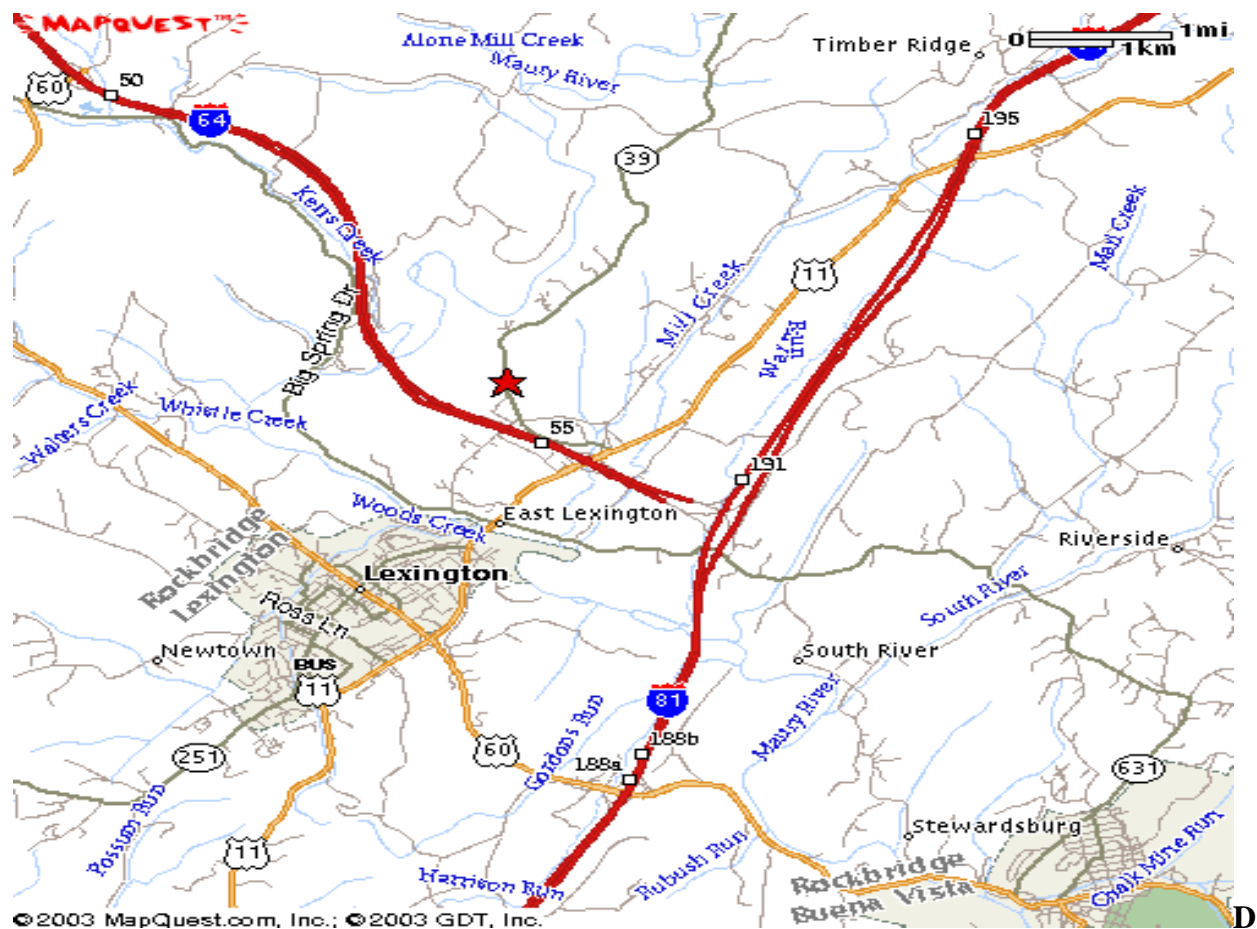
\$80 High School boys or girls. \$160 boys and girls combined or \$15/individual. Junior varsity teams are free with their varsity team entry fee.

\$50 Middle school boys or girls. \$100 boys and girls combined or \$10/individual

Entry fees should be mailed prior to Sept 10th **Entry fees must be received prior to Sept 15th.**

There is a \$25 late fee for entries not received by Sept 15th. The mail can be slow so mail early.

Make checks payable to: **VMI Track/XC**. Send to: Paul Spangler, VMI Track, Main St. at Cameron Hall. Lexington, VA 24450. Entry Fees are non-refundable



Directions to the Virginia Horse Center

From the North: I-81 South to Exit 191. Proceed on I-64 West 1/2 mile to Exit 55. Turn right on Route 11 North, and immediately left on Route 39 West. The Virginia Horse Center is one mile ahead on the left. The cross country course will be on your right.

From the South: I-81 North to Exit 191. Proceed on I-64 West 1/2 mile to Exit 55. Turn right on Route 11 North, and immediately left on Route 39 West. The Virginia Horse Center is one mile ahead on the left. The cross country course will be on your right.

From the East: I-64 West to I-81 South. I-81 South to Exit 191. Proceed on I-64 West 1/2 mile to Exit 55. Turn right on Route 11 North, and immediately left on Route 39 West. The Virginia Horse Center is one mile ahead on the left. The cross country course will be on your right.

From the West: I-64 East to Exit 55. Turn left on Route 11 North, and proceed 1/4 mile to stoplight. Turn left on Route 39 West. The Virginia Horse Center is one mile ahead on the left. The cross country course will be on your right.