

Pirate XC Invitational

Hosted by the Coach Choo Track Club
Lake Kristi – Mobley's Bridge Rd
Grimesland, NC 27837

Saturday, September 25, 2010

The **Coach Choo Track Club** will be hosting the Pirate Invitational cross country meet on **Saturday, September 25, 2010**. We would like to invite your program to participate. The course is located at Lake Kristi, and is very flat and fast. Lake Kristi has been the site of NCAA Regional XC championships, C-USA Championships, CAA XC Championships and the NCC XC championships. The course is over 99% on grass (there is a brief asphalt crossing). The entry fee will be \$80.00 per team (\$150.00 for both men and women) and \$20.00 for each unattached individual. No roster limits.

Schedule:

9:30 a.m. – Open and Middle school race (2.5k)
10:00 a.m. – HS Varsity Girls (5k)
10:45 a.m. – HS Varsity Boys (5k)
11:15 a.m. – HS Girls JV race (5k)
12:00 p.m. – HS Boys JV race (5k)
12:30 p.m. – High School Awards

Entry Form for the **PIRATE INVITATIONAL** is the last page of the Information Packet as a Word Document. **Please type** in the necessary information for Fax or email.
(We also have the entry form in an Excel Spreadsheet)

Return to: Daniel Lee
ECU Athletics
117 Scales Field House
Greenville, NC 27858

Phone #: (252) 737-1416 (office)
FAX #: (252) 737-1414
Email: leeda@ecu.edu

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Entry Information:

Deadline- Monday September 20th, 2010 at 11:30 am

Entries- High school- No roster limit... *any 7 may run the Varsity Race...* Decide race-day.

Entry Fee- **\$80.00 per team** (\$150.00 for both men and women) and **\$20.00** for each unattached individual.
Middle School Race - **\$50.00** for team/club (unlimited), **\$10.00** for individuals

Payment- Make Checks payable to: **Coach Choo Track Club**

Return to: Daniel Lee Phone #: (252) 737-1416 (office)
ECU Athletics
117 Scales Field House FAX #: (252) 737-1414
Greenville, NC 27858 **Email:** leeda@ecu.edu

Dressing area: None provided

Awards: High School- Top 3 teams (Boys/Girls), Top 10 Individuals (Boys/Girls)

Concessions: Meet T-Shirts will be on sale at meet.

Concessions: There will be not food/beverage for sale. Filled water jugs will be provided.

Course Inspection: Lake Kristi will be open from 2:00 pm-5:00 pm on Friday September 24th

Scoring: Races will follow traditional Invitational scoring. The top five runners will comprise the team score (6th and 7th runners will displace). Runners outside of a team's top 7 will be dropped from team scoring. Junior Varsity race will *be scored* as a team competition this year.

Sports Medicine: Teams are responsible for providing their own athletic trainer

Directions to Lake Kristi:

Drive east on Greenville Blvd. → 10th Street/Hwy 33 East
Turn right onto 10th Street/Hwy 33 East → Grimesland (about 8 miles)
Turn right onto Mobley's Bridge Rd.
Go about 2 miles... Lake Kristi is on your right (Physical address: 4019 Mobley's Bridge Rd Grimesland, NC 27837)

Pirate XC Invitational

Saturday, September 25, 2010

FAX: 252-737-1414

Email: coachchoo@gmail.com

School:

Coach:

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Phone: Cell

Email

(###) ###-####	
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School: Mailing Address

Street name City, ST 00000

Phone: School

School Fax:

(###) ###-####	(###) ###-####
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	Men's Last Name	First Name		Women's Last Name	First Name
1			1		
2			2		
3			3		
4			4		
5			5		
6			6		
7			7		
8			8		
9			9		
10			10		
11			11		
12			12		
13			13		
14			14		
15			15		
16			16		
17			17		
18			18		
19			19		
20			20		
21			21		
22			22		
23			23		
24			24		
25			25		

If you have more than 25 runners in a gender then please copy this sheet and add names to the second sheet