

WYOMING INVITATIONAL
University of Wyoming Cross Country Invitational
Laramie, Wyoming

- DATE:** Friday, August 29, 2008
- LOCATION:** Jacoby Golf Course – 30th and Willett Streets
*Continue in from South – Highway 287, which turns into 3rd Street, continue to Grand Avenue, take a right (East) to 30th Street and turn left. Park in Louis Madrid Sports Complex parking lot.
*Continue in from East – Interstate 80, take grand Avenue exit and turn right on 30th Street Park in Louis Madrid Sports Complex parking lot.
- START TIMES:** NO ONE ALLOWED ON COURSE UNTIL 4:00 PM DUE TO COMPLETION OF GOLF TOURNEY
- 4:50 PM – High School Girls’s 2.5 Mile Race
5:30 PM – High School Boy’s 2.5 Mile Race
6:00 PM – Women’s 2.5 Mile Race
6:30 PM – Men’s 4.25 Mile Race
- PARKING:** All vehicles must park in the Louis Madrid Sports Complex parking lot located at the corner of 30th and Willett Streets. This is directly across the street from the Start-Finish area of the course.
- ABSOLUTELY NO PARKING ON 30TH STREET OR WILLETT STREET.
- COURSE:** Flat to Rolling grass fairways with some dirt trails (3/8” spikes recommended). Course will be accurately measured. Course will be well marked and monitored. Splits will be given at each kilometer and at each mile marker.
- COURSE INSPECTION:** You may warm-up in the athletic fields across the street from Jacoby Golf Course and you may warm-up on the dirt trails on the perimeter of the Golf Course until 4:00 PM then everyone can get on the actual route (which will be marked by a continuous white line with mile and kilometer splits indicated).
- COURSE RECORDS:** Women’s 2.5 Mile – 14:42, Heather Loseke (Colorado State), 2007
Men’s 4.25 Mile – 21:42, Mark Korir (Wyoming), 2007
- TEAM CAMPS:** Teams should set up camps along the tree line across the street in the shaded area adjacent to the Louis Madrid Sports Complex. Keep the Start-Finish area clear at all times.

SCORING: Unlimited entries / Top 7 finishers will count as team with Top 5 scoring for each school. Unattached entries will be accepted but will not count in team scoring. Overall Team Scoring and Dual Meet Team Scoring will be kept.

AWARDS: Top 10 individuals in each race will receive awards.
Top team in each race will receive award.

SPORTS MEDICINE: University of Wyoming Athletic Trainers will be available at the course.

ENTRIES DUE: Tuesday, August 26, 2008. Fax entries on enclosed entry form to Randy Cole at (307)-766-5367. Unattached entries must be entered on separate entry form.

CONTACT INFO: Randy Cole (307)760-7310.

**WYOMING CROSS COUNTRY INVITATIONAL
TOP 25 PERFORMANCES @ Jacoby Golf Course
(as of 8-31-07)**

WOMEN (2.5 Mile)

1. 14:42 2007 Heather Loseke (CSU)
2. 14:46 2007 April Thomas (CSU)
3. 14:48 2006 Shannon Payne (CU-CS)
4. 14:51 2007 Gretchen Fagley-Johnson (WYO)
5. 14:51 2005 Shannon Payne (UC-CS)
6. 14:52 2006 Kirsten Anthony (CSU)
7. 15:03 2005 Kirsten Anthony (CSU)
8. 15:04 2007 Allison Gohl (CSU)
9. 15:06 2007 Kirsten Anthony (CSU)
10. 15:06 2006 Emily Higgins (WYO)
11. 15:07 2006 Gretchen Fagley-Johnson (WYO)
12. 15:08 2005 Danielle Korb (CSU)
13. 15:12 2005 Nicole Graham (AFA)
14. 15:14 2006 Brenna Dooley (WYO)
15. 15:16 2006 Elizabeth Dunfield (CSU)
16. 15:17 2006 Sarah Shepard (CU-CS)
17. 15:18 2007 Kristen Hemphill (CSU)
18. 15:18 2007 Lauren Kleppin (CSU)
19. 15:23 2005 Heather Loseke (CSU)
20. 15:23 2005 April Thomas (CSU)
21. 15:24 2005 Kristen Hemphill (CSU)
22. 15:26 2005 Sarah Shepard (CU-CS)

23. 15:27 2005 Michelle Kvernmo (WYO)
24. 15:28 2006 Ashley Birger (CU-CS)
25. 15:28 2005 Melissa Thomas (CSU)

WYOMING CROSS COUNTRY INVITATIONAL
TOP 25 PERFORMANCES @ Jacoby Golf Course
(as of 8-31-07)

MEN (4.25 Mile)

1. 21:42 2007 Mark Korir (WYO)
2. 22:07 2007 Sean Houseworth (AFA)
3. 22:08 2007 Jeremy Freed (CSU)
4. 22:12 2006 Matt Williams (AFA)
5. 22:12 2005 Nick Wilson (AFA)
6. 22:12 2005 Josh Glaab (CSU)
7. 22:12 2005 Paul Michel (CSU)
8. 22:13 2007 Scott Sanders (CSU)
9. 22:13 2007 Ian McFarland (AFA)
10. 22:15 2006 Jason Delaney (HDTC)
11. 22:18 2005 Kiel Uhl (ISU)
12. 22:18 2006 Sean Houseworth (AFA)
13. 22:19 2006 Adam Rich (UNAT)
14. 22:19 2006 Philemon Tanui (WYO)
15. 22:21 2005 Jeff Wahl (CSU)
16. 22:22 2005 Jeff Gosselin (AFA)
17. 22:23 2007 Jason Delaney (HDTC)
18. 22:23 2006 Josh Van Wyngaarden (AFA)
19. 22:24 2006 Ian McFarland (AFA)
20. 22:24 2006 Michael Huntington (WYO)
21. 22:25 2006 Richard Elmore (AFA)
22. 22:27 2005 Rob Watson (CSU)
23. 22:30 2007 Andres Urbina (CSU)
24. 22:32 2005 Aaron Rubalcaba-Lopez (CU-CS)
25. 22:34 2007 Josh Van Wyngaarden (AFA)

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Fax entries to Randy Cole at (307) 766-5367

Please type or print.

SCHOOL _____ MEN _____ WOMEN _____

COACH _____

SCHOOL TELEPHONE _____ SCHOOL FAX _____

	NAME (First Name, Last Name)	CLASS	OFFICIAL USE
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
9.	_____	_____	_____
10.	_____	_____	_____
11.	_____	_____	_____
12.	_____	_____	_____
13.	_____	_____	_____
14.	_____	_____	_____
15.	_____	_____	_____

WYOMING CROSS COUNTRY INVITATIONAL

University of Wyoming
Laramie, Wyoming
Friday, August 29, 2008

Please check the appropriate line and indicate whether Men and/or Women

_____ YES, We are planning on participating in the Wyoming Invitational.

_____ Men

_____ Women

_____ NO, We will not be participating in the Wyoming Invitational.

_____ Men

_____ Women

SCHOOL _____

COACH _____

OFFICE TELEPHONE NUMBER _____

OFFICE FAX NUMBER _____

Please fax this response sheet back to Randy Cole, Wyoming Cross Country Coach, at 307-766-5367.

If you are planning on participating, more information will be sent at the end of July – beginning of August.