

WYOMING INVITATIONAL
University of Wyoming Cross Country Invitational
Laramie, Wyoming

DATE: Friday, September 4, 2009

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' 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 warmup in the athletic fields across the street from Jacoby Golf Course and you may warmup 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, September 1, 2009. 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.

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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.	_____	_____	_____
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14.	_____	_____	_____
15.	_____	_____	_____

WYOMING CROSS COUNTRY INVITATIONAL

University of Wyoming
Laramie, Wyoming
Friday, September 4, 2009

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.