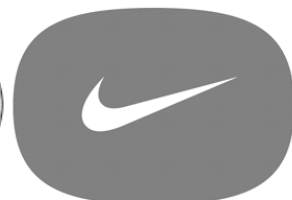


FLEET FEET/NIKE



2008 Cross Country Kickoff

Date: Wednesday, September 3rd, 2008

Location: Quail Ridge Park, Wentzville, Missouri (see map on back for directions and drive times)

Course: The flat, fast 2 mile course will be appreciated by athletes, coaches and spectators. It includes both smooth grass fields and grass and dirt park access roads. The course will be fully marked and there will be monitors at major turns. Markers will be placed at the 1/2, 1 and 1-1/2 mile locations. Coaches and spectators will be able to easily watch the start, middle and finish of each race. Maps will be provided in the team packets and made available to spectators at the Race HQ.

Schedule: 3:30 — Check-In Begins (shelter #6)
4:15 — JV/Open Girls (JV entrants will be timed, but not team-scored; Open entrants will not be timed)
4:45 — JV/Open Boys (JV entrants will be timed, but not team-scored; Open entrants will not be timed)
5:15 — Varsity Girls
5:45 — Varsity Boys
6:15 — Pizza Party/Awards Ceremony (shelter #6)
7:15 — Event Ends

Registration: The first 10 boys and 10 girls teams to register using the form below will be accepted. You will be notified of your entry status immediately after your entry form is received. A \$50 entry fee per boys and girls team will be due on race day.

Rosters: Rosters (including name and class) are to be submitted via email to luke@fleetfeetstlouis.com no later than Friday, August 29th. Varsity teams may consist of up to 10 runners, with the top 5 scoring. Coaches are asked to register Varsity, JV and Open athletes. Please make sure that Open division athletes do not run in uniform. Race day substitutions will be permitted, but are not encouraged.

Goody Packets: Each team will receive a goody packet when they check-in. Each packet will include commemorative, unisex t-shirts for each coach and athlete. We will include size small and medium shirts for the girls and size medium and large shirts for the boys. Coaches will receive a large shirt. At the awards ceremony and pizza party, leftover shirts will be distributed and t-shirt size trading will be possible.

Parking: Parking for buses and spectators will be at the Quail Ridge Lodge parking lot. After parking, follow the paved trail to the Race HQ.

Toilets: Pit toilets and porta-potties will be available at the Race HQ. Additional facilities are available throughout the park.

Trainers: Athletic trainers will be available at the Race HQ.

Race Numbers: The races will be electronically timed using the DAG Timing System. Numbers are to be securely attached to the front of the uniform with four safety pins (provided).

The Start: Teams will be placed on the start line from left to right as they face the course — according to the start list provided in the team packet. Athletes must report to the start TEN MINUTES PRIOR TO THE START of their race. Two commands will be given: a verbal “SET”, then the GUN. The race may be recalled with a second gunshot if the starter rules an unfair start.

Awards BBQ: Plaques will be awarded at the free post-race pizza party (pizza and sports drink). Team award plaques will be given to the first three teams in the girls and boys varsity races. The top ten individuals in each varsity race will also receive plaques.

Results: Results will be posted at the awards ceremony. Results and photos will be posted online at www.fleetfeetstlouis.com.

SCHOOL:
COACH:
EMAIL:
PHONE:

Mail or Fax To:
FLEET FEET Sports
3813 Mexico Road
St. Charles, MO 63303
Phone: (636) 939-0161
Fax: (636) 939-0162

TEAM GENDER(S):	Girls _____	Boys _____
ESTIMATED ROSTER SIZE:		
Jr. Varsity:	Girls _____	Boys _____
Varsity:	Girls _____	Boys _____
Open:	Girls _____	Boys _____

