



Runners Fit

MOUNTAIN INVITATIONAL

OCTOBER 7, 2010 - UNICOI STATE PARK

www.RunnersFit.com

Hosted by: White County High School

Race Schedule

3:00 Middle School Boys

3:30 Middle School Girls

4:00 Boys JV

4:30 Girls JV

5:00 Boys Varsity (Top 7)

5:35 Girls Varsity (Top 7)

*** JV and Middle School Races

UNLIMITED ENTRIES

- Middle School Awards Ceremony will begin at approximately 4:15.
- High School Awards Ceremony will begin soon after completion of Girls Varsity Race.

Cost:

\$50 for Boys' Team

\$50 for Girls' Team

\$100 for Boys' and Girls' High School Teams

\$25 for Middle School Boys' Team

\$25 for Middle School Girls' Team

\$50 for Boys' and Girls' Middle School Teams

\$5 ANY INDEPENDENT RUNNER

***Unicoi State Park reserves the right to charge a fee for spectator vehicles.

Checks payable to: White County High School

Checks should be sent to:

White County High School

C/o B.J. Sutton

2600 Hwy. 129 North

Cleveland, GA 30528

Entries:

As of now we are forced to set the limits of this race at 30 teams. The first 30 teams to register online have priority. Following teams will be put on waiting list.

REGISTRATION WILL OPEN AT 12:00 AM TUESDAY, MAY 25, 2010.

TO REGISTER: PLEASE VISIT <http://www.runnersfit.com/mountain-invite.html>

Choose your schools registration and enter all required fields to declare your team's entries. You will then be sent to a confirmation page. E-Mail any issues to zack@runnersfit.com

As the race approaches all teams entered into race will be sent an Excel Spreadsheet with columns set up for you to enter competing athletes into their correct race. More information on this will be sent at that time.

******* NO CHANGES WILL BE MADE TO ENTRIES ON RACE DAY! *******

***** Deadline for Entry Fees to be submitted: Friday, September 24, 2010 *****
PLEASE CONTACT WITH ANY CONFLICTS

Results:

All results will be posted near finish line as soon after race as possible.
All results will be posted to GATFXC.com immediately after conclusion of meet.

Awards:

Individual:

Top 15 Finishers in each Varsity and Middle School Race will receive medals at the awards ceremony.

Top 5 JV finishers in both races will receive medals at awards ceremony.

Team:

Varsity and Middle School Races – Top 3 Teams in each race will receive trophies.

*** Note: We are currently working on putting together a small awards package for winning team in each Varsity race.

Other Information:

- Mountain Invitational T-Shirts will be available for purchase. *** (More information will be sent out on these approaching race)
- Coaches: Please make sure all athletes have a number and that they run in the correct race!!!! Any changes in this will delay results and cause issues for the timing company.
- Please do not set up tents around the finish line area, there will be rope marking off area to keep tents behind.
- There is plenty of area for parking in the field both buses and vehicles.
- Some water will be provided after finish line, coaches should bring water/Gatorade for their own teams.
- There will be concessions available. Pizza, drinks, and snacks.

Please e-mail with any questions at:

bsutton@white.k12.ga.us OR zack@runnersfit.com

We look forward to seeing you

October 7th!





PIZZA AT THE MEET

We are once again making pizza available at the meet site. If you are interested, please complete the order form below and return no later than Friday September 24, 2010. All orders must be accompanied with full payment.

PIZZA ORDER

Your pizzas will be available immediately following the awards presentation at the park.

SCHOOL: _____

COACH: _____

Amount Enclosed: \$ _____

(Make checks payable to White County High School)

Number of Pizzas: CHEESE ONLY

_____ x \$12.00 = _____

Number of Pizzas: CHEESE AND PEPPERONI

_____ X \$12.00 = _____

TOTAL: \$ _____