

# 2006 PAGE STEEL/LAKE POWELL CROSS-COUNTRY INVITATIONAL

*September 23, 2006*

Dear Athletic Director and Cross-Country Coach,

Thank you for accepting our invitation to attend the 2005 Page Steel/Lake Powell Cross Country Invitational. Here are a few specifics of the meet. If you have any questions please call Mark Lomeland, Head Coach, 928-608-4138 ext 52099(work) or 928-691-0150 (cell).

## **LOCATION:**

All races will begin and end at Lake View Elementary School, which is located at the end of North Navajo Avenue in Page.

## **ENTRY FEE:**

Your entry fee must be paid prior to your teams running in any races. Costs for teams are:

\$50.00 Varsity Boys Only	\$50.00 Varsity Girls Only
\$50.00 J.V. Boys only	\$50.00 J.V. Girls Only
\$80.00 (Varsity & J.V.)	\$80.00 (Varsity & J.V.)

Checks payable to: Page/Lake Powell Cross Country Invitational

## **UNIFORMS:**

**National Federation rules concerning uniforms will be enforced.**

## **COURSE:**

All divisions will run the same 5K course. Maps will be available in your team packets.

## **TIMES:**

**ALL TIMES ARE MOUNTAIN STANDARD TIME**

8:30 a.m. - Coaches Meeting (Pick up team packets)  
9:00 a.m. - Open Girls  
9:45 a.m. - Open Boys  
10:15 a.m. - Varsity Girls  
10:45 a.m. - Varsity Boys

Awards Ceremony following last race.

**Please be on time for your race, as we will start at the times posted. Starter will not wait for late participants.**

## **AWARDS:**

1. Top 10 in Open races
2. Top team in each of the open races (1 boys, 1 girls)
3. Top 20 in Varsity races
4. Top 2 teams in Varsity divisions will receive awards.
5. Overall Varsity individual winners.

## **FACILITIES:**

Dressing and washrooms are available at the Elementary School. You will need to make arrangements with Coach Lomeland if you need use of shower facilities at the High School

## **LODGING:**

Contact the following motels if you need lodging:

Arizona Inn - 928-645-2466  
Days Inn - 928-645-2800 Traci, Group Sales