

La Crosse Central High School

RICHARD MITCHELL CROSS COUNTRY INVITATIONAL

To: Cross Country Coaches and Athletic Directors
From: Joe Beran - Central AD
Date: Sept. 15, 2016

Date: Thursday, Sept. 29

Race Times: 2:30 Course Inspection
3:40 JV Boys
4:10 JV Girls
4:45 Varsity Boys
5:15 Varsity Girls

Site: **LOCATION - Forest Hills Golf Course**

Cost: \$150.00 for two teams or \$75.00 for one team (boys or girls)

Awards 1st Place - Team Trophy.
Varsity: medals 1st to 10th place, ribbons 11th to 30th place.
JV: medals 1st to 5th, ribbons 6th to 25th place.

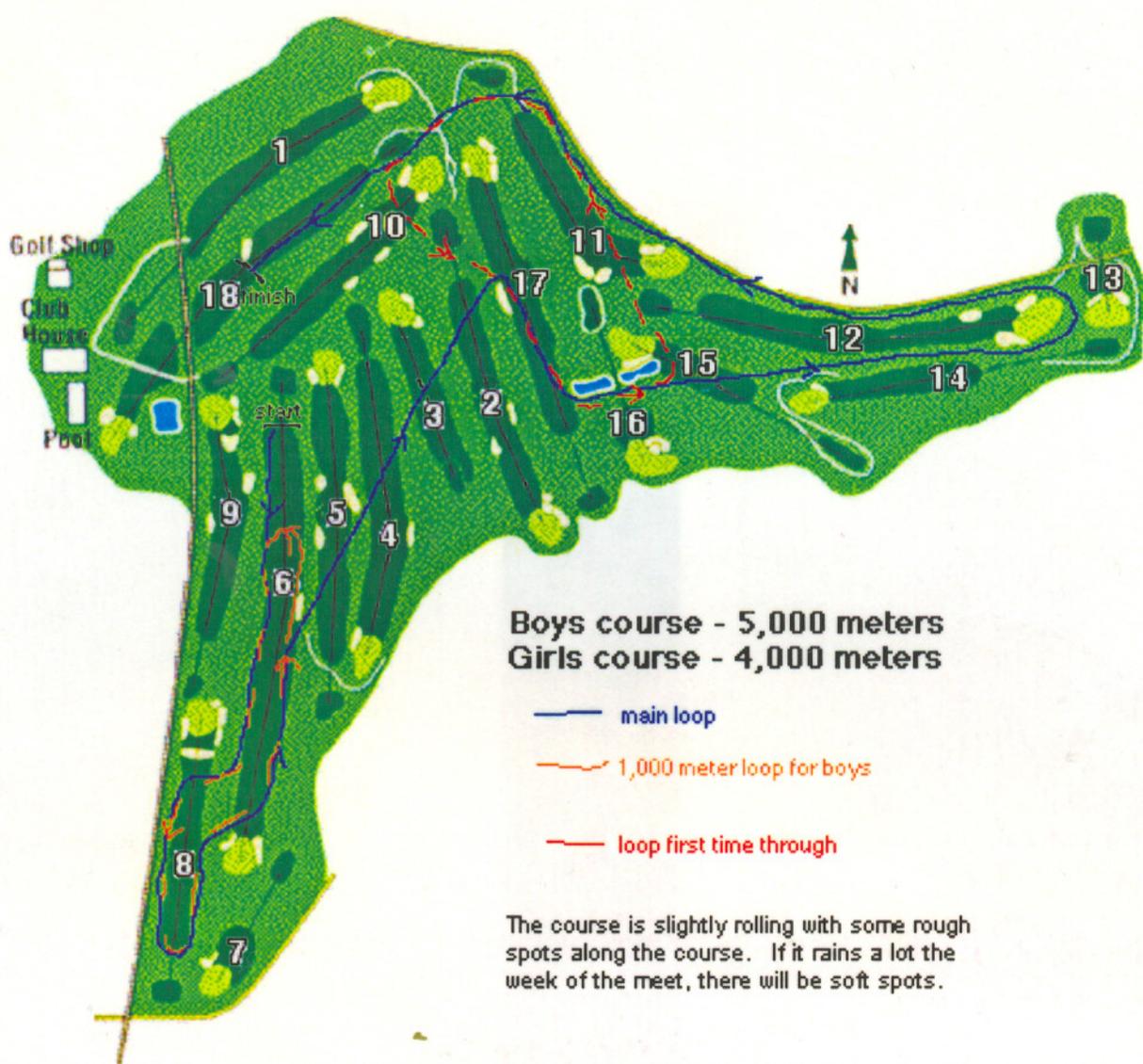
Teams:	<i>West Salem B/G</i>	<i>C-F-C B/G</i>	<i>Wis. Rapids B/G</i>
	<i>Sparta B/G</i>	<i>Central B/G</i>	<i>G.E.T. B/G</i>
	<i>Holmen B/G</i>	<i>Aquinas B/G</i>	<i>Providence Ac. B/G</i>
	<i>Necedah B/G</i>	<i>Tomah B/G</i>	<i>Eastview B</i>

T-Shirts T - Shirts will be available: \$10.00 short sleeve \$15.00 long sleeve

Entries: **REGISTRATION PROCESS - DirectAthletics at www.directathletics.com**
DEADLINE will be Tuesday, September 27 at 8:00pm.

Special Note: Please do NOT cross the tracks. Use the tunnel!

2017 Contract has been sent via Rschool Scheduling



Forest Hills - La Crosse, Wisconsin

There are railroad tracks along the edge of the course. Please tell your athletes and any spectators you know that are coming to use extreme caution when crossing the tracks. The tracks are between the parking lot and the course.