

**11th Annual Fall Run Away
Middle School Cross Country Invitational
East Jackson High School
Commerce, Ga.**

Coaches,

Your teams are invited to the 11th Annual Fall Run Away Middle School Cross Country Invitational Saturday September 1, 2012. This meet has grown from 120 runners to over 300 runners. Last year there were over 20 teams participating. We hope you will join us this year for the meet. The race is open to all middle school runners. T-shirts will be sold at the meet on Saturday, September 1 at East Jackson High School.

The cost for the meet is \$30.00 per team (\$60.00 for a girls and boys team). A team consists of 5 runners or more. If you have less than 5 runners, the cost is \$7.00 per runner (Example: 3 runners x \$7.00 = \$21.00). A team may have unlimited runners in the race. There will be an admission charge for parents and fans (\$5.00 per car) and there will be an open concession stand.

You MUST enter your athletes using MILESPLIT ONLINE ENTRY. Minimal Additions may be entered on Race Day 40 minutes before the first race starts, BUT YOU MUST HAVE ALREADY ENTERED YOUR TEAM BY August 30th. PLEASE ENTER ONLINE AT THIS LINK [2012 Fall Run Away](#)

Team awards for the top 4 teams per race as well as the top 25 individual runners per race will be presented after both races are completed and scores have been compiled. The top five runners for each team will count in scoring regardless of how many runners are entered. If your team has less than 5 runners, no score will be counted for the team awards, but the runners are allowed to compete for the individual medals.

The boys 3000m race will start @ 9:30 AM with girls to follow @ 10:15 AM. The course is a 3K (1.85 miles) course. It involves 1 loop with grass (85-88%) and remaining part asphalt/cement.

Spikes may be worn, but it is recommended that spikes not be worn. Uniforms need to be clear as to ID each runner's school. Bibs will be assigned to each runner attached to a bib assignment sheet enclosed in your team packet. Athletes must wear the bib they are assigned for accurate scoring attached to their chest area.

Thanks
Tomy Sitton
Head Coach East Jackson High School
School phone---706-336-8900
Cell phone ---404-788-3415 Email: tsitton@jackson.k12.ga.us

Please make out check to East Jackson Cross Country and mail check to:

East Jackson High School

C/O Tomy Sitton

1435 Hoods Mill Road

Commerce, GA 30529

School _____ Coach _____ please print
Cell # _____ in case of weather conditions