

North Georgia Technical College

NGTC Cross Country Invitational

When: Friday September 6, 2013

Women's 5k race begins at 5:30 pm

Men's 8k race to follow at approx. 6:15 pm

Where: On the campus of NGTC

Cost: \$75 per men's or women's team (\$150 for both)

Course: NGTC has an on campus natural terrain Cross Country course that will be used for the event. The course is primarily grass or dirt trails. This is not a groomed golf course, but a natural terrain surface with a variety of hills, undulations and other features which will make for a very challenging event for the runners. The course is very open so in certain spots, you can see 60% of the course so it should be a great venue from a fan's perspective.

Awards: The top 2 teams in each division will receive a trophy along with individual awards for the top 5 runners.

Timing: Fast Feet Timing will provide timing and results for the races.

Registration: Register teams online at www.ga.milesplit.com under calendar of events. Scroll down to event and click online registration to enter team members. Registration may be password protected so email sstovall@northgatech.edu for password.