

**12th Annual Fall Run Away
Middle School Cross Country Invitational
Saturday, August 31, 2013
Lamar Murphy Park (New Site)
180 I.W. Davis Rd - Jefferson GA 30549
Hosted by East Jackson High School**

Coaches,

Your teams are invited to the 12th Annual Fall Run Away Middle School Cross Country Invitational Saturday, August 31, 2013. 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, August 31, 2013.

Cost:

The cost for the meet is \$35.00 per team (\$70.00 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.

Entry Information:

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 28th. PLEASE ENTER ONLINE AT THIS LINK [2013 Fall Runaway](#).

Individual and Team awards

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.

Course and Race Times:

The boys 3000m race will start @ 9:45 AM with girls to follow @ 10:30 AM. The course is a 3K (1.85 miles) course. The New Course for this year is a one loop course on grass and dirt. Spikes may be worn on this course. 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.

Please make checks payable to: East Jackson High School Cross Country

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

DIRECTIONS

Lamar Murphy Park
180 I.W. Davis Road
Jefferson, Ga. 30529

From Atlanta:

I-85 North to exit 140 (Dry Pond/Holly Springs Rd) turn right. Follow Dry Pond Rd to the stop sign and turn right onto Ga Hwy 82. Travel approximately 2 miles to Lyle Field Rd, turn left. (There is a sign there that says "Peachstate Speedway") Go to the first road on the right and turn, (Airport Road). Go to the first road on the right and turn, (I.W. Davis Rd). The parking lot is on your left.

(If the parking lot is full, take a right out of the parking lot, at stop sign turn right, at the yield sign, turn right, and turn right again onto I.W. Davis Rd and another parking lot is on your left.)

From Greenville:

I-85 South to exit 140 (Dry Pond/Holly Springs Rd) turn left. Follow Dry Pond Rd to the stop sign and turn right onto Ga Hwy 82. Travel approximately 2 miles to Lyle Field Rd, turn left. (There is a sign there that says "Peachstate Speedway") Go to the first road on the right and turn, (Airport Road). Go to the first road on the right and turn, (I.W. Davis Rd). The parking lot is on your left.

(If the parking lot is full, take a right out of the parking lot, at stop sign turn right, at the yield sign, turn right and turn right again onto I. W. Davis Rd and another parking lot is on your left.)

From Gainesville:

Take Ga Hwy 129 to I-85. Take I-85 North to exit 140. Follow same direction as from Atlanta.

From Athens:

Take Ga Hwy 441 North to Ga Hwy 335, turn left. Follow Hwy 335 to red light, turn right at the light. Take Ga Hwy 82 to County Farm Rd, turn right. Turn left onto I. W. Davis Rd., parking lot is on your left.