

Metro South Cross Country Middle School Championship

Thursday, Oct. 18, 2012

Veteran's Park @ Spain Park High School

RAIN DATE: FRIDAY, OCT. 19, 2012

Course Description:

- Wide 500 meter start in an open field
- The majority of the course is finely crushed gravel with a deceptively challenging lake-side section
- Very coach/spectator friendly

Race Details

- 2 mile race
- Metro South Middle School Teams only (7th and 8th Grade):
 - *Berry, Bumpus, Clay, Hewitt, Homewood, Liberty Park, Mt. Brook, Oak Mt., Pizitz, Simmons, Thompson*
- \$50.00 per team per division (\$100 total for both girls and boys) OR \$10.00 per individual for teams less than 5.
- Make checks payable to "Pizitz Middle School."
- Souvenir t-shirts and concessions will be available.
- This meet is sanctioned by the AHSAA.

Awards:

- Top 30 in each division earn "All Metro" t-shirts.
- Top 3 individuals in each division win plaques.
- Top 3 teams in each division win trophies.

Race Schedule

- 4:15 PM Middle School Girls - 2 Mile (7th & 8th Grade ONLY- Unlimited Entries)
- 4:45 PM Middle School Boys - 2 Mile (7th & 8th Grade ONLY- Unlimited Entries)
- 5:30 PM Awards Ceremony at Stage

Entries

- Entries are to be emailed to Coach Jason Williams at williamsjm@vestavia.k12.al.us.
- Send your entries in an ALPHABETICAL list by division (girls, then boys) with each athlete's GRADE level.
- Unlimited entries.
- ENTRIES DUE NO LATER THAN **MONDAY, OCT. 15 @ MIDNIGHT!!**

Location

- Veteran's Park @ Spain Park High School
- Directions: I-65 South, Exit at Valleydale RD & turn left. Veteran's Park is about 4 miles on left (in front of Spain Park HS)

Contact:

Jason Williams
Pizitz Middle School
2020 Pizitz Drive
Vestavia Hills, AL 35216
Email: williamsjm@vestavia.k12.al.us
Phone: 205-402-5350