Oak Mountain High School Cross Country Invitational

# September 26, 2015

You are invited to the Oak Mountain Cross Country Invitational Race. The course is located at Heardmont Park in North Shelby County. This is a true cross country course including several creek crossings, gravel, mud, and grass throughout. Approximately 250m of the course is on a paved cart path. Spikes or flats are recommended.

**Directions:**

**From I-65**: Going south on I-65 from Birmingham turn left on AL 119 go approximately 4 miles and Heardmont Park (OMHS football stadium) is on the left just before North Shelby public library.

**From Hwy 280**: Get on AL 119 west (towards I-65) for approximately 6 miles. Heardmont Park is located on AL 119 one mile west of the County Road 14 traffic light.

**Race Schedule:**

 8:30 a.m. HS Girls 5000m Race (unlimited)

9:10 a.m. HS Boys 5000m Race (unlimited)

9:50 a.m. Middle School Girls 3200m (unlimited)

 10:20 a.m. Middle School Boys 3200m (unlimited)

 11:00 a.m. High School and Middle School Awards

 **All schools must be members of the AHSAA or their state association.**

**Entry:** ALL entries must be done on Alabama runners

**Entry Deadline: Wednesday, September 23, 2015.**

Mail Fees to: Oak Mountain High School

 ATTN: Kyle Dudley

 5476 Caldwell Mill Road

 Birmingham, Alabama 35242

**Fees:** HS divisions are $5 per runner and a maximum $75 per gender team. Boys and girls are separate. For example: HS Boys team and HS Girls team = $120.

Middle School Division is $5 per runner and a maximum $60 per gender team.

**Awards:** T-Shirts awarded to the to the Top 15 individual finishers in each division, medals to top 3 individuals in each division, and trophies to the top two teams in each division.