Walton- Verona Cross Country Invitational Saturday, October 2, 2010 @ Walton-Verona Athletic Complex

Walton-Verona High School proudly extends this invitation to compete in what is sure to be one of the tristate area's most anticipated cross country events. Situated in beautiful Verona, Kentucky at the newly built Walton-Verona Athletic Complex, this meet is conveniently located about 30 miles south of Cincinnati. The Walton-Verona Invitational offers several exciting race elements such as a creek crossing, and miles of woods. This will be our 15th year hosting our invitational (formerly at Big Bone State Park) in which we have regularly had annual competition from over 20 teams from Kentucky, Ohio and Indiana in varsity, jv and middle school races.

TIME	DISTANCE	INDIV.	TEAM	MAX.	COST
		MEDALS	TROPH.	RUNNERS	
9:00	3000 m	20	1 st ,2 nd	Unlimited	\$25/team
9:30	3000 m	20	1 st , 2 nd	Unlimited	\$25/team
10:00	5000 m	15	1 st , 2 nd	10	\$35/team
10:40	5000 m	15	1 st ,2 nd	10	\$35/team
11:20	5000 m	20	1 st ,2 nd	7	\$55/team
12:00	5000 m	20	1 st , 2 nd ,	7	\$55/team
	9:00 9:30 10:00 10:40 11:20	9:00 3000 m 9:30 3000 m 10:00 5000 m 10:40 5000 m 11:20 5000 m	9:00 3000 m 20 9:30 3000 m 20 10:00 5000 m 15 10:40 5000 m 15 11:20 5000 m 20	MEDALS TROPH. 9:00 3000 m 20 1st, 2nd 9:30 3000 m 20 1st, 2nd 10:00 5000 m 15 1st, 2nd 10:40 5000 m 15 1st, 2nd 11:20 5000 m 20 1st, 2nd	MEDALS TROPH. RUNNERS 9:00 3000 m 20 1st,2nd Unlimited 9:30 3000 m 20 1st, 2nd Unlimited 10:00 5000 m 15 1st, 2nd 10 10:40 5000 m 15 1st, 2nd 10 11:20 5000 m 20 1st, 2nd 7

Team awards can be picked up after results are posted. Individual medals handed out in chute. \$5.00 per individual for any race. You may not have more than 4 "individuals" in any limited race. Top 7 in varsity and top 10 in JV must be designated as team A. Extra teams will be designated B, C and so on and will be charged separate entry fees.

No one will be permitted to run in more than one race at the Walton-Verona Invitational.

Concessions and T-Shirts will be available. All athletes will receive complementary water after the race. There will be a nominal parking fee for non-school bus vehicles.

Entry Deadline: Sept. 23 2010 Phone: 859-485-7721 (w)
Send To: WVHS/Michelle Gregg 859-496-1695 (h)
30 School Rd. Fax: 859-485-7739
Walton, KY 41094

Directions from the North:
I-75 south. Merge onto 1-71
toward Louisville. Go approx 3 mi.
Take 1st exit (Verona). Go left.
approx. 0.1 Mile. Make left
at Rice Auto body Shop.

email: michelle.gregg@wv.kyschools.us Or randysmithrandysmith2004@yahoo.com

Entry Form For 2010

Walton-Verona Cross Country Invitational

We are using the Hy-Tek system for computing our results. Therefore it is necessary for coaches to supply us with the following information. List <u>any</u> person who could compete. There is no need to list each runner's race. You will also need to check the lines (in the grid below) in which races you will have participants.

IT IS EXTREMELY IMPORTANT THAT YOU SEND OR FAX THIS FORM BY THE ENTRY DEADLINE OF SEPTEMBER 23, 2010 SO THAT WE MAY RUN THE MEET AS SMOOTHLY AS POSSIBLE. WE CANNOT GUARANTEE PARTICIPATION FOR LATE ENTRIES.

School		14		
Address				
Coach				
PhoneNumber(s)				
E-Mail				
Race	Cost		I have a team (how many teams/individu	
Mid. School Girls				
Mid. School Boys				
IV. O. 1				
JV Girls JV Boys				
Varsity Girls				
Varsity Boys				
TOTAL \$				
If you are paying for multiple	PRINT CLI		indicate which i	runners are
on team A, B, and so on.	entracemente (incluent et entre entre entre entre et entre e			
BOYS ROSTER	YR.	GIRLS ROSTER		YR.
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Directions from Cincinnati, OH

I-75 South to I-71/71 just after exit 175
(Richwood). Merge onto I-71 toward
Louisville. Go about 3 miles to Verona
exit. Take Verona exit and go left. After
overpass, go about 0.1 miles to complex
entrance (just after Rice Autobody Shop).