**Nelson County High School invites you to the 5th annual**

**Bernie Keene Cross Country Meet—Tuesday, September 13, 2011**

**NCHS, 1070 Bloomfield Rd, Bardstown KY, 40004**

**Awards:**

Team Champion and Team Runner-Up Trophies (awards given at 7:50)

Gold, Silver, and Bronze medals to top 3 finishers, ribbons to 4-10 (awards given in the chute)

**Course:**

The course is a well-marked 1.6 mile loop on good surfaces that winds through the connected campuses of Nelson County High School, Old Kentucky Home Middle School, and the Nelson County Schools Central Office. It features some rolling hills and is visible almost all the way around from our start/finish area on the band practice field. While I don’t normally favor multi-lap XC races, due to recent athletic renovation, we shortened our course to make this loop, and have found the first and second split comparisons very useful for training. So will you!

**Instructions:**

Team can have unlimited runners in the specific races, but coaches are to collect cards from top seven runners only and the top 5 finishers on each team will score.

**Cost:**

Cost will be split by numbers of total teams per school participating (1-4 shares), and I’ll have an invoice for the coaches included in the packet and we’ll divide it out from there. **SPECIAL OFFER! ALL BERNIE KEENE PARTICIPATING TEAMS WILL BE GIVEN AN ENTRY DISCOUNT FOR OCTOBER 1 HILLBILLY RUN INVITATIONAL!** Checks should be made payable to Nelson County Cross Country Boosters and mailed to Dan Bradley, Nelson County High School, 1070 Bloomfield Road, Bardstown KY 40004.

**Schedule:**

4:30- 5:30 Course open for warm-ups 6:30 Girls HS 5K

5:30 Girls MS 3K 7:15 Boys HS 5K

6:00 Boys MS 3K 7:50 Awards Ceremony

**RSVP** by email to dan.bradley@nelson.kyschools.us and send your Hytek roster to jessica.sparrow@nelson.kyschools.us. Hope to see you there!