

Covington Catholic High School

42nd ANNUAL COVINGTON CATHOLIC HIGH SCHOOL CROSS COUNTRY INVITATIONAL

When: Saturday, September 19, 2009

Place: **Devou Park in Covington, Kentucky.** Directions: Take I-75 to the Kyles Lane Exit #189. Head west on Kyles Lane to the intersection at Dixie Highway (US 25) and turn right. At the next light, turn left on to Sleepy Hollow Road (St. Agnes Church and School is at the corner of Sleepy Hollow and Dixie Hwy.) Bear right on Old State Rd. and go approx. ½ mile until you come to Terrace Drive and turn left. At the next stop sign, turn right on Amsterdam Road. At the next stop sign, turn left on to Park Drive and follow it to Golfview Dr. Take Golfview to the second stop sign and turn right at the four-way intersection with Bandshell way. Turn right on Bandshell and follow signs to the Drees Pavilion.

Parking: Allowed on the side of the roads in the Park as long as the street remains open for access by emergency vehicles so please tell your runners' families. Please have bus drivers drop off runners at the course and park their bus at CovCath H.S., which is ¼ mile north of St. Agnes on Dixie Highway. Shuttle service will be provided for drivers.

Distance of the Races: 5,000 meters (3.1 miles) Open & High School races
3,000 meters (1.8 miles) Middle School races

Scoring: Scoring will be done by the Hy-tek Scoring System. The preferred method of entry is through Hy-Tek. If you cannot use Hy-Tek, you must submit your roster of participants by the September 15, 2009 deadline to ensure accurate data entry of each athlete. Rosters can be e-mailed to panneken@covcath.org

Schedule of the Races:

8:00 am	Open Race (open to anyone of all ages, males & females)
8:30	Middle School Girls
9:00	Middle School Boys
	Awards for Middle School races immediately follow the 9:00 am event
9:30	Reserve Girls
10:15	Reserve Boys
11:00	Varsity Girls (10 runners per team)
11:45	Varsity Boys (10 runners per team)
	Awards for reserve and varsity immediately follow the 11:45 event

Entry Fees:

\$40.00	Boys' Varsity Team
\$40.00	Girls' Varsity Team
\$35.00	Boys' Reserve Team
\$35.00	Girls' Reserve Team
\$30.00	Middle School Boys Team
\$30.00	Middle School Girls Team
\$10.00	Each Varsity Race Individual (Boy or Girl)
\$8.00	Each Reserve Race Individual (Boy or Girl)
\$4.00	Each Middle School Individual (Boy or Girl)
\$8.00	Open Race Individual whose entry is received before Tuesday, September 12.
\$150.00	Complete School - both Boys' & Girls' Varsity, Reserve, & Middle School Teams

Make checks payable to **COVINGTON CATHOLIC ATHLETIC DEPARTMENT**.
A school may not enter a reserve team without entering a varsity team.

Entry Deadline: Tuesday, September 15, 2009. You may fax your entry to (859) 448-2242. Teams will not be permitted to compete if entry form is not received by this date. Checks must be mailed to:
Mr. Pat Anneken
Covington Catholic High School
1600 Dixie Highway
Park Hills, KY 41011-2797

Uniforms: Team uniforms must be worn. In Kentucky, no jewelry (including pierced earrings and watches) may be worn.