

PRELIMINARY NOTICE FOR COLONIAL LEAGUE CROSS CO. MEET

The Colonial League Cross Country Championship Meet is scheduled to be held at DeSales University on Thursday October 16, 2008 (rain date- Friday October 17, 2008)

The race times are: 2:30 Girls' Varsity - 7 runners (or less)
 3:15 Boys' Varsity - 7 runners (or less)
 4:00 Sub varsity - (boys and girls) unlimited runners

I will need a complete roster of only those runners who will actually be competing along with their grade in school sent to me **no later than Thursday, October 9, 2008**
Please **print or type**, when filling out the official form.

PRINT OR TYPE- name of runner- grade in school- separate boys and girls

It is important that you recognize that runners **cannot** be added after this date, so include all runners who possibly may run. Please FAX any scratches later if you have any.

We will use an adjusted scoring system. If fewer than five (5) runners from a team finish, their places will be eliminated and the other runners re-ranked.

A reminder of rules: No watches may be worn and all shirts must be tucked in. National Federation rules will prevail.

If you wish to run the De Sales' course prior to the race, please call Al Weiner, Head cross country coach, at 610-282-1100 ext. 1418 to make sure that there are no conflicts.

District XI information: Thursday, October 23, 2008 at Lehigh University
Registration for the District XI meet must be completed on line at www.runhigh.com by Friday, October 17, 2008 by 12 noon.
You can access the District XI cross country information by going to district11.piaa.org

The order of races will be: 3:00 Girls' AA
 3:40 Girls' AAA
 4:20 Boys' AA
 4:50 Boys' AAA
 5:30 Awards Presentation

PIAA State Meet will be held at Hershey on Nov 1, 2008

Sincerely,

Donald L. Harakal, Meet Director
Southern Lehigh High School