

**THE 6th Annual High School
SOUTH COAST CROSS COUNTRY CHALLENGE**

Umass-Dartmouth, Dartmouth, Ma.

Saturday, Oct. 9, 2010

MIAA Sanctioned For Ma., NH, VT., RI., CT & ME

Information:

1. The South Coast Cross-Country Challenge is hosted by Greater New Bedford Regional Voc-Tech H.S. and will be hosted at Umass-Dartmouth in Dartmouth, Massachusetts..
2. The distance for all races on the Umass course is 3.1 miles. There will be 4 separate divisions, and starts.
3. There will be team scoring in Boys or Girls Varsity races only.
4. You may enter as many runners as you want in each division. Your team's top 5 finishers score. To place in the team scoring you must have 5 runners start and finish their race
5. Teams may take their own pre-course jog from 7:45am to 8:45am.
6. All competitors must adhere to the National Federation and MIAA Cross Country Rules and Regulations.
7. All entries must be entered through Direct Athletics. Go to: www.directathletics.com after entering coaches must email a copy of their confirmation sheet to Mark Thornhill at mrkthorn1216@aol.com . **Your team will not be allowed to compete if your confirmation sheet is not in on time. Confirmation sheets must be received by Wednesday Oct 6, 2010.**
8. **Entry Deadline on direct athletics is Sunday Oct. 3, 2010.** The Freshman/Sophomore race is for Freshman/Sophomore athletes only! All others will be placed in varsity race.
9. The start and finish are adjacent to the Umass track.
10. Invitational T-Shirts will be on sale.
11. Park in Lot #7 (Bear left when entering the campus) Lot #7 will be on you right.
12. Rest Rooms are located in the Umass Trip Athletic Center
13. For further information call Mark Thornhill at 508-994-2872.

Starting Time 9:30 A.M.

Race Order of Competitions

9:30 Girls Freshman / Sophomore Race

10:10 Boys Freshman / Sophomore Race

10:40 Girls Varsity Race

11:15 Boys Varsity Race

PRIZES: Boys & Girls

Championship Team Plaques (Varsity Divisions Only)

Individual Winners Plaques (All 4 Divisions)

Individual Medals Top 25 (All 4 Divisions)

ENTRY FEE

\$110.00 per Boys Team

\$110.00 per Girls Team

Or

\$13.00 per Individual Participant

Make Checks Out & Mail to:

GNB Voc-Tech

South Coast XC Challenge

C/O Athletic Dept

1121 Ashley Blvd.

New Bedford, MA. 02745

