

### **3<sup>rd</sup> Annual Nashua North-South Cross Country Invitational Saturday September 21, 2013**

The 3<sup>rd</sup> Annual North-South Cross Country Invitational will be held @ Nashua South High School on Saturday, September 21, 2013. Here is the basic meet information:

- Course Walk Thru Begins at 8:00 A.M.
- Girls JV Race 9:00 A.M. (unlimited entries)
- Boys JV Race 9:45 A.M. (unlimited entries)
- Girls Varsity 10:30 A.M (limit 7 runners)
- Boys Varsity 11:00 A.M. (limit 7 runners)
  
- Course-All races will be run on the Meet of Champions 5k course. Trophies for winning boys and girls varsity team and top 10 varsity individuals.
  
- Award ceremony immediately after conclusion of Boys Varsity race.
  
- Team entries will be taken from your rosters posted on Direct Athletics. You do not need to register for the meet on Direct Athletics simply make sure your online roster is up to date by Friday September 13, 2013 6:00 P.M. and we will pull the roster names. You do not need to specify those running in the Varsity race vs. those running in the JV race.
  
- Cost is \$100/school or \$50/team (if a school decides to send only a boys or girls team). Please make the entry check payable to "Nashua School District" and send it to Lisa Gingras, Athletic Director, Nashua High School South, Athletic Department, 36 Riverside Drive, Nashua NH 03062. Deadline for receipt of entry fee: Friday September 13, 2013.

Race Directors: Art Kobs, Nate Burns, Sarah Paling, Mike Merra

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