

# GREATER LANSING CROSS COUNTRY CHAMPIONSHIP

2010

Hosted by: Grand Ledge High School

**DATE:** SATURDAY, OCTOBER 16th

Time: Men: 10:00 a.m.  
Women: 10:40 a.m.  
Awards: 11:30 a.m.

**Place:** Grand Ledge- Ledge Meadows Golf Course (Just west of town on M-43)

**Awards:** 1<sup>st</sup> Place team engraved plaque, 1<sup>st</sup>-5<sup>th</sup> place team (team medals to seven competitors), top 30 finishers

**Scoring:** Chip system (all runners will wear chips on each shoe)

**Meet Information:** A limited supply of water will be available near the trainer's table. Also, please help us to maintain use of the beautiful Ledge Meadows facility by keeping team shelters off the practice driving plateau. They should be placed east of the plateau, parallel to the finish stretch. Participating athletes and spectators are asked to respect the golf course (particularly by **staying off greens and tees**), and parking vehicles in the lot only. We hope you and your athletes have a great Greater Lansing experience!

## ENTRY FORMAT:

### ENTRY FEE Mailed to:

Athletic Director  
Grand Ledge High School  
820 Spring Street  
Grand Ledge, Michigan 48837 Fax: 1-517-925-5936 Phone: 517-925-5930

**ENTRY FEE:** (\$90.00 for Boys and \$90.00 for Girls) Total: \$180.00 Due 10/8

- **Coaches who have questions should contact Fred Hutchinson @ [HutchinsonF@glps.k12.mi.us](mailto:HutchinsonF@glps.k12.mi.us) or call (517) 803-6539**
- **ALL ENTRIES WILL BE DONE on <athletic.net> Each team may register nine athletes, but only *seven(7)* run in the race! Athletes must be registered by *Friday, October 8***