

2011 COUGAR CHALLENGE CROSS COUNTRY INVITATIONAL

Dear Coaches and Runners:

We are happy to announce this years edition of the Cougar Challenge Cross Country Invitational will be held at Oquirrh Park , on Saturday August 27, 2011.

Divisions: We will be running four races and two divisions. Since this is so early in the season we will have a Freshman – Sophomore division, allowing our younger athletes to compete with other athletes of the same age and experience. We will also run a Junior-Senior division. It is essential that you register your athletes in the correct division.

Awards:** Medals will be given to the top ten finishers in each race.

** A trophy will be given to the top men's and women's team.

Scores will be figured by adding the five fastest times for each school . It doesn't matter if they run in different races. For example team A has four runners in the Junior /Senior race who run 15:00,15:01,15:34, 16:00 and a Sophomore who runs 15:25 in the Freshman /Sophomore race. Their team score would be 78 minutes even. (By the way, no one will run a 15:00 on this course.)

Fees: \$2 per athlete if you pre-register on Athletic.net before August 27.

\$5 per athlete if you register the day of the meet. Entry fee checks should be made out to Kearns High School. There is no need to mail your checks early, just bring them to the meet.

Course: Due to the construction we have had to make a few changes in the course layout. The course is a true 5k (measured and re-measured), 90% grass with some dirt trails, four good challenging hills, and no repeats. It is very spectator friendly, most of the course can be seen from above the new soccer fields.

Race schedule:

8:00 A.M. Course walk through and same day registration.

9:00 A.M. Freshman/Sophomore girls

9:30 A.M. Freshman/Sophomore boys

10:00 A.M. Junior /Senior girls

10:30 A.M. Junior /Senior boys

11:00 A.M. Awards

Registration: Please Register on athletic.net prior to Friday , August 26th . It will save you some money and help us to run a more enjoyable meet for everyone.

Parking and restrooms: There is ample parking at the park for cars and busses. Clean restrooms are available at the park and also at the Olympic Oval.