

**Pelham High School
Cross Country Invitational
September 30, 2006**

You are invited to the Pelham High School Cross Country Invitational Race. The course is located at Ruffin Park on Alabama 261 (Take a right at the intersection of Valleydale Road and Highway 31). Go approximately 5 miles and Ruffin Park is on the right. Ruffin is 3 miles from Pelham High School.

Directions: Going south on Highway 31 from Birmingham turn right AL 261 go approximately 5 miles and Ruffin Park is on the right just before old town Helena.

Time Schedule:

9:00 a.m. Jr. High Girls 2 Mile Race
9:30 a.m. Jr. High Boys 2 Mile Race
10:00 a.m. Varsity Girls 5000 Meter Race
10:30 a.m. Varsity Boys 5000 Meter Race
11:00 a.m. Awards

All schools must be members of the AHSAA or their state association.

Mail Entries Coach Randy Bunn, Meet Director
And entry Fees to: Pelham High School
2500 Panther Circle
Pelham, AL 35124

Entry Fees: 40.000 per High School Team per Division (Boys and Girls are separate divisions. Example: \$160.00 per school for all 4 divisions.)
\$15.00 per Individual High School Runner
10 individuals per team (B-Teams may be entered for an additional entry fee.)

Entry Deadline: **September 22, 2006**

Awards: Medals to the Top 15 Runners in the High School and Jr. High Races. Trophies to the top two teams in each race.

Admission & Parking: \$5.00 per car. Buses park free.

Pelham High School Invitational Individual Entry Form

Name _____

Address _____

Telephone _____

Age _____

I individually (and/or as guardian of the named minor) for and in consideration and acceptance of this entry in the aforementioned event, do hereby release, remise, waive, and forever discharge the Sponsor (Pelham High School and the Shelby County School System) and any and all other supporting groups of this said racing event, together with all of their officers, agents, officials and employees from any and all liability, claims, demands, actions or cause of action whatsoever arising out of, or related to any injury, illness, loss or damage, including death, relating to participation in the aforesaid event. I further state I am in proper physical condition to participate in this event.

SIGNATURE _____ **Date** _____

Parent if under 18

SIGNATURE _____ **Date** _____

Pelham High School Cross Country Invitational Team Entry Form

School _____ Coach _____ Telephone # _____

Jr. High Girls:

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |

Jr. High Boys:

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |

Varsity Girls:

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |

Varsity Boys:

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |

10 Entries per Team. B-Teams may be entered for an additional entry fee.

