



**2nd Annual / OXFORD YELLOWJACKETS
CROSS COUNTRY INVITATIONAL**

&



3rd Annual J.S.U. FOOTHILLS INVITATIONAL

WHEN: Saturday, October 18th, 2008

WHERE: Oxford Lake Park (SPORTS COMPLEX) Oxford, Alabama
60 miles east of Birmingham, AL off of I-20 E; 88 miles west of Atlanta, GA off of I-20 W

DIRECTIONS: FROM BIRMINGHAM, AL: Take 1-20 E to EXIT 185 (towards Oxford / Anniston) 0.2M;
Follow Quintard Drive(0.3M) to Sign for OXFORD LAKE PARK.
Turn right on Recreation Dr. (0.5M) Look for signs for parking.

FROM ATLANTA, GA: Take 1-20 W to EXIT 185 (towards Oxford / Anniston) 0.2M;
Follow Quintard Drive (0.3M) to Sign for OXFORD LAKE PARK.
Turn right on Recreation Dr. (0.5M)
Look for signs for parking.

SCHEDULE /COURSE MAP / COURSE- DESCRIPTION on next page.

DIVISIONS: 7:30A.M. OPEN/COMMUNITY	5K (3.1 Miles) CROSS COUNTRY RACE
8:00 A.M. JUNIOR HIGH GIRLS	2 Miles
8:30 A.M. JUNIOR HIGH BOYS	2 Miles
9:00 A.M. VARSITY GIRLS	5K (3.1 Miles)
9:30 A.M. VARSITY BOYS	5K (3.1 Miles)

ENTRY FEE: High School: \$50.00 per team race entered
(\$50.00 boys team + \$50.00 girls team = \$100.00)
Junior High: (grades 7-9): \$45.00 per race entered
(\$40.00 boys team + \$40.00 girls team = \$80.00)
Individual Runners: \$10.00
****Make checks payable to: Oxford High School**
MAIL FEES TO: Oxford High School c/o Coach Drew Bell
915 Stewart Street
Oxford, AL 36203

ENTRY: *YOU MUST REGISTER ONLINE AT alabamarunners.com for the HS division only.

ALL ENTRIES DUE WEDNESDAY October 15, midnight.

10:00 A.M. COLLEGE/UNIVERSITY WOMEN 5K (3.1 Miles)
10:30 A.M. COLLEGE/UNIVERSITY MEN 8K (4.97 Miles)
11:15 A.M. JUNIOR HIGH/ HIGH SCHOOL/COLLEGE AWARDS

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AWARDS: **TROPHIES: TOP 2 TEAMS IN EACH DIVISION**
T-SHIRTS: TOP 10 IN EACH DIVISION
MEDALS: 11-20 IN EACH DIVISION

FACILITY: **Restrooms / and changing areas**
Spectator friendly> able to view majority of course.

COURSE: **FASTEST CERTIFIED COURSE IN ALABAMA!**
Come run your BEST Time!
Combination of grass fields and dirt trails through woods!

Description: The 5K Course may be viewed at

<http://www.usatf.org/routes/view.asp?rID=172212>

Start on flat golf course; travel west behind ball fields in open flat field; at 800m turn north and run under bridge into woods section along a stream for 800m; **The mile mark is immediately past tennis courts**; cross back under bridge running through trees back to golf course; cross another bridge looping golf driving range; **The 2 mile mark is 35m past man hole cover**; enter second woods section for 200m; exit woods cross bridge; go north past the historical Coldwater wooden covered bridge; turn left and loop beautiful Oxford Lake; finish with a fast 200m sprint through the meadow.

CONCESSION: WAFFLE HOUSE Breakfast, snacks and drinks available
(Coaches eat free at area WAFFLE HOUSE restaurants)

PARKING: \$5.00 per car *School Bus FREE

HIGH SCHOOLS AND JR. HIGH Coaches CONTACT:

COACH DREW BELL www.coachbell@bellsouth.net Cell 205-533-0636 Cell 205-533-0289
school 256-241-3166 FAX 256-831-8142 www.dbell.oh@oxford.k12.al.us

COLLEGE COACHES CONTACT:

COACH STEVE RAY www.sray@jsu.edu Office: (256)782-8068 cell: (513)227-6717
fax: (256) 782-5527

