



**PAUL W. BRYANT  
CROSS COUNTRY INVITATIONAL MEET  
SEPTEMBER 5<sup>th</sup> , 2009**

- Location:** BSA Camp Horne, 13633 Keenes Mill Rd., Cottdale, AL
- Course:** Course over wood roads and trails and some paved road sections. **Very** hilly. Spikes are recommended
- Directions:** Coming from Birmingham: Take exit 79 off of IS 20/59 and go south (right) on US 11 which turns into University Blvd. E. After 3.1 miles turn right onto Prude Mill Rd. At traffic light in Cottdale. In 0.9 mile, turn right onto Keenes Mill Rd, and go east 3.5 miles to entrance to Camp Horne (DO NOT TURN onto Camp Horne Rd.!). From Tuscaloosa: At 'Five Points', intersection of University Blvd. E. and Veterans Memorial Pkwy intersect, take Old Birmingham (Hwy 216) towards Brookwood. After 1.1 miles bear right onto Keenes Mill Rd. go east 4.0 miles to entrance to Camp Horne (DO NOT TURN onto Camp Horne Rd.!). Follow directions to parking.
- Meet Schedule:**
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|----------|---|--------|
| 8:30 AM  | Youth Race (K-6 <sup>th</sup> Grade)  | 1600 m |
| 9:00 AM  | Open Race   | 5000 m |
| 9:30 AM  | Jr. High Girls (7-9)  | 3400 m |
| 10:00 AM | Jr. High Boys (7-9)   | 3400 m |
| 10:30 AM | Varsity Girls   | 5000 m |
| 11:05 AM | Varsity Boys  | 5000 m |
| 11:45 AM | Awards (awards for Youth and Open Races will be given out immediately following finish) |        |
- Entry Fees:** \$65 per division; \$240 for all four divisions. \$15 per individual for junior high or varsity races and \$5 per individual for youth race; \$15 per individual for open race. Checks payable to Paul W. Bryant High School XC, mail to Cross Country, Paul W. Bryant HS, 6315 Mary Harmon Bryant Dr., Tuscaloosa, AL 35453
- Registration:** **DEADLINE - MIDNIGHT, SEPTEMBER 2.** All registration for open, junior high and varsity meet through online system on [www.alabamarunners.com](http://www.alabamarunners.com). To register for Youth, please contact the meet director.
- Awards:**
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|---------------------|--|
| Youth Race:         | Medals for 1 <sup>st</sup> place boy & girl at each grade level, ribbons for all participants.                                     |
| Open Race:          | T-shirt for top 5 finishers.   |
| Varsity & Jr. High: | Team trophies to top two teams in each division, medals to top three finishers and T-shirts to top ten finishers in each division. |
- Concessions:** Concessions will be available
- Timing:** CFPI Timing, Inc.
- Contact:** Bob Meintzer, [rmeintzer@yahoo.com](mailto:rmeintzer@yahoo.com)  
205.247.3594 (work) or 205.246.6240 (cell)