



**PAUL W. BRYANT
CROSS COUNTRY INVITATIONAL MEET
SEPTEMBER 4th , 2010**

Preliminary Information

- Location:** Paul W. Bryant HS, 6315 Mary Harmon Bryant Dr., Tuscaloosa, AL 35453
- Course:** Course over open and wooded trail and some paved road crossings. Spikes are recommended
- Directions:** Take exit 77 off of IS 20/59 and go south on Buttermilk Rd. about one mile. Turn right at traffic light onto Mary Harmon Bryant Dr. Take left just past softball field.
- Meet Schedule:**
- | | | |
|----------|---|--------|
| 8:30 AM | Youth Race (K-6 th Grade) | 1600 m |
| 9:00 AM | Open Race | 5000 m |
| 9:30 AM | Jr. High Girls (7-9) | 3200 m |
| 10:00 AM | Jr. High Boys (7-9) | 3200 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 1.** All registration for junior high and varsity meet through online system on www.alabamarunners.com. Registration for open race may be made by contacting the meet director, or at race site prior to 8:30am. To register for Youth, please contact the meet director.
- Awards:**
- | | |
|---------------------|--|
| Youth Race: | Medals for 1 st 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
205.247.3594 (work) or 205.246.6240 (cell)