

3RD COUGAR FALCON INVITE

Saturday, September 20, 2008

Grand Rapids, MI

Hosted by:

- Grand Rapids Catholic Central Cougars
- Grand Rapids West Catholic Falcons
- Course Courtesy of the Rockford Rams



Divisions

- Varsity, Junior Varsity, Middle School and 6th Grade** – no restrictions on school size, all divisions welcomed
- Twenty Team Maximum** – will divide to two varsity divisions based on enrollment if race fills
- Additional information and will be available at <http://runfalcons.com>.

Fast Accurate Results – uploaded to internet same day for your use in team statistics.

High School Varsity Awards

- Top Two Teams
- Top Twenty Individuals

High School Junior Varsity Awards

- Top Two Teams
- Top Fifteen Individuals

Middle School

- Top 2 Teams
- Top 15 Middle School Individuals each gender
- Top 10 6th Grade Individuals each gender

Course

- At Rockford East Middle School, 8615 9 Mile Rd NE, Rockford, MI 49341
- Long Straight to the Finish right on the Football Field
- Gently rolling hills with no significant repeats
- Open and visible to spectators for nearly the entire race
- Accurate and well marked/marshaled

T-Shirts

We expect to have commemorative T-Shirts for sale at the race on a first come, first served basis.

Contract & Entry Fee

- Contracts: Download the contract from <http://runfalcons.com>. Fax: 616-493-1080
- High Schools: \$75 per school.
- Middle Schools: \$40 per team (\$20 if your high school is attending).

Contacts

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Schools expected thus far: Rockford Girls, West Catholic, GR Catholic Central, Lansing Catholic Central, Comstock Park, Hackett Catholic Central, Grand Rapids Christian. A number of others have expressed interest.