

5TH COUGAR FALCON INVITE

Saturday, September 25, 2010

Grand Rapids, MI

Hosted by:

- Grand Rapids Catholic Central Cougars
- Grand Rapids West Catholic Falcons
- Course Courtesy of Christian Eagles



Divisions

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

Fast Accurate Results – uploaded to internet same day for your use in team statistics. Quick in and Quick Out – DONE BY NOON.

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 (7/8th Grade)
- Top 15 Middle School Individuals each gender
- Top 10 6th Grade and Under Individuals each gender

Course

- At Gainey Athletic Field, 1661 East Paris, Grand Rapids, MI 49546
- Spectator Friendly Course – you can see most of the race
- Gentle elevation changes, one short steep hill down then up
- Accurate and well marked/marshaled

T-Shirts

We will 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: 616-453-0701

Contacts

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2009 High Schools Attending: Carson City Crystal, Chippewa Hills, Comstock Park, *Grand Rapids Christian, *Hackett Catholic Central, *Kent City, Portland, *Caledonia, *GR Catholic Central, *GR West Catholic, Grand River Preparatory, Gull Lake, *Lansing Catholic, *Portage Central, *Rockford, *Schoolcraft (*State Teams)jh