

WESTMINSTER ACADEMY[®] CROSS COUNTRY INVITATIONAL

Saturday, October 23, 2010

Region 3-4A, 4-4A and 4-1A Championship Course

Location	Westminster Academy [®] Sports Complex 3701 NW 44 th St. Lauderdale Lakes, FL 33319 www.wacad.edu	
Schedule	8:20 AM	Opening Prayer and National Anthem
	8:30 AM	JV Boys
	9:00 AM	1A/2A Girls
	9:30 AM	3A/4A Girls
	10:00 AM	1A/2A Boys
	10:30 AM	3A/4A Boys
	11:00 AM	JV Girls
	11:30 AM	Awards Ceremony
Course	40 acres around a 10 acre lake Two different and challenging 1.5 mile loops Several hills and a variety of terrain Highly visible spectator friendly course Final 250 meters on the WA track	
Awards	Champion and runner-up trophies for small and large school races. Ribbons to varsity top 10	
Cost	\$75 per school	
Entries	Entries are due through Direct Athletics by 3 p.m. on Tuesday, Oct. 19th	
Contact	Ken Key, Meet Director Paul Baur, Head Coach Please indicate you intent to participate by email to Coach Baur	keyk@wacad.edu baurp@wacad.edu
T-Shirts	For sale at the meet by eaglesportz	
Concessions	Drinks and snacks sponsored by the WA Booster Club.	
Medical	There will be a certified athletic trainer at the finish line.	