

Mercer Invitational / Georgia Collegiate Championship Sept. 29th

<u>Race</u>	<u>Time</u> * Standard
1. Middle School Boys 3.2k	- 8:00 (25:00) * Middle entries - unlimited
2. Middle School Girls 3.2k	- 8:08 (25:00) *Start will be staggered behind boys
3. <i>Women's College Championship 5k</i>	- 9:00 (27:00)
4. <i>Men's College Championship 8k</i>	- 9:35 (35:00)
5. GHSA Girls 5k	- 10:15 (30:00) Varsity entry limit - 10
6. GISA Girls 5k	- 10:50 (30:00) Varsity entry limit - 10
7. GHSA Boys 5k	- 11:25 (25:00) Varsity entry limit - 10
8. GISA Boys 5k	- 11:55 (25:00) Varsity entry limit - 10
9. GHSA Boys J.V. 5k	- 12:30 (30:00) J.V. entries - Unlimited
10. GHSA Girls J.V. 5k	- 1:00 (N/A) J.V. entries - Unlimited

- All runners must be able to complete their race and clear the course in time for the following race. The race directors ask that you do not enter runners who cannot finish in the maximum time allotted. Stragglers will be required to clear the course.

Course Description

The course is wheel measured for accuracy and well marked. 100% natural surfaces with rolling terrain and wide turns in a picturesque setting. The condition of the course is always excellent, making for consistently fast races. There is ample parking and good viewing for spectators.

- The 5k course is an accurate 1.5 mile loop
The athletes will run two loops (3 miles) then finish with a fast 160 meter (.1 mile) straightaway.
- The 8K course follows the same loop as the 5k
The athletes will run the loop 3 times around for 7.24K (4.5 miles) then run a short loop of .76K (.47 miles) for 8k
- The Middle School course Follows the 1.5 mile (2.4K) loop then follows the short loop of .76K (.47 miles) for approximately 3.2K or 2 miles (actual length = 3174 meters)

Awards

Medals for the top 10 runners in each category
Trophies for the top 4 teams in each high school category
(Trophies for top 2 teams in Middle School category)

Cost:

Collegiate Races - \$85 per team/gender / \$15 per athlete for incomplete teams or unattached runners
High School Races - \$ 45 per team/gender \$90 for 2 squads (boys + girls)
Middle School Races - \$25 per school

Collegiate Entries - Checks payable to: Mercer University

GHSA entries - Checks payable to: Warner Robins H.S.

GISA entries - Checks payable to: Mt. DeSales Academy

For more information contact:

(Colleges & Universities) – Coach Ryan Bailey - bailey_r@mercer.edu 478-301-2144
(GHSA Schools) – Coach David Erpelding - erpelding@bellsouth.net
(GISA Schools) – Coach Chad Barwick - cbarwick@mountdesales.net

* Go to the following link for updates: <http://www2.mercer.edu/Athletics/Men/Cross-Country/default.htm>

- Georgia Children's Home Campus - 4690 N. Mumford Rd. Macon, GA 31216