

**7th Annual Nashua North Cross Country Invitational**  
**Saturday September 16, 2017**

The 7<sup>th</sup> Annual Nashua North Cross Country Invitational will be held @ Nashua South High School on Saturday, September 16, 2017. This year, we have added a middle school division that will be run prior to the high school events.

Here is the basic meet information:

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|------------------------------|-----------------------------------|
| - Course Walk-Through        | Begins at 8:00 A.M. (self-guided) |
| - Girls Middle School B Race | 9:00 A.M.                         |
| - Boys Middle School B Race  | 9:30 A.M.                         |
| - Girls Middle School A Race | 10:00 A.M.                        |
| - Boys Middle School A Race  | 10:30 A.M.                        |
| -Girls JV Race               | 11:30 A.M. (unlimited entries)    |
| -Boys JV Race                | 12:15 P.M. (unlimited entries)    |
| -Girls Varsity               | 1:00 P.M (limit 9 runners)        |
| -Boys Varsity                | 1:30 P.M. (limit 9 runners)       |

-Course-All races will be run on the Meet of Champions 5k course (Middle Schools will run on the Tri-County 2 Mile Course. Trophies for winning boys and girls varsity team and top 10 varsity individuals. Award ceremony immediately after conclusion of Boys Varsity race.

-Entry Procedure: Lancer Timing will be timing the event. You need to submit entries through Direct Athletics by Wednesday September 13, 2016 6:00 P.M. You do not need to specify those running in the Varsity race vs. those running in the JV race.

-Cost is \$150/school or \$75/team (if a school decides to send only a boys or girls team). Please make the entry check payable to "Nashua North Boys Cross Country" and send it to

Nate Burns  
Nashua High School North Athletic Department  
8 Titan Way  
Nashua NH 03063

Deadline for receipt of entry fee: September 16, 2017.

Race Directors: Art Kobs, Nate Burns, and John Lysik (Middle Schools)

**Contact Nate Burns**

**Email: [burnsn@nashua.edu](mailto:burnsn@nashua.edu)**

**Phone: 603-966-2573**