

TROY/COACH "O" INVITATIONAL

Cross Country Meet

Where: Troy University

When: October 21, 2006

Distance: Women's Race: 2 miles Men's Race: 5K

Time: Women: 10:00 a.m. Men: 10:30 a.m.

Course: Predominantly grass and trails, spikes or flats okay, finish line is in the center of the soccer field.

Awards: T-Shirts for top 10 finishers, Shoes bags for top 5 finishers, plaques for team champions.

"Coach O" T-shirts available for \$10.

Entry Fee: \$100 per team (\$175 for men's & women's team)

Comments: Short course format is a perfect way to sharpen you team for your conference championships the following weekend. Normally we have 6-8 teams competing in the meet. Our support building is finally finished and rest rooms and concession stands will be open.

Contact: Bob Lambert, Meet Director, at 334-670-3275, 334-670-5695(fax), 334-372-7060(cell), or rlambert@troy.edu as soon as possible if you plan on competing To enter, simply fax or e-mail me a list of your runners by Tuesday, October17th.