

2011 REGION V/ WJCAC

Cross Country Championship Meet

Western Texas College
Snyder, TX

- Date:** SATURDAY, OCTOBER 29, 2011
- Starting Time:** Women's 5k 10:00 AM CST
Men's 8k 10:45 AM CST
- Site:** Western Texas College Campus Soccer Fields.
- Course:** Men 8k (two 4K loops), Women 5k (1K loop followed by a 4K loop). Course is dirt running trails with repeated hills. All turns are gradual so should make for some fast times. The course will be open for viewing starting Friday October 28th at 2pm until you cannot see anymore.
- Entry Fee:** \$50.00 per Men's and Women's teams. The entry fee will cover regional t-shirt and meal following meet for all teams involved in the meet.
- Entry Deadline:** Due by 5:00 PM (CST) on Tuesday, October 25th 2011. All entries must be e-mailed to ghicks@wtc.edu. With your entries if you would please provide shirt sizes for each athlete, head coach, and any assistant coaches.
- Timing System:** This year we have hired a timing company from Austin, TX (Lone Star Timing) to come and score the meet. The chip timing will be done using ankle straps. Any lost or damaged chip by your runners will result in the runner's school being billed \$20 per chip lost or damaged.
- Packet Pick-up:** You may start picking up team packets Friday afternoon October 28th from 2-8pm and then again Saturday morning October 29th from 6-9am. For Friday pick-up please give me a call on my cell phone and will be more than happy to make arrangements to meet up with you to get you your team packet. Saturday pick-up will be at the course.
- Awards:** Individual – Top 10 runners
Team – Champions Only
- Hotels:** Purple Sage (\$50.00 per night for a double)
1501 E. Coliseum Dr
Snyder, Texas 79549

325-573-5491
www.purplesagemotel.net

Holiday Inn Express (\$99.00 for a single and \$109.00 for a double)

1305 E. Coliseum Dr
Snyder, Texas 79549
325-573-0376
www.hiexpress.com

Baymont Inn and Suites Snyder (\$69.00 per night for a double)

1005 E US Highway 180
Snyder, Texas 79546
325-573-3700
www.baymontinns.com

Contact:

Garrett Hicks – Head Coach
254.592.4160(Cell)
325.574.7658(Office)
ghicks@wtc.edu

John “Mik” Mikalik – Associate Head Coach
325.574.7930 (Office)
jmikalik@wtc.edu