

Please join us at our

48th Annual Nevada Union/Asics Cross Country Invitational

Saturday, September 18, 2010
Nevada Union Campus, Grass Valley

Junior High 1 mile and High School 3 mile cross country courses

Schedule of races:

8:00	Junior High Girls	10:20	Varsity Boys – large school
8:20	Junior High Boys	10:40	Varsity Girls – large school
8:45	F/S Boys – small school	11:00	Varsity Boys – small school
9:10	F/S Girls – all	11:20	JV Girls
9:30	F/S Boys – large school	11:40	JV Boys
10:00	Varsity Girls – small school	12:10	Coaches/Alum

T-shirts, food and beverages will be available
Medals and Asics prizes to top runners, plus team awards

Registration will be open August 1 to September 15
at www.directathletics.com

Fees are \$8/runner; \$40/team; \$25 for Middle School
Maximum of \$140.00/school

Please make checks payable to:

Nevada Union Cross Country
11761 Ridge Road, Grass Valley, CA 95945

For questions and intent to participate, please email us at
runfreitasrun@yahoo.com.

