

BULLDOG INVITATIONAL

Hosted by Ferris State University

DATE: Friday September 21, 2007.

RACE SCHEDULE 4:00 p.m. - Women's 5000 meters
4:30 p.m. - Men's 8000 meters
5:10 p.m. - High School Girls 5,000 meters
5:40 p.m. - High School Boys 5,000 meters
6:10 p.m. - Middle school Boys and Girls 3000 meters

LOCATION: Katke golf Course, Ferris State University, Perry Street (West M-20). Team parking will be located on the east side of the Holiday Inn/Katke parking lot.

PACKET

PICK-UP: Near start and finish area beginning at 3:00 p.m.

COURSE: The entire course is grass with rolling hills and excellent footing.
Note: course will not be available for warm-up until 3:00 p.m.

AWARDS: Collegiate: Top 15 individuals in each collegiate race.
High School: Top 20 of each race, along with a trophy to each winning team.
Middle School: Top 20 boys and girls

ENTRIES: Unlimited, team entry forms are enclosed along with an entry form for any possible unattached entries. Please return forms no later than Monday, September 17th. Collegiate race is open to all post high school athletes.

We will also use the Hy-tek entry system. This info will be e-mailed prior

ENTRY FEE: \$100.00 per team. Make checks payable to Ferris State University.

2006 Winning Times: Jaynie Miller Mt. Pleasant 19:10.00
Ethan Earnast Big Rapids 16:30.00

Return entries by September 17th to:

Jeff Kavalunas
Ferris State University
210 Sports Drive
Big Rapids, MI 49307
FAX: (231) 591-2869
e-mail: kavalunj@ferris.edu

RACE INSTRUCTIONS

1. The High School Girls will start at **5:10 p.m. sharp!** High School boys at **5:40 p.m. sharp!** Combined Middle School at **6:10 p.m. sharp!**
2. All runners must wear their assigned number on the front of their uniform.
3. The course will be marked on each side by flags. A lead cart will be available for the runners to follow.
4. Recording the runner's number as they leave the finish chute will score the meet. Instruct your runners to keep their position and move quickly through the chute. Each runner will receive a finish card as a backup to the scoring system. Collect the cards from each of your runners; write their names on the cards and keep the cards if needed.
5. Instruct your runners to stay off the fairways and the greens unless it is part of the course.
6. The top 20 finishers and the top team will receive awards in each race.
7. You may pick up your race packets beginning at 3:00m.the day of the race at the tent near the finish.
8. Awards will take place shortly following the men's race near the **clubhouse** area.
9. Port-a-jons will be available near the start finish area.
10. No spikes in the clubhouse.

BULLDOG INVITAIONAL
Friday, September 21st, 2007

Team Entry Form

Please list all potential runners on the entry form. Each runner will be assigned a number so it is important that you list anyone who may run.

- | | |
|-----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |
| 11. _____ | 12. _____ |
| 13. _____ | 14. _____ |
| 15. _____ | 16. _____ |
| 17. _____ | 18. _____ |
| 19. _____ | 20. _____ |

SCHOOL _____

COACH _____ HOME PHONE _____

The entry fee is \$100.00 per team. (+\$50 for middle school) Make checks payable to Ferris State University. This entry must be returned by Monday, September 17th, 2007. Return this entry by, FAX, or e-mail to:

Jeff Kavalunas
Ferris State University
210 Sports Drive
Big Rapids, MI 49307
FAX (231) 591-2869
E-mail: kavalunj@ferris.edu

BULLDOG INVITAIONAL
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Middle School Team Entry Form

Please list all potential runners on the entry form. Each runner will be assigned a number so it is important that you list anyone who may run.

- | | |
|-----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |
| 11. _____ | 12. _____ |
| 13. _____ | 14. _____ |
| 15. _____ | 16. _____ |
| 17. _____ | 18. _____ |
| 19. _____ | 20. _____ |

SCHOOL _____

COACH _____ HOME PHONE _____

The entry fee is \$100.00 per team. (+\$50 for middle school) Make checks payable to Ferris State University. This entry must be returned by Monday, September 17th, 2007. Return this entry by, FAX, or e-mail to:

Jeff Kavalunas
Ferris State University
210 Sports Drive
Big Rapids, MI 49307
FAX (231) 591-2869
E-mail: kavalunj@ferris.edu

BULLDOG INVITAIONAL
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Team Entry Form

Please list all potential runners on the entry form. Each runner will be assigned a number so it is important that you list anyone who may run.

- | | |
|-----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |
| 11. _____ | 12. _____ |
| 13. _____ | 14. _____ |
| 15. _____ | 16. _____ |
| 17. _____ | 18. _____ |
| 19. _____ | 20. _____ |

SCHOOL _____

COACH _____ HOME PHONE _____

The entry fee is \$100.00 per team. (+\$50 for middle school) Make checks payable to Ferris State University. This entry must be returned by Monday, September 17th, 2007. Return this entry by, FAX, or e-mail to:

Jeff Kavalunas
Ferris State University
210 Sports Drive
Big Rapids, MI 49307
FAX (231) 591-2869
E-mail: kavalunj@ferris.edu

Dear Athletic Director and Cross Country Coach,

Ferris State University would like to invite you to our **Bulldog Cross Country Invitational Friday September 21st, 2007**. This year's meet will include a combined middle school race, and high school and college races. The meet is held at Katke Golf Course on the Campus of Ferris State University. The course consists of rolling hills with good footing, and is a great spectator course with several opportunities to view the competition. Katke has been the site of several NCAA Championship cross country events. Below you will find general information and entry forms regarding the meet. Please return the entry form below as soon as possible.

Sincerely,
Jeff Kavalunas
Cross Country Coach

Date: Friday September 21st, 2007
Location: Katke Golf Course, adjacent to the Holiday Inn
Entry Fee: \$100.00 per team per gender, \$50 for middle school race
Roster Deadline: Friday September 14th, 2007
Entry Limit: Unlimited
Schedule of Events (tentative):

4:00pm College Women's 5,000 Meter Race
4:30pm College Men's 8,000 Meter Race
5:10pm High School Girls 5,000 Meter Race
5:40pm High School Boys 5,000 Meter Race
6:10pm Middle School Boys and Girls 3000 Meter Race

Awards: Middle School Division- Individual; Awards to top 20 boys and girls
High School Division – Individuals; Awards to top 20 of each race
Team: trophy to 1st place teams
College Division Individuals; Awards to the top 15 finishers
Questions: Contact Jeff Kavalunas at 231-591-2876: E-mail at kavalunj@ferris.edu

School _____ Athletic Director _____

Address _____ City _____ Zip Code _____

Athletic Department Phone Number _____ Fax _____

Coach _____ Home Phone Number _____