

**FUN FOR THE
ENTIRE FAMILY!**



1st Annual Illinois RUSH Cross Country Invitational

SATURDAY, NOVEMBER 3, 2012

Aux Sable Middle School – 2001 Wildspring Pkwy. - Joliet, Illinois

Sponsors: DNA Athletics – Illinois RUSH Track Club

YOUTH EVENTS:

Girls and Boys (8 yrs. & under) – 1500 meters
Girls and Boys (9 & 10 yr. olds) – 3000 meters
Girls and Boys (11 & 12 yr. olds) – 3000 meters
Girls and Boys (13 & 14 yr. olds) – 4000 meters

OPEN EVENTS:

Open H.S.: (Fresh. thru Senior) – 3000 meters
Open Adults: (18 yrs. old and up)

***Come and Support Local
Athletes of All-Ages!***

RACES ENTRY: \$7.00 per runner. Entries after 11/1/2012 are \$10.00 per runner.

ONLINE REGISTRATION: www.headcountreg.com/meet/437

CHECK-IN: Check-in for all runners is 8 a.m. to 9 a.m.

TIME: Course walks for **Open** at 8:30 a.m. – **Open Race** begins at 9 a.m.
Course walks for **Youth** at 9:30 a.m. - **Youth Races** begin at 10:30 a.m.

COURSE: Grass, mostly flat, some small hills, has short pavement crossings. Spikes 1/4 – 5/8 inch.

Facilities: Restrooms, no dressing facilities. **Concessions!!**

RACE AWARDS:

Youth (Individuals): 1 – 3rd place Trophies, Medals to all other finishers.
Open (H.S. & Adults): 1st – 3rd place Trophies for males and females.

FOR MORE INFORMATION:

Coach Nicole Lincoln
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coach.nicole.lincoln@gmail.com
www.ilrushclub.org

Illinois Rush Track Club is a non-profit entity. This event is not sponsored by Joliet District 86 School District.