

**Date:** Saturday, October 13, 2007

**Site:** Columbia High School (Lake City, FL)

**Schedule:**

7:30am	Coaches' Meeting (in stadium)	9:05am	Girls' JV
8:00am	Girls Varsity	9:35am	Boys' JV
8:35am	Boys' Varsity	10:35am	Awards in the Stadium

**Course:** Site of the 1997, 2000, 2001, Region 1 Meets. The course is run entirely on campus and is coach and spectator friendly. The start, finish, 1, 1.5, and 2.5 mile marks are within walking distance. Over 2/3 of the course can be viewed from atop the stadium. The course is run almost entirely on grass and with some rolling hills a jungle trail and finishes inside the stadium on the football field. The course is very well marked.

**Awards:** **Varsity** -- Team

- 1st place team = Champion Trophies
- 2nd place team = Runner - Up Trophy
- 3rd place team = 3rd Place Trophy

- Top 10 finishers = medallions
- Finishers (11 - 50) = ribbons

**Junior Varsity** --Individual

- Finishers (1 - 50) = ribbons

**Results:** Complete Hy-Tek results available at awards ceremony to coaches, Programs = will be for sale for \$1 (includes records, rosters, maps)  
ALL Results will be posted on [www.halfmiletiming.com](http://www.halfmiletiming.com)

**Entry Fee:** \$45 per b/g team (\$80 per school) or \$10 per individual.  
Make Checks Payable to: **Columbia XC/Track Booster Club**

**Entry Deadline:** Wednesday, October 10, 2007 by 3:00 p.m. (Direct-athletics)

<b><u>Host Hotels:</u></b>	<b>Holiday Inn *(Sept. 12)</b>	<b>Jameson Inn *(Sept. 21)</b>
	213 SW Commerce Drive	285 S.W. Commerce Boulevard
	Lake City, FL 32025	Lake City, FL 32025
	(386) 754-1411	(386) 758-8440
	\$89.00	\$78.00

\*The dates listed above are the last days you can reserve your room at a discounted price. Reservation block is under Columbia Cross Country Invitational. You must give them this information to get your discount. Remember to bring your Schools Sales tax exemption form to the hotel the day of check in.

**Information:** Coach Robert Cooper  
E-mail: [rsc02c@fsu.edu](mailto:rsc02c@fsu.edu)  
Phone: (386) 755-8080 (w)  
(386) 288-2435 (cell)  
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**Mail:** Columbia High School--Cross Country  
469 Fighting Tiger Dr  
Lake City, FL 32025

Meet Manager: Dusty Smith  
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