

2013 SOUTHLAND ACADEMY CROSS COUNTRY KICK-OFF INVITATIONAL

At Southland Academy Campus, 123 Southland Road, AMERICUS GA
SATURDAY AUGUST 17, 2013
Varsity and JV Races for GISA Schools

We welcome cross country runners to Southland Academy's 2nd Annual August 18, 2012 Cross Country Kick-Off Invitational on its home course located at **Southland Academy Campus, 123 Southland Road, Americus**, in Sumter County approximately one hour southwest of Macon. Southland competes in GISA Region 3AAA for Cross Country. The Southland course is mostly shaded – and fast -- with an open, spectator-friendly start-finish area on the campus. Parking is accessed from the Baseball / Softball Entrance just beyond the football field on Southland Road. Team tents should be set up behind the home side of the football field.

Awards: The starting line is on the grass of the baseball outfield. The finish line is on the football field. Some concessions will be available. We will have trophies for the top three teams in each of the four divisions (Varsity Girls, Varsity Boys, JV Girls, JV Boys). We ask that the "JV" teams consist of runners eighth grade or younger. Per GISA Rules, eighth graders may compete in the Varsity Race *or* the JV Race, but not both. We also will have individual awards for the top ten individual runners.

Contact for rosters or questions: Patrick Calcutt: Calcuttlaw@bellsouth.net or Paula McDonald: Pmcdonald@southlandacademy.org

Date: Saturday August 17, 2013

Deadline: Roster Deadline is Thursday, August 16, 2012; email is preferred, or fax to Coach Calcutt at 229-924-9003. We are flexible on the roster deadline since this is the first week of school for most GISA Members.

Times: Coaches Meeting and Scratch Meeting: 8:30 am
Varsity Girls 5k: 9:00 am
Varsity Boys 5k 9:45 am
JV Girls 2500m 10:20 am
JV Boys 2500m 10:45 am
Awards: 11:25 am

Cost: \$25.00 per school

T-Shirts: sold by Eagle Sportz, with custom artwork

Directions: *From GA 49 (Perry, Macon), turn left on Upper River Rd, right on Southland Rd, the Campus is on your right
*From GA 27 (Vienna, Macon) turn right on Southland Rd., turn left past the Campus into the Baseball / Softball field entrance
*From 280 East (Cordele, Douglas) turn right on GA 27 first light past Lowes, turn left on Southland Rd., turn left past the Campus into the Baseball / Softball field entrance
*From 280 West (Albany, Columbus), head east out of Americus, then turn left on GA 27 near La Hacienda Restaurant, then turn left on Southland Rd., turn left past the Campus into the Baseball / Softball field entrance

See you there! Coach Patrick Calcutt and Coach Paula McDonald (last minute call or text Calcutt 727-424-4347 or McDonald 229-942-8800)