

2015 SOUTHLAND ACADEMY CROSS COUNTRY SEPTEMBER INVITATIONAL

At Southland Academy Campus, 123 Southland Road, AMERICUS GA
SATURDAY SEPTEMBER 26, 2015

Varsity and Middle School Races

REGISTRATION IS THROUGH GEORGIA MILESPLIT ONLY

We welcome cross country runners to Southland Academy's Annual September 26, 2015 Cross Country Invitational on its home course located at the **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 relatively fast -- with an open, spectator-friendly start-finish area on the campus. Parking is accessed from Southland Road. Team tents should be set up behind the home side of the football field near the press box. Restrooms and concessions will be available on the home side of the football field. The starting line is in the left field side of the baseball outfield. Starting boxes will be assigned. Two loops for Varsity, one loop for Middle School.

Awards: We will have trophies for the top three teams in each of the four divisions (Varsity Girls, Varsity Boys, MS Girls, MS Boys). We ask that the “MS” (Middle School) teams consist of runners eighth grade or younger. Eighth graders may compete in the Varsity Race *or* the MS Race, but not both. We also will have individual awards for the top ten individual finishers.

Entry fee: \$60.00 per school, payable on site or by mail, attn: Angie Bell

Contact for rosters or questions: Patrick Calcutt: Calcuttlaw@bellsouth.net or Angie Bell
Abell@southlandacademy.org

Spectators: There are no spectators or teammates allowed on the course during the races, except that photographers are allowed at the area near the water cooler at the midpoint. Photographers who are in that area must stay in the marked area as directed by Southland's coaches and may not return to the finish line until the last runner has passed. Coaches may coach on any part of the course and may offer audible split times at the one mile, two mile and at the water cooler, but of course, may not physically assist a runner or pace a runner. Runners may not wear GPS watches.

Date: Saturday September 26, 2015

Deadline: Roster Deadline is Wednesday, September 23, 2015, through Georgia Milesplit.

Times: Coaches Meeting and Scratch Meeting (no adds): 8:30 am

Varsity Men's 5k: 9:00 am

Varsity Women's 5k 9:35 am

MS Boys 2 mile 10:20 am

MS Girls 2 mile 10:45 am

Awards: 11:25 am

T-Shirts: solid and tie-dyed will be offered for sale by Eagle Sportz, with custom artwork

Directions: *From I-75 to GA 26 to GA 49 (Perry, Macon, Dublin), turn left on Upper River Rd next to the Methodist Church, then right on Southland Rd just past Central Baptist Church, the Campus is on your right

*From GA 27 (Vienna, Hawkinsville) turn right on Southland Rd. as you enter the outskirts of town, then turn left into the Campus

*From 280 East (Cordele, Douglas, Valdosta) turn right on GA 27 (the first light past Lowes), then turn left on Southland Rd., turn left into the Campus

*From 280 West (Albany), travel through downtown then head east out of Americus, then turn left on GA 27 near Days Inn / Ruby Tuesday, then turn left on Southland Rd., turn left into the Campus