



2019 Coronado Cougar Classic Cross Country Invitational

Sponsored by:



Runners Roost
COLORADO SPRINGS

Thursday, September 19, 2019

Cross Country Coaches:

Thank you for responding to our invitation to participate in the 2019 Cougar Classic.

We will be using the same course that has been used in the past. This is the same course that will be used for several Regional qualifying meets in the 2019 season. See the map on the email attachment.

Entries this year will be completed on the attached spreadsheet. ENTER ONLY VARSITY RUNNERS (OTHER RUNNERS WILL BE HAND TIMED BY THEIR TEAM'S COACHES). 9 runners for Division I and 7 for Division II for boys and girls. Your entries are to be done on the attached spreadsheet and mailed to Grant.Stoughton@d11.org by **Monday, September 16, 2018 11:59PM EDT**.

Race Schedule:

- 2:30 p.m. Middle School Girls (Run all, chip time 9 in each grade, score 5; time your runners w/o timing chips)
- 3:00 p.m. Div. II Girls (Run 7, score 4)
- 3:40 p.m. Div. I Boys (Run 9, score 5)
- 4:10 p.m. Middle School Girls (Run all, chip time 9 in each grade, score 5; time your runners w/o timing chips)
- 4:40 p.m. Div. II Boys (Run 7, score 4)
- 5:10 p.m. Div. I Girls (Run 9, score 5)
- 5:30 p.m. Boys Open Race (all divisions, unlimited entries – no scoring, time your own runners)
- 5:35 p.m. Girls Open Race (all divisions, unlimited entries – no scoring, time your own runners)

Division I

Air Academy, Alamosa, Canon City, Chaparral, Cheyenne Mountain, Coronado, Lamar Boys, Lewis Palmer, Pine Creek, Peyton Boys, Rampart, Sand Creek, Sierra, Widefield, Thomas Maclaren, Douglas County, Ponderosa, Pueblo Centennial, Vista Ridge, and many more!

Division II

Banning Lewis, CIVA, CSCS, Florence, Harrison, La Junta, Lamar Girls, Manitou Springs, Mitchell, Peyton Girls, Pueblo South, St. Mary's, Swallows Charter, Vanguard, Ellicott, Woodland Park, and many more!

Middle School

Holmes, Mann, Peyton, and many more?

Chip timing will be done by CCR Timing

All four varsity races will be scored and shirts will be awarded to the top finishers in each. Shirts will also go to the top five finishers in the two open races. Trophies will be awarded to the top two teams in each varsity race. Email Grant Stoughton, Coronado Cross Country Coach with questions at grant.stoughton@d11.org.

Entry Fee: \$250.00 payable Coronado High School for the entire high school team and \$100 for the middle schools.

Directions to Monument Valley Park North:

Take I-25 to the Uintah Exit #143. Go East on Uintah to Cascade. Go North (left turn) on Cascade. Continue on Cascade, and turn left onto Fontanero. Head west on Fontanero 3 blocks to Monument Valley Park. Walk down the hill to our course.