

**43<sup>rd</sup> Annual Patty Forgey Invitational**  
**Previously Known as the Rio Grande Cross Country Invitational**  
Saturday, September 28<sup>th</sup>, 2013

Race Times

Women's College	5k	10:00 am
Men's College	8k	10:40 am
Jr High Girl's	3200m	11:30 am
Jr. High Boy's	3200m	12:05 pm
High School Girl's Red Division	5k	12:40 pm
High School Girl's White Division	5k	1:20 pm
High School Boy's Red Division	5k	2:00 pm
High School Boy's White Division	5k	2:40 pm

Instructions

1. Coaches, please have each member of your team(s) fill out and return to you an event participation form. Turn them in at the registration tent.
2. Teams should be at the starting line 10 minutes prior to start time
3. A clerk will be by to make sure every runner has their bib pinned on the front of their singlet, and record the number of runners on each team.
4. All athletes must continue to move past the finish line into the chute. **PLEASE DO NOT STOP AT THE FINISH, KEEP MOVING!** The race is not over until the end of the chute.
5. There will be awards to the top 15 individuals and the top 3 teams of each race, which can be collected at the awards area by the tennis courts.
6. Each coach may receive a copy of the results, with a result coupon in their packet.
7. Coaches, please instruct athletes to respect our athletic facilities. All athletes are expected to leave the Lyne Center and the cross country course a good condition. No athletes are permitted in either the main or lower gyms. **NO SPIKES TO BE WORN IN LYNE CENTER!!!**
8. Please pick up and throw away all trash in and around your camp.
9. **THANK YOU FOR ALL YOUR HELP AND GOOD LUCK TO YOUR TEAM(S).**