



June 1, 2006

Dear Coach-

It's time to get rolling for our cross country meet on **Sept. 1st** and this is your official information and entry form for the Belmont Opener. The race will be run here in Nashville at Percy Warner Park at the **Vaughn's Creek Course**. The women's course will be **4K** and the men will run **5k**. The women's race will begin at **5:30 pm**, followed by the men's race at **6:00**. The entry fee is \$60 per team, \$120 for both men and women. We will have water and sports medicine at the course, there will **not** be shower facilities. Entries will be done online **ONLY** by **Tuesday, Aug. 29 at cfpfitiming.com**. Our email addresses are sheridans@mail.belmont.edu or langdonje@mail.belmont.edu. Please direct any questions via email or at 460-6163. Thanks for your participation.

Sincerely,
Seth Sheridan
Women's Coach