



June 1, 2009

Dear Coach-

It's time to get rolling for our cross country meet on **Sept. 4, 2009** 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 \$75 per team, \$150 for both men and women. Individual entries will be considered on a case by case basis and those entered will have an entry fee of \$10.00. We will have water and sports medicine at the course, there will **not** be shower facilities. Entries will be done online **ONLY** by **Tuesday at noon CST, Sept. 1<sup>st</sup>** at **cfpiming.com**.

If you are an unattached/ non-team athlete and want to participate in this meet you must email either coach and if approved the coaches will forward your entry to CFPI Timing. Unattached athletes will not be accepted directly through CFPI. They have to come through the coaching staff.

Our email addresses are [sheridans@mail.belmont.edu](mailto:sheridans@mail.belmont.edu) or [langdonje@mail.belmont.edu](mailto:langdonje@mail.belmont.edu). Please direct any questions via email or at 460-8525. Thanks for your participation.

Sincerely,

Seth Sheridan  
Women's Coach

