



June 15, 2010

Dear Coach-

It's time to get rolling for our cross country meet on **Sept. 3, 2010** 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, August 31st** at **cfpfitiming.com**. Please direct any questions via email at seth.sheridan@belmont.edu or at (615) 460-8525. Thanks for your participation.

Sincerely,

Seth Sheridan
Head Coach, Women's Track and Field and Cross Country