

The Apponequet Athletic Department in conjunction with the
South Coast Conference Cross Country Coaches
Cordially invites you to the second annual

BIG WAVE



CROSS COUNTRY INVITATIONAL

Saturday September 19th 2015 9:30

4 races over a 2.5-mile

Very open field and wood trail course

Freshmen/Sophomore Girls

Freshmen/Sophomore Boys

Junior/Senior Girls

Junior Senior Boys

Medals and Ribbons to the top 15 in each race

Sanctioned by the MIAA

Plaques for the winning team in each division

Entry Fee is \$150.00 per school or \$10.00 per ind.

If you are interested, e-mail Dennis Thibeault

@dtriplep@comcast.net

Please send your roster to Jim Kelly at

sprintercoach11@comcast.net

**Make checks or PO's payable to the Freetown-Lakeville
School District 100 Howland Rd. Lakeville, Ma 02347**