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**August 24, 2013**

Lafayette, Tennessee

Sponsored by **Macon Bank & Trust Company**

**Varsity 10:00 AM**

**Junior Varsity 11:00 AM**

**Middle School 8:30 AM**

**16th Annual Macon Bank & Trust Invitational Meet**

Mid-State Preseason Junior Varsity & Middle School Cross Country Meets

Macon County High SchoolLafayette, Tennessee

August 24, 2013, 8:30 AM

Sponsored by **Macon Bank & Trust Company**

The meet will be held on the Macon County High School Cross country Course which is adjacent to (North of) Macon County High School. The courses are **5K and 2 miles** over open, rolling hills. Parking is available on the south side of the school. Limited parking will be available in front of the school. Restrooms in the school building will be available. There is plenty of room for you to erect tents or shelters. Water will be provided. If it is hot, you might want to bring your own.

**Entry: You must enter online at Tennessee Runner ( <http://tn.milesplit.us/> )**

**Entry begins August 1 and ends Aug. 21**. Include all team members, Varsity and J.V., we will run all races with bibs. All teams, Varsity and JV will be entered on one entrée. You can decide on the day of the race who to run in the Varsity race, everyone else will run J.V. We will run with bibs. We hope to send you home with race results. Send checks to **Glen Gattis MCHS 2550 Days Rd. Lafayette, Tn.37083.**

**Entry Fees:** For the H.S. Varsity races the entry fee is $40.00 per 7 person team. If you enter varsity race there is no fee for the J.V. meet. For the J.V. and Middle School races the entry fee is $20.00 per team. The Middle School Varsity Teams will be limited to 7 runners. **All Middle School races will be 2 miles.** There will be a combined JV race for middle schools.

 **Awards:** Middle School Awards will be given during the varsity races. Varsity awards will be given after the J.V. Races.

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| **Time** | **Race** | **Team Awards** | **Individual Awards** | **Teams** | **Fees** |
| 8:00 AM | Course Walk-Through |   |   |   |
| 8:30 AM | Middle School Boys | 1st, 2nd & 3rd Plaques | Top 30 Ribbons | 7 runners | $20.00 |
| 9:00 AM | Middle School Girls | 1st, 2nd & 3rd Plaques | Top 30 Ribbons | 7 runners | $20.00 |
| 9:30 AM | Middle School Combined JV | Top 10 Ribbons | Unlimited | Must have Varsity Team |
| 10:00 AM | Girls Varsity | 3 Team Trophies | 3 Indv. Trophies | 7 per team | $40.00  |
|   |   |   | Top 15 Medals |   |   |
| 10:30 AM | Boys Varsity | 3 Team Trophies | 3 Indv. Trophies | 7 per team | $40.00  |
|   |   |   | Top 15 Medals |   |   |
| 11:00 AM | Girls J. V. |   | Top 20 Ribbons | Unlimited | $20.00 # |
| 11:30 AM | Boys J. V. |   | Top 20 Ribbons | Unlimited | Per Team |

 The High School JV races may be combined. # If you enter a Varsity team there is no cost for J.V. team.

**T-Shirts: Meet T-shirts will be sold for $15.00** ( IDEAS TEES )

Contact: Glen Gattis MCHS 2550 Days Rd. Lafayette, Tn.37083 / Fax (615) 666 – 4757

 Cell Phone (615) 633-6721/School Phone (615) 666 – 4320/gattisg@k12tn.net

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| Boys |  |  |  |  |
| 2012 | Brandon Harvey | Riverdale High School | 17:01.7 | 5K |
| 2011 | Justin Morgan | Cookeville High School | 17:17.7 | 5K |
| 2010 | Miles Malbrough | Beech Senior High School | 17:50.4 | 5 K |
| 2009 | Garrett Carmichael | Ensworth High School | 17:09.1 | 5 K |
| 2008 | Brandon Mahaney | Macon County High School | 16:52.5 | 5 K |
| 2007 | Brandon Mahaney | Macon County High School | 16:54.0 | 5 K |
| 2006 | Chris Turberville | Beech High School | 17:01.0 | 5 K |
| 2005 | Clay Hannah\* | Lebanon High School | 15:04.1 | 3 Miles |
| 2004 | Clay Hannah | Lebanon High School | 15:30.0 | 3 Miles |
| 2003 | Clay Hannah | Lebanon High School | 15:53.0 | 3 Miles |
| 2002 | Brad Shelton | Tullahoma High School | 16:11 | 3 Miles |
| 2001 | Dewayne Thomas | Tullahoma High School | 16:30 | 3 Miles |
| 2000 | John Alden | Beech High School | 16:20 | 3 Miles |
| 1999 | Tom Symour | Oakland High School | 16:13 | 3 Miles |
| 1998 | J. Erskin | Cookeville High School | 18:31 | 3 Miles |
|  |  | \* Meet Record 15:36.3 5K |
| Girls |  |  |  |  |
| 2013 Jessica Rizor | Beech High School | 20:19.1 | 5K |
| 2012 Briana Sims | Station Camp High School | 20:50.8 | 5K |
| 2010 | Kenyana Hampton | Hendersonville High School | 21:43.3 | 5 K |
| 2009 | Sarah Delozier | Ensworth High School | 21:15.9 | 5 K |
| 2008 | Jackie Pitcock | Bradley Central High School | 20:25.4 | 5 K |
| 2007 | Markie Voyles | White County High School | 20:17.0 | 5 K |
| 2006 | Markie Voyles | White County High School | 19:55.0 | 5 K |
| 2005 | Laura Stewart | Father Ryan High School | 19:32.2 | 3 Miles |
| 2004 | Angie Roach | Wilson Central High School | 20:53.2 | 3 Miles |
| 2003 | Jamie Babb | North West High School | 19:55:00 | 3 Miles |
| 2002 | Mary Brown | Macon County High School | 20:25 | 3 Miles |
| 2001 | Candace Cross | Freindship Christian School | 20:26 | 3 Miles |
| 2000 | Elizabeth Benson\* | Gallatin High School | 18:57 | 3 Miles |
| 1999 | Erin MacBeth | Oakland High School | 19:44 | 3 Miles |
| 1998 | Shana McLean | Beech High School | 21:06 | 3 Miles |
|  |  | \* Meet Record 19:37.52 5K |

**Macon County High School is located at 2550 days Road Lafayette, Tennessee. Lafayette is located at the junction of Highways 52 and 10. The distance to Lafayette from surrounding communities is:**

**Murfreesboro 66 Nashville 50**

**Cookeville 55 Lebanon 38**

**Gallatin 32 Portland 25**



**The Macon County Cross Country Course is located on the north side of the High School on Days Road. Spectator parking is on the south side of the school.**



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