

# 8<sup>th</sup> Annual Warner Pacific-Cascade Open

**Date:** Saturday, Oct. 11, 2008

**Site:** Lents Park, Portland, OR

**Tentative Schedule:** (races will not begin early)

Open 5K	9:15 am
College Women 5K	10:00 am
College Men 8k	10:30 am

Junior Olympics Races	11:00 am
HS Girls' 5K	12:30 pm
HS Boys' 5K	1:00 pm

## Entries:

### **College Races:**

\$75.00 per gender (\$125 combined men and women, unlimited entries)

Online registration at: [www.directathletics.com](http://www.directathletics.com)

\$15 per individual athlete

Make checks out to: Warner Pacific College Cross Country Rotating Team Trophies, T-shirts to top 10 in both the men's and women's races

### **High School races**

\$25 per gender (unlimited entries)

Online registration at: [www.athletic.net](http://www.athletic.net)

Make checks out to: Cascade College Cross Country Team Trophies, Individual Awards to top 10 in both the boy's and girl's races

### **Open race**

Registration for the Open 5K will be made through race sponsor Fit Right Northwest.

Information will be posted at: [www.fitrightnw.com](http://www.fitrightnw.com)

Awards per Fit-Right Circuit

### **Junior Olympic races**

Registration table will be open in the park from 8:30 am to 11:30 am.

Walkthroughs will be up to coaches/parents/athletes during the registration period.

EVERYONE will be using the same blue-paint-line 2k loop course so JO runners need to watch for older runners who will be racing the course during walkthrough time.

Make checks out to: Warner Pacific College Cross Country

Ribbons to top 3 individuals in each category (e.g. bantam boys)

**Results:** Posted on site and at: [www.cascadethunderbirds.com](http://www.cascadethunderbirds.com) and [www.wpcknights.com](http://www.wpcknights.com)

**Course:** Site of the 2004 and 2005 NAIA Region I/Cascade Collegiate Conference Championships Grassy 2K loop with 800 meters of wood chips on the men's course and 500 meters on the women's course. Spikes are recommended. Spectator friendly and plenty of parking!

**Location:** From the South—Take Foster exit off of 205, go west on Foster and North on 92<sup>nd</sup>  
From the North—Take Powell exit off of 205, go west on Powell and South on 92<sup>nd</sup>

**General Information:** There will be restrooms available at the course.  
There are no shower facilities available at Lents Park

**Contact Information:**

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