



Trojan Cross Country

2013 Winston Tilzey West Park Open

Dear Coach

The 2013 Winston Tilzey West Park Open will be hosted by Nampa Christian High School on Wednesday, October 16th. Our hope is to have a fun and low-key meet that is both fast and spectator friendly.

Here's some important information regarding the meet:

Date: Wednesday, October 16th

Times: MS Boys and Girls Race at 3:30, HS Girls Race at 4:00, HS Boys Race at 4:40

Place: WEST PARK in Nampa

HS Entry Fee: \$40 per school or \$4 per runner

HS Registration Deadline: Tuesday, October 15th, 9:00 am

HS Awards: medals through 10th

HS Results: [2012](#) | [2011](#) | [2010](#) | [2009](#) | [2008](#) | [2007](#) | [2006](#) | [2005](#) | [2004](#)

The middle school race will be a combined, non-scored exhibition race. No registration. No fees. No tags. No official results. Just show up at the line and run. (Race divisions have been set up on Athletic.net for coaches to input team results, if desired.) The first three boys and girls to cross the finish line will receive a medal.

The 5K COURSE is an out and back with a couple of loops in it. It is very spectator friendly as 99% of the course can be seen from a few strategic locations. The terrain includes about 3600 meters of grass, 1360 meters of asphalt, and a pleasant 40 meters of bark. It is almost completely flat except for one "hill" where you gain a scary 6-½ feet of elevation in less than 15 meters.

Bus drivers will probably have the easiest time parking along the south side of the park on Blaine Street, which is not a bad drop off spot either. There is also parking in the park from the entrance on Lone Star.

If you are planning on bringing your team, please register your high school athletes on Athletic.net by Tuesday morning at 9:00 am. If you have any questions, please E-MAIL or call me at 466-8451 ext. 2130.

Hope to see you on October 16th.

Eric Lacy
Trojan XC