

**What:** The 10th Annual Wendell Park Early Bird Invitational. It is a four race, 5K cross country invitational that is open to all high school teams and individual athletes. The four races are Men’s Championship, Women’s Championship, Men’s Open, and Women’s Open.

**Where:** Wendell Park and Community Center in Wendell, NC

**When:** Saturday, August 24, 2019. The first race begins at 8:00 AM.

**How Many:** The championship races are limited to seven entries (seven men, seven women per school) while the open races have unlimited entries.

**Cost:** $30 per race or $100 for all four; $10 per individual; checks payable to “East Wake Warriors Booster Club.”

**The Course:** A spectator-friendly 5K cross country course. It has been used for this Invitational before as well as all GNR conference championships, the 2010 Eastern 4A Regional, and numerous charity 5Ks. It has three parts: a 300 yard start, a 1.45 mile loop the athletes will run twice, and a 300 yard finish. Over 95% of the course is either grassy field or wooded trail. Course “speed” is close to true, having a course rating of +11.00s at 16:00m on NC Mile Split.

**Awards:** Top teams in the championship races receive a plaque; top teams in the open races—per tradition—receive brownies; top 10 finishers in each race receives a medal. Believe it or not, the brownies make people the most excited.

**Parking:** Available in the park for team buses. Spectator parking on site is limited but usually more than enough for everyone.

**Deadline:** Teams have until Tuesday, August 20 to enter. However, those who enter by Wednesday, August 7 are guaranteed to have their team name on t-shirts.

**Who do I Contact:** Coach Mike Costantino, East Wake Cross Country; [mcostantino@wcpss.net](mailto:mcostantino@wcpss.net), (919) 602-4569