

The Michigan Catholic Cross Country Invitational

August 25, 2007

Hosted by Lansing Catholic High School

More than 500 Catholic high school runners from across the state

Girls Varsity @ 10 ~ Boys Varsity @ 10:30

Boys and Girls JV @ 11

- Boys/girls Varsity champions take home "The Bishop's Cup"
- Top 3 Varsity and Top 2 JV team members get Michigan Catholic running bags
 - Top 20 varsity boys/girls get medals – top ten boys/girls also get Michigan Catholic "champion" t-shirts
 - Top 10 JV boys/girls get medals

Lunch on the Lawn

11:30 to 12:30

Huge vendor tent:

- Food includes bagels, fruit, yogurt, pizza, burgers, dogs, salads, deli sandwiches, egg rolls/fried rice, popcorn, Italian ice, drinks and more ~ Lunch for under \$5
 - Free massages with a certified physical therapist
- Catholic colleges on site with info stations about schools and running

Mass for Runners/Awards Ceremony

12:30 to 2:00

Michigan Catholic Invitational T-Shirts

Short-sleeve t-shirt -- \$10

Long-sleeve t-shirt -- \$15

Get more info on the Michigan Catholic @
www.michigancatholicinvitational.com

**Parents and families are
welcome at the
Michigan Catholic!**

Admission \$5 per person

Family rate: \$20

Free parking on site

*A complete photo album will be
available on our web site after the
meet.*

Check it out at

[www.michigancatholicinvitational.](http://www.michigancatholicinvitational.com)

com

MICHIGAN CATHOLIC XC
INVITATIONAL T-SHIRTS

SHORT-SLEEVE

T-SHIRT

\$10

LONG-SLEEVE

\$15

BRING CASH.

BUY ONE.

WELCOME CATHOLIC HIGH SCHOOL RUNNERS

**THE STATE COUNCIL KNIGHTS OF COLUMBUS
IS PROUD TO SPONSOR**

**THE MICHIGAN CATHOLIC
CROSS COUNTRY INVITATIONAL**

“RUN SO AS TO WIN.”

1 CORINTHIANS 9:25

HAVE A GREAT MEET!