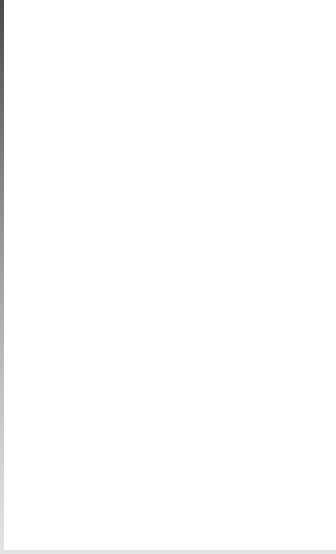


Highland High School
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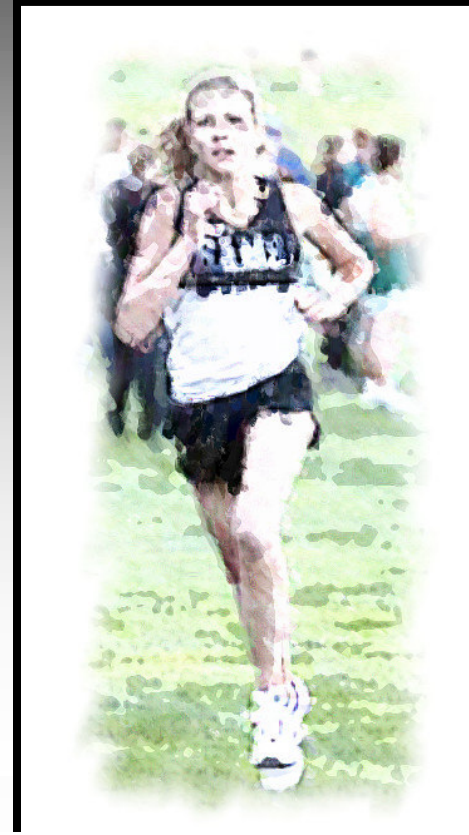
Postage

Send to:



Conley Invitational

Hosted By Highland High School



Saturday, September 29, 2007
Highland High School Campus
Pocatello Idaho



Dear XC Coach or Athletic Director

The Conley Invitational Cross Country meet is an inexpensive quality meet hosted by Highland High School in Pocatello, Idaho. Highland High school is 1 mile from interstate exit 71 on the I15 and I86 Junction. This makes the Highland High School cross country course the most easily accessible XC competition site in Idaho. The natural accessibility of Pocatello also makes it an excellent competitive XC site for quad state competitions between Idaho, Montana, Utah and Wyoming.

Cost:

Middle School teams will pay a maximum of \$20.00 for unlimited entries
High Schools teams will pay a maximum of \$40.00 for unlimited entries
Individual competitors who are not part of a full school team will pay a maximum of \$5.00 each

- Teams will consist of at least 5 athletes.
- All athletes must compete for the school they attend.

Spectator's 10yrs and older will be asked to pay a \$1 spectator fee: Fee's will be used to cover the cost of the meet and for Highland XC team only.

Entries / Registration

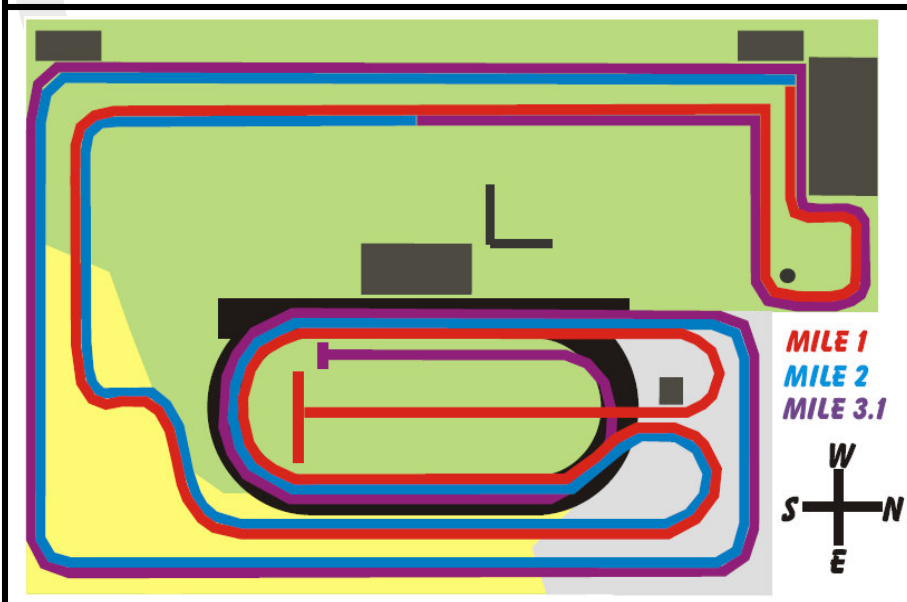
You can enter / register for the Conley Invitational next fall on www.runnercard.com

The Course

The Highland cross-country course is the most spectator friendly courses in the State of Idaho. Spectators can see the entire race from the upper campus and review unofficial race times on the large scoreboard located inside of District 25 Stadium.

The course starts and finishes inside District 25 Stadium, is 10 to 6 feet wide and composed of several different surfaces including, grass, dirt, gravel, and track.

The course follows a European design. It consists of two major loops. Each loop has two long strait-a-way's and two major hills. The first hill is 50 meters long and is run just after the start of the race and just after the 2500-meter mark. The second hill is 500 meters long and is run in the middle of the race.



Driving Directions to Highland High School

Take I86 or I15 towards Pocatello, Idaho. Once in Pocatello take Exit 71 and turn east on Pocatello Creek Rd. Next, go north on Olympus Dr. Continue north on Olympus Dr. until you come to North Fairway. At North Fairway turn east until you come to Bench Rd. At Bench Rd. turn south and follow the road to the Highland High School general parking lot.

Parking

Highland High School has three parking lots available on campus. The three parking lots on campus have 600 FREE parking spaces. Additional parking is available at the Bannock County Fairgrounds, located across the street from Highland High School on Church Hill Downs Rd.

Meet Schedule:

8:00am	Girls Middle	1.5-mi
8:30am	Boys Middle	1.5-mi
9:00am	Girls J.V.	5-k
9:35am	Boys J.V.	5-k
10:00am	Girls Varsity	5-k
10:35am	Boys Varsity	5-k

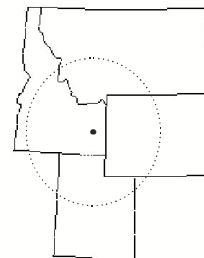
This is a rolling schedule. Each race will start as soon as possible.

Awards

Girls Middle School	Top 5 Medal
Boys Middle School	Top 5 Medal
Girls J.V.	Top 10 Medal
Boys J.V.	Top 10 Medal
Girls Varsity	Top 15 Medal
Boys Varsity	Top 15 Medal

Members of the Girl's & Boy's Varsity Team Champions will receive Championship Medals

Pocatello: A Gateway to Track & Field and XC History



Pocatello is commonly known as the Gate City because it is one of the most centrally located cities in the northwest. Salt Lake City UT, Boise ID, Yellowstone and Grand Teton National Parks are all three hours away. Pebble Creek Ski area is located just 15 minutes south of the city, while Sun Valley, Jackson Hole, Snowbird and Park City ski areas are within easy driving distance.

Pocatello also has a strong Track & Field and Cross Country history. The Gate City is home to Idaho State University and Holt Arena, the site of the nationally renowned Simplot Games. Holt Arena is also the site of America's first professional track meet.

Olympic medallists, Merlene Ottey, Stacy Dragila and Dwight Stones, among others have competed in Pocatello. Finally, the accessibility and natural landscapes of the highlands surrounding Pocatello & Highland High School made Pocatello a popular choice for the 1982 USAT&F National XC Championship Meet and the 2006 Rocky Mountain Region XC Championship Meet.

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