

# The 2025 PCA Eagles Nest XC Invitational



## Coaches!

The 2025 PCA Eagles Nest XC Invitational at Portsmouth Christian Academy will be held on Saturday September 13<sup>th</sup>, 2025.

## Time Schedule

9:00am	Girls Middle School Race
9:30am	Boys Middle School Race
<b>10:05am</b>	<b>Middle School AWARDS</b>
11:00am	Varsity Girls Race
11:40am	Varsity Boys Race
<b>12:20pm</b>	<b>High School AWARDS</b>

Entries will be via [directathletics.com](https://directathletics.com) and must be in by September 5<sup>th</sup>. Unlimited Entries.

## Awards

- Awards for top teams in each race
- Awards for top 10 individuals in each race.

Please help us ensure an efficient event by reminding your parents and fans that **NO DOGS ARE ALLOWED ON THE COURSE**. Also, reminding spectators and your athletes to be aware and make more than enough space for competing racers when warming up or simply being on the course. Please stay off of the course ropes.

## Entry Fee

\$100.00 per team (\$200.00 for full girls' and boys' teams) or \$10.00 per runner. Make checks payable to Portsmouth Christian Athletics.

\*Depending on number of entries, middle school race may be combined

If you have any questions feel free to call or email Keith Teeter ([keith.teeter@gmail.com](mailto:keith.teeter@gmail.com) 603-833-5525) or Justin Malone ([whitemountainknives@gmail.com](mailto:whitemountainknives@gmail.com), 603-866-4752).

Sincerely,

Portsmouth Christian Academy Coaches and Athletic Department

Our cross-country course is primarily on rolling grass and dirt trails. Highly recommend Spikes on this course. Only pavement is crossing Seaborn Drive. Overall course is fairly flat with some rollers.

## MS 2mile Course



•**Mile 1 is Blue** - Pretty much downhill. Small hill coming out of the first wooded section. then slight hill coming around the tennis courts then slight hill up to seaborn drive. Once across seaborn drive its downhill and flat.

•**Mile 2 is Green** - Wooded sections with windy gravel and dirt paths. Great views of Bellamy River on backside of woods. One fairly steep 10' downhill section behind the school. Near the boat dock has nice views and some rollers before crossing bridge and a straight shot to the finish line

## HS 5k Course



•**Mile 1 is Blue** - Pretty much downhill. Small hill coming out of the first wooded section. then a slight hill going into the large cow field on the back side (Butterfly Field).

•**Mile 2 is Green** - slight hill coming around the tennis courts then slight hill up to seaborn drive. Once across seaborn drive its downhill and flat. great views of Bellamy River on backside of woods

•**Mile 3 is Red** - wooded sections with windy gravel and dirt paths. One fairly steep 10' downhill section behind the school. Near the boat dock has nice views and some rollers before crossing bridge then its flat with a tight hairpin turn around a tree to the finish line.

**ENTRY FORM**  
**THE 2025 PCA Eagle XC Invitational**

\$100.00 for 1 team, \$200.00 for 2 teams, or \$10 per athlete

**EXAMPLE**

TEAM PCA

EMAIL [keith.teeter@gmail.com](mailto:keith.teeter@gmail.com)

BOYS x

GIRLS x

TOTAL \$200

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**OFFICIAL ENTRY**

TEAM \_\_\_\_\_

EMAIL \_\_\_\_\_

BOYS \_\_\_\_\_

GIRLS \_\_\_\_\_

TOTAL \_\_\_\_\_

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*Mail to:*        *Portsmouth Christian Athletics*  
Portsmouth Christian Academy  
20 Seaborne Dr,  
Dover, NH 03820

\*PLEASE RETURN THIS SHEET WITH YOUR ENTRY FEES FOR OUR RECORDS. THANK YOU!