

## CCA Invitational

**Date:** Saturday, October 3, 2009

**Race Site:** Carrollton Christian Academy  
2205 E. Hebron Pkwy  
Carrollton, TX 75010

**Divisions:** Elementary (grades K-5) 800 meters (individuals only, no team entries)  
Varsity Girls 3200 meters \*\*\*\*\*  
Varsity Boys 5k meters \*  
JV Girls 3200 meters \*\*\* Max 7 per team in these div.  
JV Boys 5k meters \* Enter others as individuals or  
Middle School Girls 3200 meters \* a second team.  
Middle School Boys 3200 meters \*\*\*\*\*  
The course is located on our campus.

**Time Schedule:**

7:00 am Check in  
8:00 Varsity Boys  
8:35 JV Boys  
9:15 Varsity Girls  
9:45 JV Girls  
10:15 Elementary  
10:30 Middle School Boys  
11:00 Middle School Girls

**Awards:** Plaques to the top two teams in each division. Awards to top 10 runners in each division. (All elementary runners receive awards.)

**Entry Fees:** Individual \$10.00  
Teams \$50.00 per team (Maximum of \$200 per school)

**Make Checks Payable to:**  
CCA Cross Country

**Mail Checks to:**  
Carrollton Christian Academy  
Attn: Tim Fisher  
2205 E. Hebron Pkwy  
Carrollton, TX 75010

**Questions:**  
Tim Fisher 214-460-4141 (cell) or [tfisher@ccasaints.org](mailto:tfisher@ccasaints.org)

CCA Invitational  
Entry Form

October 3, 2009

Please email or fax this information to:

Email: [tfisher@ccasaints.org](mailto:tfisher@ccasaints.org)  
Fax Number: 972-245-0321  
Address: Carrollton Christian Academy  
2205 E. Hebron Pkwy  
Carrollton, TX 75010  
Attn: Tim Fisher  
School Phone: 972-242-6688  
Coach Fisher's Cell: 214-460-4141  
*Make Checks Payable to: CCA Cross Country*

**The following team(s) will participate in the CCA Invitational:**

Varsity Girls \_\_\_\_ JV Girls \_\_\_\_ Varsity Boys \_\_\_\_ JV Boys \_\_\_\_

Middle School Girls \_\_\_\_\_ Middle School Boys \_\_\_\_\_

Number of Elementary Runners \_\_\_\_\_

Coach's Name: \_\_\_\_\_

School: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Phone: \_\_\_\_\_

School fax#: \_\_\_\_\_

Thank you!

(Enter names of runners through [athletic.net](http://athletic.net) by 9/30/09.)

# CCA Invitational (HS #20639, MS #20641)

## Online Entry Submission

*This meet is using free online registration at Athletic.net!*

**Athletic.net** is a resource for Track & Field and Cross Country coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and free tools to simplify coaching tasks. **Follow the 4 steps below to get started:**

### 1. Locate your school and sign up for a free coach account

*(if you do not have one)*

- Go to the website: [www.athletic.net](http://www.athletic.net)
- Click on your level under "Cross Country"
- Click on your state, and then your school
- Once on your school's page, click the "**Sign Up Here**" link and follow the instructions
- After receiving the confirmation email, continue with these instructions

### 2. Add meets to your season calendar

- Use your email address and password to sign into the website, and click on your school's name in the left navigation bar
- Click "**Edit Calendar**" in the Coach Tools bar at the top of your school home page
- Where it says "Meet ID:" enter **20639** and click **Add**
- Review the information and click **Save and Continue >**
- You may need to click **Save and Continue >** again
- Repeat this process for the rest of your season calendar (*You can also add meets by date, if you don't know the Meet ID*)
- Verify on the "Edit Calendar" page that your calendar is correct. Use the Edit button next to the meet to make corrections.

### 3. Enter team roster

- Click "**Edit Athletes**" on the Coaches Toolbar, on your school's page
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option

### 4. Register athletes for the CCA Invitational

- Locate **CCA Invitational** on your school's main cross country page and click on it
- On the right under **Team Tools**, click **Register Athletes**.
- Click **Increment Divisions** to quickly register all your athletes in the first race division,
- or manually select the race division for each athlete
- Use the boxes on the bottom of the page to add additional athletes to your roster

You can use the meet registration feature of Athletic.net for all your meets. You can print out and fax the entries, or the host team can download them from the website, all for free.