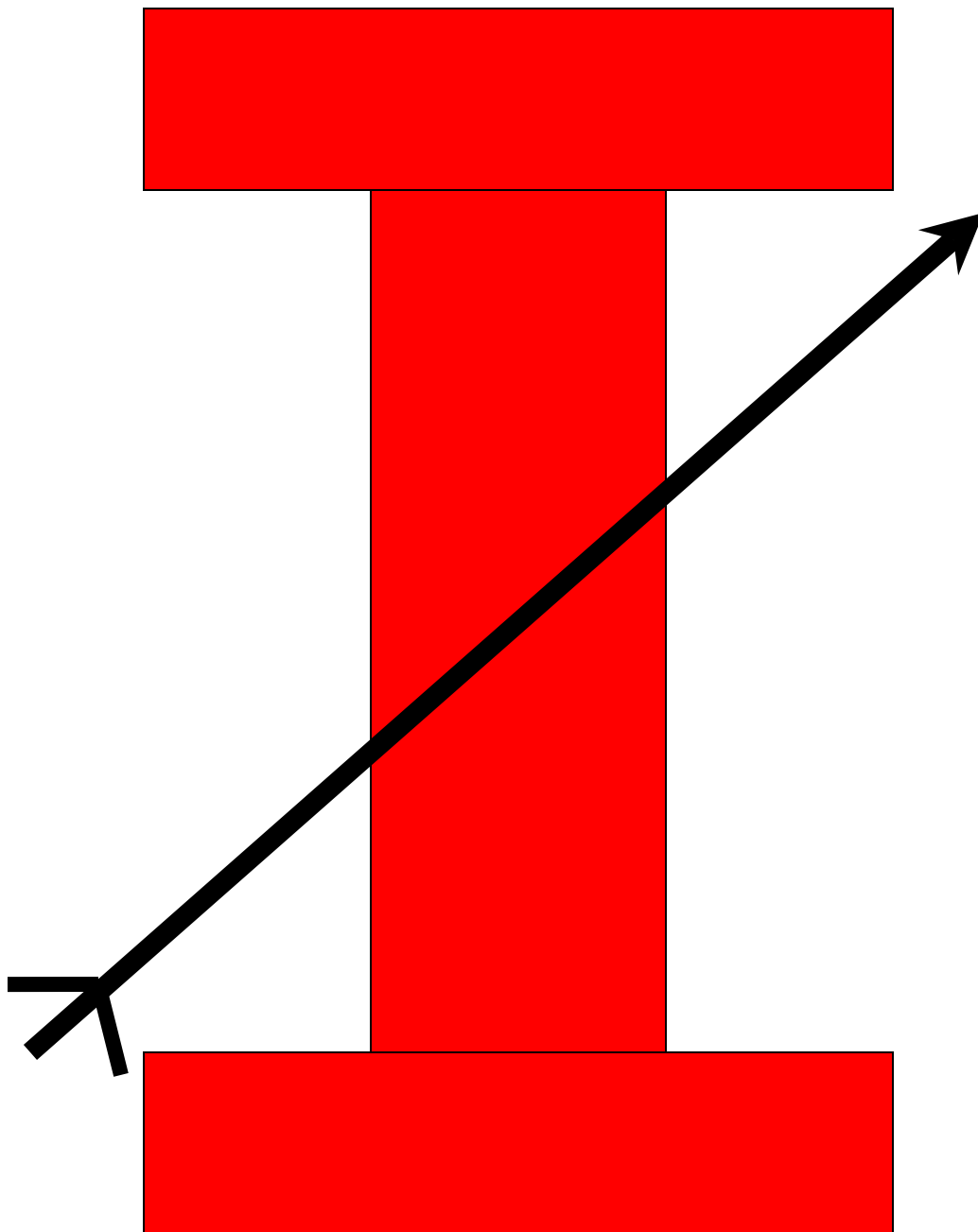


# Running on the Warpath



September 12, 2009

Running on the Warpath  
Cross Country Invitational 2009

Date: Saturday, September 12, 2009

Location: Ingram Tom Moore High School 700 Hwy 39

Registration: Beginning at 7:30 a.m. (HS Gym Foyer)

Running Schedule:

J.V. Boys	9:00 a.m.	3 miles
Varsity Boys	9:30 a.m.	3 miles
J.V. Girls	10:00 a.m.	2 miles
Varsity Girls	10:30 a.m.	2 miles
Junior High Girls	11:00 a.m.	2 miles
Junior High Boys	11:30 a.m.	2 miles

Meet Course: Grass, pavement, and hills. All girl races and junior high races: 3200 meters. Varsity and Junior Varsity Boys races: 3 miles

Awards: Team Championship (all divisions)  
Team Runner-Up (all divisions)  
Individual Medals for top 10 (all divisions)

Meet Entries: May run up to 10 athletes per team. May enter more than one team in a division. Please send the rosters to: [dlozano@ingramisd.net](mailto:dlozano@ingramisd.net). We will be using new meet software this year, so I will send out instructions on how to enter later.

Entry Fees: \$60 per team per division or \$12 per individual, if fewer than 5 entries in a particular division, maximum \$200.00 per school. Make checks payable to Ingram Athletic Booster Club. Please mail your checks before the meet or bring them on race day. Mail checks to:

Coach Debbie Lozano  
Ingram Middle School  
510 College Street  
Ingram, TX 78025

Concession Stand: Drinks and food will be available for purchase at a concession stand sponsored by the Ingram Athletic Booster Club.

Contact Information:

Coach Debbie Lozano  
Email: [dlozano@ingramisd.net](mailto:dlozano@ingramisd.net)  
School :830-367-4012  
Cell: 281-804-6250  
Fax: 830-367-7335

Running on the Warpath

Dear Coaches,

Ingram Tom Moore High School would like to invite you to attend Running on the Warpath Cross Country Meet held at Ingram Tom Moore High School on September 12, 2009. Running on the Warpath will include both high school and junior high divisions. Please respond by August 31 if you wish to attend. Contact Coach Lozano at [dlozano@ingramisd.net](mailto:dlozano@ingramisd.net) or fax your entry to: 830-367-7335.

I look forward to seeing you at the meet on September 12, 2009.

Coach Lozano  
Ingram Tom Moore  
Cross Country

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

Divisions:

\_\_\_\_\_ Varsity Boys

\_\_\_\_\_ Varsity Girls

\_\_\_\_\_ JV Boys

\_\_\_\_\_ JV Girls

\_\_\_\_\_ 8<sup>th</sup> Grade Boys

\_\_\_\_\_ 8<sup>th</sup> Grade Girls

\_\_\_\_\_ 7<sup>th</sup> Grade Boys

\_\_\_\_\_ 7<sup>th</sup> Grade Girls

Boys Coach \_\_\_\_\_ Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Girls Coach \_\_\_\_\_ Phone \_\_\_\_\_

E-mail \_\_\_\_\_