

Richardson Independent School District

LAKE HIGHLANDS HIGH SCHOOL

9449 Church Road, Dallas, TX 75238-1499

LAKE HIGHLANDS INVITATIONAL CROSS COUNTRY MEET

Team/meet website: <http://theendresultco.com/xc/>

Date: Saturday, September 19, 2009

Race Site: **Norbuck Park**, Northwest Highway & N. Buckner Ave. (150 N. Buckner Blvd.)

Course: Boys 5K - featuring a challenging wooded hill
All Girls 2.0 miles - incorporating the big hill

All courses are run entirely on grass/dirt trail

Time Schedule:

7:30 Registration
8:30 Varsity Girls – 4A/5A
9:00 Varsity Boys – 4A/5A
9:30 Varsity Girls – 1A/2A/3A/Private
9:55 Varsity Boys – 1A/2A/3A/Private
10:25 JV Girls – ALL DIVISIONS
10:50 JV Boys – ALL DIVISIONS

Awards: Trophies to Champion & Runner-Up teams per division
Awards to top 20 in all divisions

Entry Fees: Varsity: 8 runner maximum at \$10 per runner. Junior Varsity: \$10 per runner for the first 8 runners and \$5 for each additional runner.

Make Checks Payable & Send to:

Lake Highlands Wildcat Club
C/O Alonna Knott-Cross Country
Lake Highlands Freshman Center
10200 White Rock Trail
Dallas, Texas 75238

Questions: Please e-mail, call, or fax Alonna Knott

Fax Number: 469-593-1327

School e-mail: Alonna.Knott@richardson.k12.tx.us

School Phone 469-593-1345

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Entry Information

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We will adhere to a **STRICT registration cutoff of Wednesday, 9/16**. Thanks for your understanding.

Note that you will enter your entire team on "the end result" web site in advance (even if you are unsure who specifically will compete). On race day, you will declare your team members and issue your timing chips appropriately.

Fax Number: 469-593-1327
School e-mail: Alonna.Knott@richardson.k12.tx.us
School Phone: 469-593-1345

Varsity entries will be limited to 7 runners per team. A school may enter more than one varsity team. You may have unlimited JV runners.