

Llano XC Invitational

Dear Coaches,

Llano High School would like to invite you to attend the Llano Invitational Cross Country meet held at Llano High School on September 26th, 2009. We will have both High School and Junior High divisions, high school coaches please pass this along to your junior high coaches. Please respond by September 1st if you wish to attend. Contact Coach Carter @ scarter@llano.k12.tx.us

I look forward to seeing on September 1,

Coach Carter
Llano High School
XC/Track & Field

School _____

Divisions

_____ **Varsity Boys**

_____ **Varsity Girls**

_____ **JV Boys**

_____ **JV Girls**

_____ **8th Boys**

_____ **8th Girls**

_____ **7th Boys**

_____ **7th Girls**

Boys Coach _____ **Phone** _____ **Email** _____

Girls Coach _____ **Phone** _____ **Email** _____

Llano Cross Country Invitational

Date: Saturday, September 26th, 2009

Location: Llano High School: 2509 South HWY 16

Registration: Beginning at 7:30 A.M. (HS Cafeteria)

Running Schedule (rolling Schedule):

- * **8:30**
- 1.) Varsity Girls (2miles)
 - 2.) Varsity Boys (5K)
 - 3.) Junior Varsity Girls (2miles)
 - 4.) Junior Varsity Boys (2 miles)
 - 5) 7th & 8th Girls (two chutes) (2400m)
 - 6.) 7th & 8th Boys (two chutes) (2400m)

Meet Course: Mostly dirt and grass.

Awards: Team Championship (all divisions)
Team Runner-Up (all divisions)
Individual Medals for top 15 (all divisions)

Entry Fees: \$60.00 per team per division or \$12.00 per individual, if fewer than 5 entries in a particular division; maximum \$200.00 per school. Make checks payable to Llano High School. Please mail your checks before the meet or bring them on race day. Mail Checks to:
Coach Carter
Llano High School
2509 South HWY 16
Llano, TX 78643

Meet Entries: May run up to 10 athletes per team. May enter more than one team in a division.

*****Entry Forms will be sent out once you have confirmed that your team is attending. Entries will be need to be submitted using HY Tek Team Manager. Entries need to be submitted via e-mail to: scarter@llano.k12.tx.us

Entries Due by September 22nd or earlier. If entering more than 1 team in a division, specify which team the athlete is on.

If there are any questions contact:

Coach Shaun Carter
E-Mail: scarter@llano.k12.tx.us
Girls Sports Office: 325-248-2219
Cell #: (325) 248-4550
Fax: 325-247-2122