

MIDWESTERN STATE STAMPEDE
CROSS-COUNTRY MEET

You and your team are invited to the 1st MSU Stampede XC Meet.

Date: Thursday, September 17, 2009

Site: Hawk Ridge Golf Course
2000 Loop 11
Wichita Falls, TX 76306

Course: Hilly mowed grass, cross a paved walking path and a
Paved driveway

Check-in: **2:30pm – 4:00pm**

Divisions:

Gold Men's Race (5A-3A)

Gold Women's Race

Maroon Men's Race (2A, 1A, and JV)

Maroon Women's Race (Any teams that does not want to run a 5k)

Junior High Boys and Girls

Awards: **HIGH SCHOOL**

Trophy to top team in each division

Individual awards to the first 10 finishers per division

JUNIOR HIGH

Individual awards to the first 10 finishers per division

Races: 4:00pm rolling start

Junior High Girls – 7th and 8th combined – 1mile

Junior High Boys – 7th and 8th combined – 2miles

Maroon HS Women – 3200m

Maroon HS Men – 5000m

Gold HS Women – 5000m

Gold HS Men – 5000m

Fees: \$50 PER TEAM (\$200 MAX PER TEAM)
 \$10 PER INDIVIDUAL
 \$100 PER MIDDLE SCHOOL

Make checks payable to:

Midwestern State University Cross-Country
3410 Taft Blvd.
Wichita Falls, Texas 76308

T-shirts and concession will be available for purchase at the meet.

Contact: Koby Styles
 940-232-2326
 940-636-2678

You can sign up for the meet at www.Athletic.net or you can email your entries to me. Entries are due by September 14th, 2009

Please email this form to hold your spot

SCHOOL _____

COACH _____

HOME PHONE _____

CELL PHONE _____

Koby.Styles@mwsu.edu