

NORTH HOPKINS INVITATIONAL CROSS COUNTRY MEET

Date: Thursday, September 17, 2009

Race Site: **North Hopkins School (HWY 71 West-- 12 Miles North of Sulphur Springs—(School is in Birthright))**

Check in Time: 3:00 – 3:45

This will be a rolling schedule. Races will be started approximately every 20 to 25 minutes.

Race Times: 4:00 pm Youth Fun Run**(3&4--5&6) 1 Mile
**** No charge--Sign up at Starting Line**



4:30 pm	Junior Varsity Girls	2 Miles
4:50 pm	Varsity Girls	2 Miles
5:10 pm	Junior Varsity Boys	3 Miles
5:35 pm	Varsity Boys	3 Miles
6:00 pm	Junior High Girls	2 Miles
6:20 pm	Junior High Boys	2 Miles

Awards:

Jr. High	1 st & 2 nd Place Teams	(Plaque)
	Top 20 Runners	(Medals)
JV	1 st & 2 nd Place Team	(Plaque)
	Top 20 Runners	(Medals)
Varsity	1 st & 2 nd Place Teams	(Plaque)
	Top 20 Runners	(Medals)
	1st & 2 nd Place Team Members	(Medals)

Course: Grass Trail

Entry Fee: \$50.00 per team or \$15.00 per individual. \$150.00 maximum per school. Varsity teams are limited to seven (7) runners. **Make check payable to North Hopkins ISD.** You may bring your fee to the meet.

Mail Entry or Fax to: North Hopkins High School (903) 945-2192 (school)
 Attn: Tim Menke (903) 945-2899 (home)
 1994 FM 71 West (903) 243-6447 (cell)
 Sulphur Springs, TX 75482 (903) 945-2531 (fax)

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 School: _____ Coach: _____
 Phone: (Work) _____ (Home) _____
 email: _____

Teams Entering: VG _____ JVG _____ JHG _____
 VB _____ JVB _____ JHB _____

Amount of fees Individual Girls _____ Race _____
 Individual Boys _____ Race _____