



NORTHWOOD UNIVERSITY

## 2009 Knights Cross Country Invitational

We would like to invite you to the 4<sup>th</sup> Annual Knights Cross Country Invitational High school meets,

1114 W fm 1382  
Cedar Hill, TX 75104

**Date:** Saturday, October 10, 2009

**PLACE:** Northwood University Gerry Garza Memorial Trails

**ENTRY DEADLINE:** Friday, October 9, 2009

**Entry Fee:** Varsity Girls and JV Girls \$150  
Varsity Boys and JV Boys \$150

**To be paid during packet pick-up on Saturday morning or mailed**

Checks payable to: Northwood Cross Country Team  
1114 W fm 1382  
Cedar Hill, TX 75104

**Time:** JV Race will begin at 8:30 AM  
Varsity Race will begin at 9:20AM

### **Awards will follow the Race**

Award will be given to the first place team in each race.

And top ten athletes individual medals will be given out at the finish line.

<b>Distances:</b>	JV Girls	3200
	JV Boys	5000
	Varsity Girls	3200
	Varsity boys	5000

### **Contact Information:**

Natnael (Nat) Amare  
Northwood University  
[amaren@northwood.edu](mailto:amaren@northwood.edu)  
(972) 293-5423  
Cell (469) 449-7873

# 2009 Knights Cross Country Invitational

## Entry Form

**Coaches please enter the Number of runners you will have in each division**

Varsity girls -----

Varsity boys -----

JV girls -----

JV boys -----

### **Circled Varsity or JV**

#### **Varsity Girls**

#### **Varsity Boys**

#### **JV Girls**

#### **JV Boys**

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

10. \_\_\_\_\_

Coach: \_\_\_\_\_

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

Phone: \_\_\_\_\_

Fax # : \_\_\_\_\_

