



NORTHWOOD UNIVERSITY

2009 Knights Cross Country Invitational

We would like to invite you to the 4st Annual Knights Cross Country Invitational
High school meets,

1114 W fm 1382
Cedar Hill, TX 75104

Date: Saturday, September 10, 2009

PLACE: Northwood University Gerry Garza Memorial Trails

ENTRY DEADLINE: Friday, September 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.

Distances:

JV Girls	3200
JV Boys	5000
Varsity Girls	3200
Varsity boys	5000

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

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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 # : _____

