

***Run Through Dragon Country”
Cross Country Invitational***

DATE: September 19, 2009
PLACE: Redwater Cross Country Course
TIME: Check in begins at 7:00 am

SCHEDULE:

7:15 – Open 5K for the Public
8:30 – Varsity Boys
9:00 – JV Boys
9:30 – Varsity Girls
10:00 – JV Girls
10:30 – Jr. High Boys
11:00 – Jr. High Girls
11:30 - Awards

**Please note: At the completion of one race another will begin, all times are approximate.

FEE: \$40.00 per team; \$125.00 max per school.
Individual runners: \$10.00 per high school runner, \$5.00 per Jr. High runner.
Open 5K - \$15.00 per runner. Kids fun run – no fee.

May pay on race day. Make checks payable to Redwater Athletic Dept, PO Box 347,
Attn: Coach McMellon, Redwater, TX 75573.

PARKING: Football Stadium Parking Area

A full concession stand will be available. Meal deals will also be sold for \$5.00 per meal.
School checks are accepted or we can bill your school. Please fax or e-mail number of
meals needed.

Thanks and I look forward to seeing you in September,

Janice McMellon
Head XC Coach
903-671-3421 ext 239
903-671-7158 (home)
903-277-4711 (cell)

Run Through Dragon Country

School: _____

Coach: _____

Contact Number: _____

Please check all the teams you will be bringing:

_____ Varsity Boys

_____ Varsity Girls

_____ JV Boys

_____ JV Girls

_____ JH Boys

_____ JH Girls

Please fax entry to 903-671-2019 or e-mail entrants to
jmcmellon@redwaterisd.org