

FOSSIL RIDGE HIGH SCHOOL
RUN of the PANTHER
CROSS COUNTRY INVITATIONAL

When: Friday, September 11, 2009

Time: First race begins at 8:00am—Packet pick up 7:00-7:30

Where: Keller Sports Complex
1100 Bear Creek Parkway
Keller, TX 76248
Off of 1709 near hwy 377 in Keller

Course: Men – 5000 meters
Women – 3200 meters
Flat and fast Surfaces alternate between mowed grass, sidewalks, and dirt

Cost: Girl's Team \$100.00 (JV is included in the team price)
Boy's Team \$100.00 (JV is included in the team price)
Or \$10:00 per individual runner

Entries: You may enter 7 runners per Varsity team. JV teams are unlimited number.

Awards: **Trophies to top two teams in each division

**Individual awards for first 10 finishers in each division

Roster deadline is ASAP or Monday, September 7, 2009 3pm (if you would like to submit rosters on email, instead of fax, please email: mark.lee@kellerisd.net

I will send you the forms via e-mail. Rosters are necessary for competition and scoring.

****Please make every attempt to do entries and rosters via email!**

First race will begin promptly at 8:00 a.m. and will follow a rolling schedule (Classifications to be added if necessary, and updated).

8 a.m. 5A - Varsity Boys

All JV Boys

5A – Varsity Girls

All JV Girls

4A and Under – Varsity Boys

4A and Under – Varsity Girls

**Entry fees payable to:
Send check to**

FRHS Cross Country
Attn: Mark Lee
Fossil Ridge High School
4101 Thompson Rd.
Keller, Texas 76248

Team Information

School: _____ Mascot: _____

Coach's Name: _____

Coach's Phone:

School _____

Classification: 5A 4A 3A 2A 1A

Home _____

e-mail _____

Please email or fax your team roster ASAP or by Monday, September 8, 2008-3pm to
Coach Mark Lee mark.lee@kellerisd.net 817-296-5652 Cell
Fax: Fossil Ridge High School 817- 337-3407

