

Brewer Bear Junior High XC Meets ~ 2010

Central Park – White Settlement

The Brewer Cross Country team will host three cross country meets this season. Each of the three meets will consist of a different format/course. The meets have been structured to compliment the conditioning levels of athletes as they work through the season. We have designed the courses this way to make it fun for the kids and to allow them to progress in their racing distances.

Here is what we will offer at each of our three meets this season.....

MEET #1

September 8th (Wednesday) - 4 Mile Relay

(This relay will be made up of teams of 4, each running 1 mile). The race is run like a relay in track where the first leg runs and then hands off to the second leg, and so on until all 4 runners have completed the 1 mile course. For this first meet, you may combine 7th and 8th graders to make up your teams. We will run the girls race first and then the boys will follow.

You may enter an unlimited number of teams. If you have extra runners and cannot make up a full set of 4, you may enter the athlete(s) as another team and they will start the race with everyone else. The teams without a full set of 4 will not be placed for awards. *This race is similar to the relay meets the high school teams run at the beginning of the season.

MEET #2

September 15th (Wednesday) - 1.5 Mile course.

This course will loop through the park. Most of the race will consist of grass running with a small portion being on pavement.

MEET #3

October 6th (Wednesday) - 2 Mile course.

This course will be similar to the 1.5 mile course, adding on another half mile to the race at different locations.

Location: Central Park (White Settlement). This park is located off of loop 820 and White Settlement Rd. Take the White Settlement Rd exit and go east (to the inside of the loop). At Las Vegas Trail you will go RIGHT. The park is located on the right hand side approx. ½ mile.

Check-in Time: 3:30-4:00pm

Race Time: 4:15pm – 7th Grade Girls race. The next race will start at the conclusion of the

race before it.

Race Schedule:

7th Grade Girls

8th Grade girls

7th Grade boys

8th Grade boys

Awards:

(Sept. 8th) Awards will be given to the top 3 teams in each division – team plaque and individual medals

(Sept. 15th & Oct. 6th) Awards will be given to the top 20 in each division and the top 3 teams.

Entry Fees:

(Sept. 8th) \$25 per team of 4. Max \$200.00 per school

(Sept. 15th & Oct 6th) \$50.00 per team. \$200.00 max per school.

**Please fill out the entry page and fax back as soon as possible. Entry page should be sent no later than one week prior to meet.

Make checks payable to:

Brewer Cross Country

Attn: Amy Ganninger

1025 W Loop 820 North

Fort Worth, Texas 76108

Contact Person: Amy Ganninger - (817) 367-4175 or aganninger@wsisd.net

BREWER BEAR JUNIOR HIGH XC MEETS
2010
CENTRAL PARK – WHITE SETTLEMENT

SCHOOL: _____

COACHES NAME: _____

EMAIL: _____

SCHOOL PHONE: _____

HOME OR CELL: _____

PLEASE CHECK MEETS YOU WILL BE ATTENDING.

<u>Girls Team</u>	Check Below		<u>Boys Team</u>	Check Below	
Sept. 8 th Relay			Sept. 8 th Relay		
	7 th Grade Girls	8 th Grade Girls		7 th Grade Boys	8 th Grade boys
Sept. 15 th 1.5 Mile			Sept. 15 th 1.5 Mile		
Oct. 6 th 2 Mile			Oct. 6 th 2 Mile		

FAX ENTRY FORM TO:

**BREWER HIGH SCHOOL
ATTN: AMY GANNINGER/CROSS COUNTRY
FAX - (817) 367-1274**

CONTACT INFORMATION:

**AMY GANNINGER – aganninger@wsisd.net
(817) 367-4175**