



Brock Eagle Cross Country

High School/Middle School Invitational

Coaches,

We would like to invite you and your runners to the 1st Annual Brock Eagle Cross country meet. This will be a great Meet to get you ready for district competition.

DATE: Wednesday, October 13th, 2010

RACE SITE: Brock High School
410 Eagle Spirit Lane

DIRECTIONS: Brock is 12 miles west of Weatherford off of I-20. From I-20W take Exit 397 and turn left on FM-1189. You will stay on FM-1189 approximately 4 miles and you will see Brock High School on the right.

COURSE: Course will be fast and challenging. Terrains will include mowed grass, pavement, and dirt trails. All races will end with a lap around the track.

CHECK IN: High School (12:45-1:45)
Middle School (2:30-3:30)

DIVISIONS:

JV Girls	1:45PM	
JV Boys	2:05	
Varsity Girls	2:30	(Will make additional divisions if needed)
Varsity Boys	2:50	(Will make additional divisions if needed) (Example 4A/3A & 2A/1A)
7 th Grade Girls	4:00	
7 th Grade Boys	4:20	
8 th Grade Girls	4:40	
8 th Grade Boys	5:00	
Elementary Fun Run	5:30	1 Mile (\$5 per runner)

DISTANCE: Varsity and JV Boys (3 miles)
Varsity Girls/JV Girls/JH Boys and Girls (2miles)

AWARDS: Team Championship Plaque (All – divisions)
Team Runner-up Plaque (All – divisions)
Individual Medals for top 15 (High School) and top 20 (Junior High)

Entry Fee: High School - \$50 per Team per Division - (\$200 for all divisions)
Junior High - \$50 per Team per Division - (\$150 total for all divisions)
Individuals - \$10
** \$300 if you want to enter every HS and JH Division**

Make checks payable to: Brock Athletics
Attn: Cross Country

PLEASE RETURN THIS ENTRY BLANK AND ENTRY FEE TO:

BROCK HIGH SCHOOL

C/O: Chance Westmoreland
410 Eagle Spirit Lane
Brock, Texas 76087
FAX: 817-594-2509

Email: cwestmoreland@brockisd.net or
c.westmoreland@hotmail.com

Phone: 817-304-2901

School: _____

Coach: _____

Phone: _____

Email: _____

Mailing Address: _____

Please check Divisions you are planning to run in:

- | | | | |
|-------|---------------|-------|-----------------------|
| _____ | Varsity Boys | _____ | 7 th Girls |
| _____ | JV Boys | _____ | 8 th Girls |
| _____ | Varsity Girls | _____ | 7 th Boys |
| _____ | JV Girls | _____ | 8 th Boys |
| _____ | Individuals | | |