

Conrad Challenge Cross Country Run

Date: Saturday, September 18, 2010

Race Site: Conrad High School
7502 Fair Oaks Ave.
Dallas, TX 75231

Course: Girls 2.0 miles
Boys 3.0 miles
The course is on the campus of Conrad HS with gradual hills, grass surface, with some crossings on cement (sidewalks & driveways).

Time Schedule:

7:30 – 8:30 am Check In
8:30 JV Girls
9:00 Varsity Girls
9:30 Middle School (boys & girls together)
10:00 JV Boys
10:30 Varsity Boys

This year , we're including a Middle School race – 2 mile course . There will be one race running middle school boys & girls together . They will be separated & given awards at the finish chute . Please inform your feeder schools.

Awards: Trophies to the top 2 teams in each division. Awards to the top 15 runners in each division.

Entry Fees: Individual - \$20.00
1 Team - \$50.00
2 Teams - \$100.00
3 or more teams - \$150.00
Middle Schools -1 Team - \$30.00 / 2 Teams - \$50.00

Make Checks Payable to:

Conrad High School
Cross Country Team

Send Payment to:

Conrad High School
c/o David Nelson
7502 Fair Oaks Ave.
Dallas, TX 75231

Questions:

Please call or e-mail David Nelson
(214) 802-8180-cell
DaNelson@dallasisd.org-e-mail
(972) 502-2300-school
(972) 502-2301-fax

**Conrad High School
Conrad Challenge
Cross Country Run
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School: _____

Coach: _____

School address: _____

Telephone: Cell () _____

Fax () _____

Email _____

Divisions: _____ Jr. Varsity Girls _____ Jr. Varsity Boys

 _____ Varsity Girls _____ Varsity Boys

 _____ MS Girls _____ MS Boys

 _____ # of individuals (fewer than 5 runners)

Entry fees: Individual \$20.00
 One Team \$50.00
 Two Teams \$100.00
 Three Teams or more \$150.00

 Middle School
 Individual \$20.00
 One Team \$30.00
 Two Teams \$50.00

Make checks payable to:

Conrad High School
Cross Country Team

Please return this form with payment to:

Conrad High School
Attn. David Nelson
7502 Fair Oaks Ave.
Dallas, TX 75231

Email-DaNelson@dallasisd.org
Fax # (972) 502-2301
Cellular # (214) 802-8180
School # (972) 502-2300