



<http://twhsfridaynightlights.info>

Don't forget to go to the meet website!
You'll find detailed directions, maps, past results, and much more. Check it out!

Date: Friday, September 3rd, 2010

Meet Schedule:

5:00-5:30pm	Packet pick-up & registration
6:30pm	Open race
7:00pm	Boys' 9 th grade 2 mile
7:25pm	Girls' JV 2 mile
7:50pm	Boys' JV 4k
8:15pm	Girls' Varsity B Race 2 mile
8:35pm	Boys' Varsity B Race 4k
9:00pm	Girls' Varsity A Race 2 mile
9:30pm	Boys' Varsity A Race 4k

Location: Bear Branch Fields, The Woodlands, TX

Directions: I-45 to The Woodlands; Exit Research Drive. Bear Branch Fields are located on your left approximately 3 miles from the interstate. See meet website for detailed directions and a map.

Course: 4k & 2miles *Similar courses at the Nike South XC Invitational to be held in October.

Cost: Boys' Teams...\$75; Girls' Teams... \$75; (Maximum fee of \$150 per school)

**Note: We are NOT in the Athletic Director's Agreement. This is a Booster Club sponsored meet, so EVERY school must pay to participate. Even if your school district does not approve check requests prior to September, we MUST have payment (ie, if not a school district check, a personal check from a booster club or coach would suffice) the day of the meet. Please make checks payable to TWHS Girls' XC Booster Club. If you send checks via mail, please address them to: The Woodlands High School, c/o Girls' CC- Noel Hansen; 6101 Research Forest Dr., The Woodlands, TX 77381.

*Refund Policy: Please understand that we cannot control the weather, and any meet fees will not be refunded if cancellation is deemed necessary for the safety of our athletes. If the meet must be cancelled on Friday, we have makeup races set for Saturday, Sept. 4th.

Entries: Entries must be submitted through www.directathletics.com by **Tuesday, Aug. 31st**. As in the past, we will run two divisions in the Varsity races, with the A race being the faster of the two. Teams will be limited to 10 runners in the Sub-Varsity races and to 7 runners in the Varsity Divisions. You may run an additional Varsity team in the B race, but only individuals will be considered for awards. (No B race team award will be given to those schools who have teams in both the A and B divisions). There will also be an un-scored, open division at 6:30pm. Team scoring will be done via Hy-Tek software. If you have any changes after the entry deadline, please let us know as soon as possible. The night of the meet only scratches and replacements will be allowed.

Awards/Results: Results will be tabulated at the end of each race and posted shortly thereof. Results will also be posted on the website: twhsfridaynightlights.info and at txrunning.com. Awards will be given to the top 2 teams in each division, as well as the top 15 finishers in each race. An awards ceremony will be held at the completion of the meet.

Parking/Concessions/T-shirts: Parking is free and easily accessible, and there will be plenty of space to set up team tents and camps. We will also have a concession stand, with refreshments and snacks, along with meet T-shirts on sale for a nominal fee.

We hope that you will be able to attend and to help make this the best meet yet! If you have any questions please call **Head Coach Noel Hansen** at 936-273-8585(wk) or 281-298-3766(hm) or 832-577-4077(cell) or email noelwhansen@yahoo.com.