

## DISTRICT WARM-UP CROSS-COUNTRY MEET

You and your team are invited to the First Annual District Warm-up. This meet is for those runners that need another meet to get ready for district. No team standings only Individual runners. (No unattached runners will be allowed.)

Date: Thursday, October 21, 2010

Site: The Buff  
4600 Fossil Creek Blvd.  
Haltom City, Texas 76137

Course: Hills, all mowed grass

Divisions: Varsity Boys  
Varsity Girls  
JV Girls  
JV boys

Awards: MEDALS FOR THE TOP 15 FINISHERS

Races: 10am rolling start  
VARSITY GIRLS  
VARSITY BOYS  
JUNIOR VARSITY GIRLS  
JUNIOR VARSITY BOYS

JUNIOR HIGH TEAM AWARDS FOR THE TOP TEAM IN EACH RACE.

4:00 ROLLING START

8<sup>TH</sup> GRADE GIRLS

8<sup>TH</sup> GRADE BOYS

7<sup>TH</sup> GRADE GIRLS

7<sup>TH</sup> GRADE BOYS

Fees : \$10 PER RUNNER (\$200 MAX PER SCHOOL)  
\$100 PER JUNIOR HIGH

MAKE CHECKS OUT TO:

HALTOM HIGH SCHOOL XC  
5501 N. HALTOM RD.  
HALTOM CITY, TEXAS 76137  
C/O MIKE WELCH

JUNIOR HIGH COACHES, PLEASE RESERVE YOUR SPOT ASAP  
ONLY 20 SCHOOLS WILL BE ACCEPTED.

I need the names for all runners, I don't need the race they will run. If you're not sure if they are going to attend send in their name anyway. I need the entries by October 18<sup>rd</sup>. No entries will be accepted after the 23<sup>rd</sup>.

I can be contacted at:

817-992-3027

Send intent to attend and entries to:

[Mwelch8191@sbcglobal.net](mailto:Mwelch8191@sbcglobal.net)

Include :

School Name, and contact phone with coaches name.