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**2010 - Llano Cross Country Invitational**

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Dear Coaches,

Llano High School would like to invite you to attend the Llano Cross Country Invitational held at Llano High School on September 11th, 2010. We will have both High School and Junior High divisions, high school coaches please pass this along to your junior high coaches. Please respond by August 16<sup>th</sup> if you wish to attend, Contact Coach Carter @ [scarter@llano.k12.tx.us](mailto:scarter@llano.k12.tx.us)

I look forward to seeing on September 11th,

Coach Carter  
Llano High School  
XC/Track & Field

**School** \_\_\_\_\_

**Divisions**

\_\_\_\_\_ **Varsity Boys**

\_\_\_\_\_ **Varsity Girls**

\_\_\_\_\_ **JV Boys**

\_\_\_\_\_ **JV Girls**

\_\_\_\_\_ **8<sup>th</sup> Boys**

\_\_\_\_\_ **8<sup>th</sup> Girls**

\_\_\_\_\_ **7<sup>th</sup> Boys**

\_\_\_\_\_ **7<sup>th</sup> Girls**

**Boys Coach** \_\_\_\_\_ **Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

**Girls Coach** \_\_\_\_\_ **Phone** \_\_\_\_\_ **Email** \_\_\_\_\_



## 2010 - Llano Cross Country Invitational

Date: Saturday, September 11th, 2010

Location: Llano High School: 2509 South HWY 16

Registration: Beginning at 7:30 A.M. (HS Cafeteria) We will have donuts and coffee for the coaches.

Running Schedule (rolling Schedule):

- \* **8:30**
- |  |                        |
|--|------------------------|
| 1.) Varsity Girls                          | (2miles)               |
| 2.) Varsity Boys                           | (5K)                   |
| 3.) Junior Varsity Girls                   | (2miles)               |
| 4.) Junior Varsity Boys                    | (5K)                   |
| 5) 7 <sup>th</sup> & 8 <sup>th</sup> Girls | (two chutes) (2 miles) |
| 6.) 7 <sup>th</sup> & 8 <sup>th</sup> Boys | (two chutes) (2 miles) |

Meet Course: All trails consisting of grass and dirt. No Pavement!!! Challenging elevation changes throughout the course. One of the best courses in the state!

Awards: Team Championship (all divisions)  
Team Runner-Up (all divisions)  
Individual Medals for top 15 (all divisions)

Entry Fees: \$75.00 per team per division or \$15.00 per individual if fewer than 5 entries in a particular division. Make checks payable to Llano High School. Please mail your checks before the meet or bring them on race day. Mail Checks to:  
Coach Carter  
Llano High School  
2509 South HWY 16  
Llano, TX 78643

Meet Entries: May run up to 10 athletes per team. May enter more than one team in a division.

\*\*\*\*\*Entry instructions will be sent out once you have confirmed that your team is attending. Entries will be need to be submitted using HY Tek Team Manager. Entries need to be submitted via e-mail to: [scarter@llano.k12.tx.us](mailto:scarter@llano.k12.tx.us)

Entries Due by 12:00pm, Wednesday September 8th or earlier.

If there are any questions contact:

Coach Shaun Carter  
E-Mail: [scarter@llano.k12.tx.us](mailto:scarter@llano.k12.tx.us)  
Girls Sports Office: 325-248-2219  
Cell #: (325) 248-4550  
Fax: 325-247-2122