



## Onalaska 2010 Cross Country Invitational

**Thursday, September 23rd, 2010**

### Meet Schedule:

4:15 Varsity Girls (3200 m)  
4:35 Varsity Boys (5000 m)  
5:00 JV Girls (3200 m)  
5:20 JV Boys (5000 m)  
5:50 Jr. High Girls (2400 m)  
6:10 Jr. High Boys (2400 m)  
\* Note: Jr. High Girls and Boys  
may be run together if darkness  
is an issue.

### Awards:

Top two teams for each division  
Top 15 Individual Varsity Races  
Top 10 JV and Jr. High Races

### Results:

Will be posted approximately 30 minutes  
after the race and team awards presented.  
Will also be sent to TexasTrack.com &  
TxRunning.com and mailed to each school.

### Entry Fee:

\$75 per gender (one fee for JV and Varsity) for the high school competition. The fee for the middle school race is an additional \$75, which includes both the boys and girls. A team bringing both high school men and women with a junior high school team would pay \$225 total. Payment can be made on race day by cash or check, filled out to "Onalaska Cross Country." Please make sure you have the correct amount on your check. Qualified refunds will be mailed. Individuals are \$10 each.

### Entry Deadline:

**Entries will be due on Monday September, 20th by 5:00 pm.**  
The race will be limited to the first 20 schools to apply.

### Entry Process:

Entries must be e-mailed to Lloyd Cain ([lcain@onalaskaisd.net](mailto:lcain@onalaskaisd.net)), or faxed to Lloyd Cain (936) 646-1022. Please submit your entries as a men's and women's lists. We will sort the varsity, junior varsity, and middle school entries when we compile the results. Please type the entries in the following format: "Last Name, First Name." Any seven (7) will be allowed to run in the varsity races. There will be unlimited entries in the JV and middle school races.



- Packet Pickup:** Will be behind the school.
- Location:** Onalaska High School campus, Onalaska, TX
- Course:** The course is on the Onalaska High School Campus, on dirt and grass, with about 30 feet that runs across concrete parking. HS boys will run a 1½ mile loop twice. HS girls will run a mile loop twice. JH will run the 1½ mile loop once. It is mostly shaded and viewer friendly with large areas for tents. Locker rooms will be open.
- Medical:** EMT's from Onalaska VFD will be on site. Water will be available.
- Parking:** All parking will be in front of the school. Bus parking will be reserved.
- Concessions:** Concessions stand will sell soft drinks, water and sports drinks.

### **Directions to Onalaska High School**

#### Heading West on Hwy 190 from Livingston –

Approximately 13 miles west of Livingston, you will come to a traffic light at the intersection of Hwy 190 and FM 3459. Turn right (North) onto FM 3459 and go approximately 2 miles. Onalaska High School will be on the left. The second driveway (North side) is the entrance. Park in front of the school..

#### Heading East on Hwy 190 from Huntsville –

After crossing over the big bridge over Lake Livingston and entering Onalaska, continue to the 3<sup>rd</sup> traffic light at the intersection of Hwy 190 and FM 3459. Turn left (North) onto FM 3459 and go approximately 2 miles. Onalaska High School will be on the left. The second driveway (North side) is the entrance. Park in front of the school.

**For Questions or Information:** Contact Lloyd Cain:  
(936) 646-1020 (office),  
(936) 646-1034 (room),  
(936) 328-7711 (cell),  
or email [lcain@onalaskaisd.net](mailto:lcain@onalaskaisd.net).



## School Entry Confirmation

**Date/Time:** September 23, 2010 - Races will start at 4:15 pm.

**Contact:** Please contact Lloyd Cain with any questions:  
(936) 646-1020 (office) (936) 646-1034 (room)  
(936) 328-7711 (cell) email: [lcain@onalaskaisd.net](mailto:lcain@onalaskaisd.net)

**Confirmation:** Please confirm your team's entry by faxing it to Lloyd Cain at (936) 646-1022. You may email or fax your entries.

School: \_\_\_\_\_

Coach's Name: \_\_\_\_\_ Coach's Email: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Office Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

**Check the races in which you will be competing:**

\_\_\_\_\_ Varsity Boys                  \_\_\_\_\_ Varsity Girls

\_\_\_\_\_ JV Boys                          \_\_\_\_\_ JV Girls

\_\_\_\_\_ Jr. High Boys                  \_\_\_\_\_ Jr. High Girls