

SCS I

SEASON WARM UP INVITE HOSTED BY SOUTHWEST CHRISTIAN SCHOOL

The purpose of this meet is to get our athlete's feet wet and give us as coaches a chance to see where our kids are and introduce our new runners to a competitive race environment. Please note the race distances. This race will be limited to 15 schools per division or 150 runners max per race.

DATE: Friday, August 27, 2010

NEW LOCATION: Dutch Branch Park, Benbrook, TX (right beside the YMCA on the corner of 377 and Winscott.) This course will be a great improvement over last year. A wide open start and much easier for coaches and spectators to see the runners throughout. The course is relatively flat and all grass.

SCHEDULE :

7:30 – MIDDLE SCHOOL BOYS	1.5 M
8:00 – MIDDLE SCHOOL GIRLS	1.5 M
8:30 – JV GIRLS	2 M
9:00 - VARSITY GIRLS	2 M
9:30 - VARSITY BOYS	5K
10:00 – JV BOYS	2 M

You may run up to 12 runners on a varsity team. Or you may enter up to two varsity squads in a race.

If you're interested in running you need to contact coach Bird. It is a first come first serve basis. Races will be closed at 15 schools.

COACH COBY BIRD – cbird@southwestchristian.org
Cell 817-713-2856

Trophies will be awarded to the top 2 varsity teams and top JV and Middle School team. Medals will be presented to the top 10 individuals in each race.

Fees –

High School - 1 team - \$40 per team per division. **Max is \$160 per school.**
Middle School - \$100 flat fee unlimited entry. \$50 if you are only entering boys only, or girls only.