

 **Richardson Independent School District**  
**LAKE HIGHLANDS HIGH SCHOOL**  
9449 Church Road, Dallas, TX 75238-1499

**LAKE HIGHLANDS INVITATIONAL CROSS COUNTRY MEET**

**Team/meet website:** <http://theendresultco.com/xc/>

**Date:** Saturday, September 20, 2008

**Race Site:** **Norbuck Park**, Northwest Highway & N. Buckner Ave. (150 N. Buckner Blvd.)

**Course:** Boys 5K - featuring a challenging wooded hill  
**All Girls** 2.0 miles - incorporating the big hill (No 4K race)

All courses are run entirely on grass/dirt trail

**Time Schedule:**

7:30 Registration  
8:30 Varsity Girls Large School – 4A/5A  
9:00 Varsity Boys Large School – 4A/5A  
9:30 Varsity Girls Small School – 1A/2A/3A/Private  
9:55 Varsity Boys Small School – 1A/2A/3A/Private  
10:25 JV Girls – ALL DIVISIONS  
10:50 JV Boys – ALL DIVISIONS

**Awards:** Trophies to Champion & Runner-Up teams per division  
Awards to top 20 in all Varsity divisions/top 15 in Junior Varsity

**Entry Fees:** \$50 per team  
\$10 per individual runner

**Make Checks Payable & Send to:**

Lake Highlands Wildcat Club  
C/O Alonna Knott-Cross Country  
Lake Highlands Freshman Center  
10200 White Rock Trail  
Dallas, Texas 75238

**Questions:** Please e-mail, call, or fax Alonna Knott

**Fax Number:** **469-593-1327**

**School e-mail:** [Alonna.Knott@richardson.k12.tx.us](mailto:Alonna.Knott@richardson.k12.tx.us)

**School Phone** **469-593-1345**

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## **Entry Information**

### **LAKE HIGHLANDS INVITATIONAL CROSS COUNTRY MEET**

**September 20, 2008**

**We will adhere to a STRICT registration cutoff of Wednesday, 9/17. Thanks for your understanding.**

**Note that you will enter your entire team on "the end result" web site in advance (even if you are unsure who specifically will compete).**

**If you plan to run a second varsity team in one race, you will need to make team declarations at the registration table on race morning.**

**Otherwise, be sure your athletes run in the correct race. They will be scored in the race they run.**

**Fax Number: 469-593-1327**  
**School e-mail: [Alonna.Knott@richardson.k12.tx.us](mailto:Alonna.Knott@richardson.k12.tx.us)**  
**School Phone 469-593-1345**

*Varsity entries will be limited to 7 runners per team. A school may enter more than one varsity team. You may have unlimited JV runners.*