

# NORTH HOPKINS INVITATIONAL CROSS COUNTRY MEET

Date: **Thursday, September 16, 2010**

Race Site: **North Hopkins School (HWY 71 West-- 12 Miles North of Sulphur Springs—(School is in Birthright))**

Check in Time: 3:00 – 3:45

**Concession stand will be available**

**This will be a rolling schedule. Races will be started approximately every 20 to 25 minutes.**

Race Times: 4:00 pm Youth Fun Run\*\*(3&4---5&6) 1 Mile  
**\*\* No charge--Sign up at Starting Line**

	<b>4:30 pm</b>	<b>Junior Varsity Girls</b>	2 Miles
	<b>4:50 pm</b>	<b>Varsity Girls</b>	2 Miles
	<b>5:10 pm</b>	<b>Junior Varsity Boys</b>	3 Miles
	<b>5:35 pm</b>	<b>Varsity Boys</b>	3 Miles
	<b>6:00 pm</b>	<b>Junior High Girls</b>	2 Miles
	<b>6:20 pm</b>	<b>Junior High Boys</b>	2 Miles



**Awards:**

<b>Jr. High</b>	1 <sup>st</sup> & 2 <sup>nd</sup> Place Teams	(Plaque)
	Top 20 Runners	(Medals)
<b>JV</b>	1 <sup>st</sup> & 2 <sup>nd</sup> Place Team	(Plaque)
	Top 20 Runners	(Medals)
<b>Varsity</b>	1 <sup>st</sup> & 2 <sup>nd</sup> Place Teams	(Plaque)
	Top 20 Runners	(Medals)
	1st & 2 <sup>nd</sup> Place Team Members	(Medals)

**Course:** Grass Trail

**Entry Fee:** \$50.00 per team or \$15.00 per individual. \$150.00 maximum per school. Varsity teams are limited to seven (7) runners. **Make check payable to North Hopkins ISD.** You may bring your fee to the meet.

<b>Mail Entry or</b>	North Hopkins High School	(903) 945-2192 (school)
<b>Fax to:</b>	Attn: Richard Akerhielm	(903) 945-2869 (home)
	1994 FM 71 West	(903) 335-1655 (cell)
	Sulphur Springs, TX 75482	(903) 945-2531 (fax)

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School: \_\_\_\_\_ Coach: \_\_\_\_\_  
 Phone: (Work) \_\_\_\_\_ (Home) \_\_\_\_\_  
 email: \_\_\_\_\_ (cell) \_\_\_\_\_

Teams Entering: VG \_\_\_\_\_ JVG \_\_\_\_\_ JHG \_\_\_\_\_  
 VB \_\_\_\_\_ JVB \_\_\_\_\_ JHB \_\_\_\_\_

**Amount of fees** Individual Girls \_\_\_\_\_ Race \_\_\_\_\_  
 \_\_\_\_\_ Individual Boys \_\_\_\_\_ Race \_\_\_\_\_