



"BUILDING A TRADITION ONE MILE AT A TIME"

Dear Coach,

On October 1, 2011, Cypress Woods HS will be hosting its 2<sup>nd</sup> Annual Cross Country Invitational and we would like your teams to participate. The Course will be flat and fast with minor elevation changes and will be a great opportunity in many ways. The meet last year was a huge success and we would like to put on another quality event for you this year. If you are interested in participating, please send me an e-mail and let me know what divisions you will be participating in. The meet will be limited to about 10-12 teams in each of the Boys and Girls Divisions. There will be a Championship Varsity Boys and Varsity Girls division that will be a 5K for both genders, a Varsity Boys/Girls White Division, Junior Varsity Boys/Girls, Freshmen Boys, and an Open division that your extras and any JH/MS athlete can participate in. Please pass this on to your MS/JH coaches and encourage them to pass it along to their athletes as it will be a great event.

**Awards:** Trophies will be awarded to the first **15 finishers** in the Championship division (picture above) and medals will be given to the top **15 finishers** in all of the other divisions (minus the open race). A plaque will be awarded to the first place team in each division except the Open Race.

**Results:** Results will be compiled using Hy-Tek's Cross Country Meet Manager program and will be posted on [www.texastrack.com](http://www.texastrack.com) and [www.txrunning.com](http://www.txrunning.com). In addition, they will be available at the meet prior to your departure given there are no technical difficulties. No times/places will be taken in the Open Race. It will be the Coaches responsibility to time each of their athletes.

**Entry Fees:** \$50.00 per Boys team and \$50.00 per girls team, to be mailed in advance or to be paid upon arrival to the meet. There will be no charge for any MS/JH runner in the Open Race. **This is a Booster Club Event and no athletic agreements will be honored. Please make checks payable to: Cy Woods Athletic Booster Club or CWABC.**

**Entry Limitations:** Maximum of 7 runners per team in all divisions and unlimited in the open race.

**Course:** All grass, flat, very fast with great footing – it is extremely spectator-friendly.

**Packet Pick-Up:** Packets may be picked up Saturday morning starting at 6:30 a.m. Packet pick-up will be located at the white tents directly to the side of the finish chute.

**Parking:** Bus Parking will be in the South parking area known as the Band Practice Area on the East side of the school near the portable buildings. All buses need to park in this area and use the **South Entrance** to enter this lot (near the Auditorium and Gravel Lots). Spectator parking will be in the parking areas near the tennis courts and the Track and will use the **North Entrance** (near the Baseball Field).

## **Running Schedule:**

### **Rolling Schedule.... Times are estimates**

7:50 AM – Varsity Girls	Championship Division	5K
8:15 AM - Varsity Boys	Championship Division	5K
8:35 AM – Varsity Boys	White Division	5K
9:00 AM – Varsity Girls	White Division	2 Miles
9:20 AM – JV Boys	JV	5K
9:45 AM – JV Girls	JV	2 Miles
10:05 AM – Freshmen Boys	Freshmen	2 Miles
10:25 AM – Open Race	Open	2 Miles

**Entry Deadline:** Please e-mail your entries by **3:30pm, Friday, September 23, 2011.**

**Submitting Entries:** Entries will be accepted by e-mail only. Please submit your entries to: [gregory.zarate@cfisd.net](mailto:gregory.zarate@cfisd.net). **If you do not get a reply from me with 24hrs after you send in your entries, please contact me immediately.**

**Changes:** Any changes to your entry form must be received by 3:30pm, Wednesday, September 28<sup>th</sup>. If at all possible, I would like to eliminate any changes to the entries on race day. To help this, I will send out a master entry list to all coaches on Tuesday September 27<sup>th</sup> for you to verify your entries.

We look forward to your participation and hope that you have a great finish to your current school year.

**Please shoot me an email as soon as you confirm your participation to reserve your spot.**

Sincerely,

Gregory Zarate  
Cypress Woods HS Cross Country  
Cell: 281-413-9027  
[gregory.zarate@cfisd.net](mailto:gregory.zarate@cfisd.net)

**Please include the following information in your entries via e-mail to me: Please type these out and send them as an attachment or in the body of your email.**

**School Name and if it is boys or girls**  
**Coaches Name**  
**Coaches E-mail**  
**Coaches Cell number**

**Division:**  
**Athletes Names.... (7 names)**

**Division:**  
**Athletes Names.... (7 Names)**

**Etc.....**