

The 4th Annual Henderson XC Invitational

Wednesday, October 9, 2013

Henderson High School

400 Montgomery Avenue

West Chester, PA 19380

Time Schedule-

6:00-Section 1 boys

6:20-Section 1 girls

6:35-Section 2 boys

6:50-Middle School Girls Mile

7:00-Middle School Boys Mile

7:10-Elementary School Mile(K-5th Grade-Boys and girls together)

7:20-Community Mile-Open to all-One section.

7:30-Section 2 girls

7:45-Section 3 boys

Format-The races will be run on the track at Henderson. Each race will be 3200 meters.

Please send your entries in an excel spreadsheet with the following columns: Last Name, 1st Name, School, Grade, Seed time. NFHS uniform rules will apply. We will add a 3rd section of girls at 5:45 if necessary.

The middle school race will be 1 mile with a limit of 10 boys and 10 girls per team.

Entries due via e-mail by October 8 at 9PM.

There will be a concession stand at the meet. Admission will be charged for spectators.

Cost-\$100 per team. Boys and girls are separate teams. Middle School Cost-\$40 per team(combined boys and girls)

Elementary and Community-\$5 per runner-can enter at the race.

Checks should be made payable to Henderson XC.

Results will be posted at www.runccrs.com.

Henderson XC Invitational

School_____Boys_____Girls_____

Address_____City_____State_____

Coach_____Phone_____e-mail_____

Return this form to Kevin Kelly/ Henderson High School, 400 Montgomery Avenue, West Chester, PA 19380. E-mail questions to kkelly1@wcasd.net