



STE Saints & Bellaire Cardinal Invitational
Saturday October 3, 2015
Willow Waterhole
5300 Dryad Dr, Houston, TX 77035



We will be using athletic.net to sign up for the meet. You need to register your school and add athletes.

<http://www.athletic.net/CrossCountry/Results/Meet.aspx?Meet=106020>

Entries due: Sept. 29th

Directions:

From the North /West: Take Sam Houston Toll Road South towards US ALT 90. Exit US ALT 90 East towards Chimney Rock. Go North (Left) on Chimney Rock to Dryad which is south of Westbury High School.

From the South/ East: Take 610 West towards S. Main. Exit S. Main (US ALT 90 West) towards Chimney Rock. Go North (Right) on Chimney Rock to Dryad which is south of Westbury High School.

Drop off at the corner of Dryad and Burdine. Buses please park at Westbury High School parking lot on the corner of Gasmer and Burdine.

Schedule: We will be using a rolling schedule, so start times will be tentative.

7:30 am	check in / course preview
8:00am	Freshman Boys – 2 miles
8:30am	Varsity Girls: Saints Division – 2 miles
9:00am	Varsity Boys: Saints Division – 5K
9:30am	JV Girls: 2 miles
10:00am	JV Boys: 5K
10:30 am	Varsity Girls: Cardinals Division – 5K
11:00 am	Varsity Boys: Cardinals Division – 5K
11:30 am	Middle School Girls: 2 miles
12:00 pm	Middle School Boys: 2 miles

Coaches may choose which division to run on Varsity – Saints Division or Cardinals Division. The Saints Division is the slower varsity race and is mainly for 4A and below with Private Schools. The Cardinals Division is the faster varsity race and is mainly for 5A and above. But it is coaches' choice to pick the division.

Awards

Varsity: 15 individual medals; 2 team trophies

JV and Freshman: 15 individual medals; 1 team trophy

Middle school: 15 individual medals; 1 team trophy

Entries

Up to 10 runners from each school may run in the varsity race. Unlimited entries in JV, Frosh, and MS divisions.

All entries must be submitted on athletic.net Entries are due by 5:00 pm Monday, September 29th.

Entry Fee:

\$75 for High School Boys' Teams, and \$75 for High School Girls' teams.

\$75 for Middle School Boys' Team, and \$75 for Middle School Girls' Team.

\$20 per runner for schools with less than 5 runners. Max Payment: \$250.

Please make all checks payable to St. Thomas Episcopal. All Fees are due at the meet.

St. Thomas Episcopal

Questions ?

4900 Jackwood

Call Bret Ramsey (281) 725-0126 or Brett Hervat (713) 899-2131

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ATTN: Bret Ramsey