**Benbrook MHS and South Hills High School Invite you to attend the**

**1st Annual Prowl in the Park**

**Cross Country Meet**

**When: Friday, September 25, 2015**

**Location: Dutch Branch Park, Benbrook, Texas 76126**

**Course: Hilly mowed grass, lake view, and very challenging**

**Varsity Girls - 3 miles**

**Varsity Boys - 3 miles**

**Girls - 2 miles**

**JV Girls - 3 miles**

**JV Boys - 2 miles**

**Awards: Plaques for the first place team and medals for the top 15 individuals in each race will be awarded.**

**Cost: $75.00 per team**

**$250 maximum per school (fees due by Sept 15th)**

**Check-in: 7:00-8:00**

**Meet schedule: 8:00- Varsity Girls**

**8:30- Varsity Boys**

**9:00- JV Girls**

**9:30- Girls 3200**

**10:00- JV Boys**

**Coach: All Entries will be done through athletic.net. Entries will be closed by September 21, 2015. Information will be attached to your confirmation email.**

**School:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Coach Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please circle division for girls:**

**TEAMS: VG\_\_\_\_\_\_\_\_\_ JVG \_\_\_\_\_\_\_\_ Girls 2 miles\_\_\_\_\_\_\_\_**

**VB \_\_\_\_\_\_\_\_\_ JVB \_\_\_\_\_\_\_\_\_**

**For more information, please contact:**

**Jason Dunkelberger – School Phone: 817-815-7100 Cell Phone 817-966-5697**

**Fax: 817-815-7150 Email:** [**Jason.Dunkelberger@fwisd.org**](mailto:Jason.Dunkelberger@fwisd.org)

**Or Donna Warner 817-9462673**

**Make checks payable to: Benbrook Cross Country co/ Jason Dunkelberger**

**Benbrook Middle High School, 201 Overcrest Drive, Benbrook, TX 76126**