The 5th Annual Henderson XC Invitational

Wednesday, October 8, 2014
Henderson High School
400 Montgomery Avenue
West Chester, PA 19380
Time Schedule-
5:50-Section 1-boys' 3200m
6:05-Section 1 girls' 3200m
6:22-Section 2 boys' 3200m
6:36-Section 1 boys' Mile
6:44-Section 2 boys' Mile
6:50-Middle School Girls' Mile
6:58-Middle School Boys' Mile
7:05-Section 1 HS Girls' and Elementary School Mile(K-5th Grade-Boys and girls together)
7:15-Section 2 HS Girls' Mile
7:22-Community Mile-Open to all-One section.
7:30-Section 2 girls' 3200m
7:45-Section 3 boys' 3200m
Format-The races will be run on the track at Henderson. 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.
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 7 at 9PM.
There will be a concession stand at the meet.
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. There will be a concession stand and T-shirts for sale. Admission will be $3.
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