2013 Ram Ramble Cross Country Invitational

We would like to invite you the Ram Ramble Invitational High school/college meet

**Saturday, September 21, 2013**

*Gateway Park Fort Worth, TX 76117* *(Located off of Beach Street)*

**ENTRIES:** on <http://directathletics.com>

**ENTRIES Deadline: Friday 20 12:00 Noon**

*Race Schedule: 8:15 am* ***Women 5k college***

 ***Men 8k college***

 **HS JV Girls 3200**

 **HS JV Boys 5k**

 ***3A and PVT school Girls 3200***

 ***3A and PVT School Boys 5k***

 ***4A -5A Girls 5k***

 ***4A-5A Boys 5k***

 **Middle school girls and boys (3200m**

**Team Parking:** There is a large High School meet in conjunction with this College meet. Coaches are advised to arrive early to avoid parking delays

**Entry Fee:** Varsity and JV Girls $150

 Varsity and JV Boys $150

 College Men and Women $250

 Middle School boy and girls $150

 Individuals $15

 Unattached athletes $15

\*All team payments must be received before the meet date or on the morning of the meet at check in.

**Teams will not be allowed to compete until payment is received!!!**

**Checks payable to:** Texas Wesleyan University Cross Country Team

 1201 Wesleyan Street

 Fort Worth, Texas 76105

**Scoring:** Complete Individual results will be compiled (order of finish). Team Scoring will be tabulated top 5 individual of each school to obtain top score.

**Sports Medicine**: Texas Wesleyan University Sports Medicine personnel will be set up at the course at approximately 7:30 a.m. on race day. Coaches with special needs for any athletes (modalities) or if you are not traveling with a trainer should contact Kyle Morgan Sports Medicine at (817)531-7590

**Results**: will be posted to [www.txwes.edu](http://www.txwes.edu) at the conclusion of the meet.

**Restrooms:** Limited portable restroom facilities will be located at Gateway Park.

**COURSE:** Texas Wesleyan University uses Gateway Park to host Cross Country meets. The Start Area will be in front on the dog park area. The course will consist of a loop, plus a finish. Footing is excellent (grass), spikes are recommended. Course maps will be posted on Cross Country web sat.