**Elizabeth High School**

**9th Annual Cross Country Invitational**

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**Tuesday, September 11, 2018**

Dear Coaches,

I would like to formally invite you to our eighth annual Elizabeth High School Cross Country Meet. This course boasts of multiple types of surfaces and elevation changes. The challenging course starts and finishes in the stadium and is great for coaches getting mile splits. We are pleased that Hallucination Sports will be handling the timing at our meet again this year.

We will be having Varsity and Junior Varsity boys and girls races. All schools are welcome! Plaques will be awarded to the top two varsity teams in each varsity division as well individual awards for the top finishers in each race.

The entry fee will be as follows: 15 or fewer runners $130

15 or more runners $160

The time schedule for the race is as follows:

Check-in 2:45 (coaches check-in at the equipment building south of the football field)

Coaches Meeting 3:00 (also at the equipment building)

Girls Open 3:35 (unlimited)

Boys Open 4:10 (unlimited)

Girls Varsity 4:45 (run 7, score 5)

Boys Varsity 5:20 (run 7, score 5)

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Varsity Team Awards Immediately After the Final Race

~ Race times are subject to change only due to weather concerns –1st race will not begin early

Course Records (current configuration): Chase Dornbush, Lakewood - 17:01.00

Kayla Young, Denver North - 19:18.90

Space is limited, so reserve your spot early!

Hope to see you September 13th and best of luck to you and your team this upcoming season!

Head XC Coach Alan Small Asst. XC Coach Colin Lyons EHS Athletic Director Gentry Nixon

[arccsmall@live.com](mailto:arccsmall@live.com) clyons@esdk12.org [gnixon@esdk12.org](mailto:gnixon@esdk12.org?subject=)

303-748-2823 720-289-1205 303-646-4616

**Please Print Clearly**

**Entry Form: 9th Annual Elizabeth XC Invitational**

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| **Coach** |  | **Cell #** |  | **Email** |  |

**Tuesday, September 11, 2018 – Elizabeth High School, Elizabeth, Colorado 80107**

**RSVP To Elizabeth High School Fax: 303-646-6030**

**(Please circle)**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **High School** Will Attend Will Not Attend

**Please circle all applicable:** Boys Varsity Girls Varsity Boys Open Girls Open

**ELIZABETH HIGH SCHOOL** ⬥ **PO BOX 660** ⬥ **ELIZABETH, CO 80107** ⬥ **303-646-4616 (P) 303-646-6030 (F)**