

Carrollton Greenbelt Championships

Date: Friday, September 4, 2009

Race Site: Carrollton Christian Academy
2205 E. Hebron Pkwy
Carrollton, TX 75010

Divisions: Elementary (grades K-5) 800 meters (individuals only, no team entries)
Varsity Girls 3200 meters *****
Varsity Boys 5k meters *** Max 9 runners for these div.
Middle School Girls 3200 meters * Enter others as individuals
Middle School Boys 3200 meters ***** or as a second team
The course is located on our campus.

Time Schedule:

3:30 PM Check in
4:30 Elementary
4:50 Varsity Boys
5:30 Varsity Girls
6:00 Middle School Boys
6:30 Middle School Girls

Awards: Plaques to the top two teams in each division. Awards to top 15 runners in each division.

Entry Fees: Individual \$10.00
Teams \$50.00 per team (Maximum of \$200 per school)

Make Checks Payable to:
CCA Cross Country

Mail Checks to:
Carrollton Christian Academy
Attn: Tim Fisher
2205 E. Hebron Pkwy
Carrollton, TX 75010

Questions:
Tim Fisher 214-460-4141 (cell) or tfisher@ccasaints.org

CARROLLTON GREENBELT CHAMPIONSHIPS

Entry Form

September 4, 2009

Please email or fax this information to:

Email: tfisher@ccasaints.org
Fax Number: 972-245-0321
Address: Carrollton Christian Academy
2205 E. Hebron Pkwy
Carrollton, TX 75010
Attn: Tim Fisher
School Phone: 972-242-6688
Coach Fisher's Cell: 214-460-4141
Make Checks Payable to: CCA Cross Country

The following team(s) will participate in the Greenbelt Championships:

Varsity Girls _____ Varsity Boys _____
Middle School Girls _____ Middle School Boys _____
Number of Elementary Runners _____
Coach's Name: _____
School: _____
E-mail address: _____
Phone: _____
School fax#: _____

Thank you!

(Enter names of runners through athletic.net by 9/1/09.)

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(HS #20644, MS #20640)

Online Entry Submission

This meet is using free online registration at Athletic.net!

Athletic.net is a resource for Track & Field and Cross Country coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and free tools to simplify coaching tasks. **Follow the 4 steps below to get started:**

1. Locate your school and sign up for a free coach account *(if you do not have one)*

- Go to the website: www.athletic.net
- Click on your level under "Cross Country"
- Click on your state, and then your school
- Once on your school's page, click the "**Sign Up Here**" link and follow the instructions
- After receiving the confirmation email, continue with these instructions

2. Add meets to your season calendar

- Use your email address and password to sign into the website, and click on your school's name in the left navigation bar
- Click "**Edit Calendar**" in the Coach Tools bar at the top of your school home page
- Where it says "Meet ID:" enter **20640** and click **Add**
- Review the information and click **Save and Continue >**
- You may need to click **Save and Continue >** again
- Repeat this process for the rest of your season calendar *(You can also add meets by date, if you don't know the Meet ID)*
- Verify on the "Edit Calendar" page that your calendar is correct. Use the Edit button next to the meet to make corrections.

3. Enter team roster

- Click "**Edit Athletes**" on the Coaches Toolbar, on your school's page
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option

4. Register athletes for the Carrollton Greenbelt Championships

- Locate **Carrollton Greenbelt Championships** on your school's main cross country page and click on it
- On the right under **Team Tools**, click **Register Athletes**.
- Click **Increment Divisions** to quickly register all your athletes in the first race division,
- or manually select the race division for each athlete
- Use the boxes on the bottom of the page to add additional athletes to your roster

You can use the meet registration feature of Athletic.net for all your meets. You can print out and fax the entries, or the host team can download them from the website, all for free.