

Ken Garland / Northwest High School Cross Country Invitational

Saturday, September 19th 2009
UNT Golf Course in Denton, Texas

Coaches,

You and your teams are invited to the 3rd Annual Ken Garland / Northwest High School Invitational Cross Country Meet. We have several different divisions to compete in as well as a "Little Texan" one mile race for any youth competitors interested. We hope to attract some of the finest High School competition around and your athletes will also have the opportunity to watch the University races. Please consider us as you are working on your 2009 schedule. (space is limited)

Best of Luck this season,

George Lutkenhaus
Northwest Cross Country
940-458-9376 hm / 940-368-5687 cell
glutkenhaus@nisdtx.org

Race Schedule: 8:00am: Varsity Elite Girls (2miles) (Elite Race) (Big Schools or Small Schools looking for a challenge)
(Rolling Schedule) University Women (5k)
Varsity Elite Boys (5k) (Elite Race) (Big Schools or Small Schools looking for a challenge)
University Men (8k)
Varsity Girls (2miles) (Big School "A" or "B" squads not wanting to run Elite Race + Small Schools)
Varsity Boys (5k) (Big School "A" or "B" squads not wanting to run Elite Race + Small Schools)
Junior Varsity Girls (2mi) (Unlimited)
Junior Varsity Boys (5k) (Unlimited)
Middle School Girls (2 mi) (Unlimited)
Middle School Boys (2 mi) (Unlimited)
Little Texan Run (1 mile) must sign wavier

* Only one team per division please ("A" squad may run in Elite Division / "B" squad in Varsity Division / Rest in JV Division*

Course: The course will be at the UNT Golf Course located off of I-35 in Denton directly across from Fouts Field at the UNT Athletic Facilities. The course itself is grass with some challenging hills.

Registration: ***Please e-mail ASAP glutkenhaus@nisdtx.org to assure a spot.*** Then submit all individual entries through www.athletic.net by Wednesday, September 16th. Packet pick-up will begin at 7:00am on race day. (*You must have e-mail confirmation from Coach Lutkenhaus before you attempt to enter.*) Detailed information will be e-mailed to all participating schools a few weeks before the meet.

Fees: **HS/MS \$50 per team (max \$250per School) – Little Texan Run \$10 per ind.**
Make Checks payable to **Northwest High School**
Mail to: Northwest CC Invitational
c/o George Lutkenhaus
2301 Texan Drive
Justin, Texas 76247

Ken Garland / Northwest High School Invitational (#19847)

Online Entry Submission

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

HIGH SCHOOL ENTRIES!!!

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 **19847** 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 Ken Garland / Northwest High School Invitational

- Locate **Ken Garland / Northwest High School Invitational** 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

Ken Garland / Northwest High School Invitational (#19857)

Online Entry Submission

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

MIDDLE SCHOOL ENTRIES!!!

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 **19857** 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 Ken Garland / Northwest High School Invitational

- Locate **Ken Garland / Northwest High School Invitational** 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