



What: 5th Ever CHS Co-Ed Cross Country Relays August 15

MEET FORMAT: 2 Divisions ---- Varsity/JV; each school can enter unlimited teams; a team will consist of (4) runners, 2 boys, 2 girls and can place them any order you wish; Team members will each run 2 miles; You can also run your kids in JV and then in varsity if you wish; this will be a good workout/competition meet and a great way to start the year; Bring a relay baton or something you can use in your relay exchanges; we will also have plenty of extra relay batons to use if needed

DATE: Saturday, Aug. 15, 2015;

SITE: Comfort High School;

RACE TIMES: JV @ 9 A.M.; VARSITY @ 9:45 A.M.

ENTRY FEE: \$50 per school with checks payable to **Comfort Cross Country**

AWARDS: Medals to the members of each of the top 3 teams in each division (V/JV) and a championship plaque to each division/relay winner

Teams indicated to attend so far: Comfort, Vanguard, Lago Vista, Poteet

**Contact Coach Billy Nabours: billy.nabours@comfort.txed.net or coach@ktc.com;
cell is 830-456-9105**