## **Houston Lamar Cross Country Meet 2015**

Houston Lamar will host a Cross Country Meet on September 4<sup>th</sup>. The meet will be held at T.C. Jester Park by the Swimming pool area. It will be hot bring extra water!!!!!!

Time: 4:20 Varsity Boys 3 mile Rolling Schedule

Varsity Girls 3 Mile Awards to top 20 individuals

J.V. Boys 2 miles

J.V. Girls 2 miles

9<sup>th</sup>. Boys 2 miles

Cost: 50 dollars for boys and 50 dollars for girls

## Make Check out to Lamar High School

You can pay at the meet or mail the entry fee to:

Lamar High School

Attention Coach Robert Collett

3325 Westheimer Rd.

Houston, Texas 77098

Please email me at rcollett@houstonisd.org if you plan on attending.

We will run the meet the old fashion way. Cards will be given out at the finish and coaches will submit cards and names and score after each race. I will forward the results to txrunning.com.

T.C. Jester Park Address

4205 T.C. Jester Blvd. , Houston, Texas 77018

Thanks, Coach Collett cell 936 537 0244

You can run more than 7 in the varsity races due to that is the only races that are 3 miles. If you don't think some of the varsity runners are ready for 3 miles and its hot you can run them in the J.V. This is an early season meet and I know some are just getting started.