



Ken Garland / Northwest High School



Cross Country Invitational

Saturday, September 12th 2015

UNT Golf Course in Denton, Texas

Coaches,

You and your teams are invited to the 9th 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 & community 5K for any other 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 2015 schedule. Space will be limited so please confirm your team's spot at glutkenhaus@nisdtx.org

Best of Luck this season,

George Lutkenhaus
Northwest Cross Country
940-368-5687 cell
glutkenhaus@nisdtx.org

Race Schedule:	7:30am:	1. Middle School Girls (3200m)	(Unlimited runners)
	7:50am:	2. Middle School Boys (3200m)	(Unlimited runners)
	8:10am:	3. University/College Women (5k)	
	8:40am:	4. University/College Men (4m)	
	9:10am:	5. Elite Varsity Girls (5k)	(10 runners per school)
	9:40am:	6. Elite Varsity Boys (5k)	(10 runners per school)
	10:10am:	7. Varsity Girls (3200m)	(10 runners per school)
	10:30am:	8. Varsity Boys (5k)	(10 runners per school)
	11:00am:	9. Junior Varsity Girls (3200m)	(Unlimited runners)
	11:20am:	10. Junior Varsity Boys (5k)	(Unlimited runners)
	12:00pm:	11. Little Texan Mile & UNT Community 5K	

Course: The course will be at the old UNT Golf Course located off of I-35 in Denton at the UNT Athletic Facilities. The course itself is all grass and typically a great place to run fast.

Registration: **Please e-mail ASAP glutkenhaus@nisdtx.org to assure a MS/HS spot.** If you do not email to verify your attendance you will not be able to register online. Online registration is due Thursday, September 10th by 4pm. Packet pick-up will begin at 7am 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.

*****For College/University Entry & Payment Info contact: Stefanie.Slekis@unt.edu*****

Fees: **HS/MS \$75 per team (\$300max)**
Little Texan Mile \$5 per person (register at meet / checks payable to Northwest High School)
Community 5K \$15 per person (register at meet / checks payable UNT Cross Country)

Make Checks payable to: **Northwest High School (for HS/MS Entries)**
Mail to: Northwest High School
c/o George Lutkenhaus
2301 Texan Drive
Justin, Texas 76247



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High School and Middle School Entry Info Below:

Ken Garland / Northwest HS Invitational (#105954)

Online Entry Instructions

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

Date	9/12/2015	Host	Northwest
Location	UNT Golf Course Denton, TX 76201	Director	George Lutkenhaus Email glutkenhaus@nisdtx.org
First Race		Phone	

Athlete Registration will be locked on 9/10/2015 at 2:00 PM (Pacific)

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. Sign up for a free coach account

(if you do not have one)

- Go to the website: www.athletic.net
- Click on 'Sign up for a free coach account' on the homepage
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

- Login to Athletic.net using your email address and password
- Click on your team's name in the left navigation bar
- Click "Add Meet" above your calendar box
- Where it says "Meet ID:" enter **105954** 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 that your calendar is correct. Use the Edit button next to meets to make corrections

3. Enter team roster

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

4. Register athletes for Ken Garland / Northwest HS Invitational

- Locate **Ken Garland / Northwest HS Invitational** on your team'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