

Cougar Invitational at Holiday Park

Hosted by Western Hills High School,
Benbrook, TX

September 19th, 2015

Western Hills High School would like to invite you and your team to the Cougar Invitational at Holiday Park in Benbrook, TX. This course will be set along the west bank of Lake Benbrook. It will include a mix of hills and flat sections through wooded trails and open fields. Trophies will be awarded to the top varsity teams and top 10 runners in each race category.

Please email the information below to Coach Jake Bean at jake.bean@fwisd.org to reserve your spot. You may also register for the meet at <http://www.athletic.net/CrossCountry/Results/Meet.aspx?Meet=105313>

Check In: 6:45 a.m.

Start Time: 8:00 a.m.

Order of Events:

6-5A Varsity Girls (5K)
All Varsity Boys (5K)
4A – Under Varsity Girls (2 Mile)
JV Girls (2 Mile)
All JV Boys (5K)
Middle School Girls (2 Mile)
Middle School Boys (2 Mile)

Fees:

Individuals \$10.00
Teams Varsity Teams: \$150.00 each team
JV/Middle School Teams: \$100 each team
(\$400 per school maximum)

Make checks payable to:

Western Hills High School
Attn: Coach Jake Bean
Cross Country
3600 Boston Ave.
Fort Worth, TX 76116
Attn: Coach Jake Bean

If you have any questions please contact Coach Jake Bean at:

School: 817-815-6000

Cell: 817-629-3452

Fax: 817-615-6050

Email: jake.bean@fwisd.org

Follow Link to View Map:

<http://www.google.com/maps?q=Lake+Benbrook,+tx&hl=en&ll=32.650216,-97.471046&spn=0.084842,0.109863&sl=37.0625,-95.677068&sspn=40.732051,56.25&t=h&hq=Lake+Benbrook,+tx&radius=15000&z=13>

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Yes, my team will participate:

Coach Name: _____

School Name: _____

School Address: _____

City: _____ Zip Code _____

School Phone: _____

Home/Cell Phone: _____

E-mail address: _____

Division(circle):

Varsity 5A girls
Varsity 5A boys

4A-under Varsity girls
4A-under Varsity boys

JV girls
JV boys

To expedite the team check in process, please register your athletes on athletic.net by September 16, 2013:

ASAP

Fax: 817-815-6050

E-mail: jake.bean@fwisd.org