

The 7th Annual Henderson XC Invitational

Wednesday, October 19, 2016

Henderson High School

400 Montgomery Avenue

West Chester, PA 19380

Time Schedule-

5:45-Section 1-boys' 3200m

6:00-Section 2-boys' 3200

6:15-Section 1 girls' 3200m

6:32-HS Boys' Mile

6:40-Section 3 boys' 3200m

6:53-Middle School Girls' Mile

7:01-Middle School Boys' Mile

7:08- Elementary School 800m(K-5th Grade-Boys and girls together)

7:15- HS Girls' Mile

7:22-Community Mile-Open to all-Two sections.

7:30-Section 2 girls' 3200m

7:45-Section 3 boys' 3200M

8:00-Open 5000 meters

Format-The races will be run on the track at Henderson. Please send your entries in an excel spreadsheet with the following columns: Last Name, 1st Name, School, Sex, Event, Seed time. NFHS uniform rules will apply.

The middle school race will be 1 mile with a limit of 10 boys and 10 girls per team.

Entries due via e-mail by October 19 at 9PM.

There will be a concession stand at the meet. There will be some great T-Shirts for sale at the meet.

Cost-\$100 per team. Boys and girls are separate teams. Middle School Cost-\$40 per team(combined boys and girls)

Elementary and Community-\$5 per runner-can enter at the race. There will be a concession stand and T-shirts for sale. Admission will be \$3. Open 5000m is \$10.

Checks should be made payable to Henderson XC.

Results will be posted at www.runccrs.com.

Henderson XC Invitational

School_____Boys____Girls_____

Address_____City_____State_____

Coach_____Phone_____e-mail_____

Return this form to Kevin Kelly/ Henderson High School, 400 Montgomery Avenue, West Chester, PA 19380. E-mail questions to kkelly1@wcasd.net