

Capital High School
1500 Greenbrier Street
Charleston, WV 25311
Phone: (304) 348-6500; Fax: (304) 348-6509

Dear Coaches:

Capital High School wishes to extend an invitation to your High School and Middle School Cross County Teams to participate in the Capital High School Invitational. The meet will be held at **Camp Virgil Tate in Charleston, West Virginia on Wednesday, September 30, 2015.** This course is very spectator friendly.

Only the top seven (7) on your team will be scored. You may enter as many runners as you wish, but all runners after the top seven will be removed from scoring and team scores will be re-added.

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| APPROXIMATE TIME: | Girls High School Race | 5:00 pm |
| | Boys High School Race | 5:45 pm |
| | Girls Middle School Race | 6:30 pm |
| | Boys Middle School Race | 7:15 pm |
| | Awards (presented in race order) | 7:45 |
| ENTRY FEES: | Girls High School Team | \$45.00 |
| | Boys High School Team | \$45.00 |
| | Both Boys & Girls Team | \$80.00 |
| | Individual high school runners with no team | \$10.00/runner |
| | Girls Middle School Team | \$35.00 |
| | Boys Middle School Team | \$35.00 |
| | Both Boys and Girls Middle School Team | \$60.00 |
| | Individual junior high runners with no team | \$10.00/runner |
| AWARDS: | Girls High School Team | 1 st and 2 nd place trophy |
| | Boys High School Team | 1 st and 2 nd place trophy |
| | Individual Girls & Boys High School | 1-20 Medals |
| | Girls Middle School Team | 1 st and 2 nd place trophy |
| | Boys Middle School Team | 1 st and 2 nd place trophy |
| | Individual Girls & Boys Middle School | 1-20 Medals |

Thanks and I hope to see you on Wednesday, September 30!

Rodney Nelson
Capital High School
(304) 348 -6500
rodneynelson@mail.kana.k12.wv.us

****NOTE: All Coaches need to register their teams at www.timetoenter.com by 7:00 o'clock a.m. on Tuesday, September 29, 2014.**

All Checks should be made to "Capital High School" with " Cross Country" in the note/memo section.