

George Washington High School

1522 Tennis Club Road

Charleston, WV 25314

9/14/16

Dear Coaches:

George Washington High School wishes to extend an invitation to your High School and Middle School Cross Country Teams to participate in the 8th G.W.H.S. Invitational. The meet will be held at Meadowood Park in Tornado on Wednesday Sept 28th and Thursday September 29th. This course is very spectator friendly. Close Parking will be limited. The meet will be sanctioned by the S.S.A.C.

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.

Hy-Tek Scoring will be used, and we need the names of your runners with your entry form. Scratches, changes, additions and deletions will be allowed at the check-in table the day of the race. Entries must be sent to www.racetimentry.com by 4:00 pm on Friday September 23, 2016.

APPROXIMATE TIME: Wed Sept. 28 th	Girls Middle School	5:00pm
	Boys Middle School	5:45pm
	Awards (presented in race order)	6:30pm
Thurs Sept 29 th	Girls High School	5:00pm
	Boys High School	5:45pm
	Awards (presented in Race order)	6:30pm

ENTRY FEES:	Girl's High School Team	\$40.00
	Boy's High School Team	\$40.00
	Both Boy's & Girls Team	\$70.00
	Individual high school runners with no team	\$7.00 per runner
	Girls Middle School Team	\$40.00
	Boys Middle School Team	\$40.00
	Both Boys and Girls Middle School Team	\$70.00
	Individual junior high runners with no team	\$7.00 per runner

AWARDS:	Girls High School Team	1st - 3rd place trophies
	Boys High School Team	1st - 3rd place trophies
	Individual Girls & Boys High School	1-25 medals
	Girls Middle School Team	1st - 3rd place trophies
	Boys Middle School Team	1st - 3rd place trophies
	Individual Girls & Boys Middle School	1-25 medals

Thanks and I hope to see you on September 28th & 29th!!

Shawn Wheeler

George Washington High School

Athletic Director

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