

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 **Thursday, October 5, 2017**. 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.

RACE TIMES:	Girls High School Race	4:45 pm
	Boys High School Race	5:20 pm
	Girls Middle School Race	5:50 pm
	Boys Middle School Race	6:15 pm
	Awards (presented in race order)	7:00 pm
ENTRY FEES:	Girls High School Team	\$60.00
	Boys High School Team	\$60.00
	Both Boys & Girls Team	\$100.00
	Individual high school runners with no team	\$10.00/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	\$10.00/runner
	Girls High School Team	1 st and 2 nd place
	Boys High School Team	1 st and 2 nd place
AWARDS:	Individual Girls & Boys High School	1-20 Medals
	Girls Middle School Team	1 st and 2 nd place
	Boys Middle School Team	1 st and 2 nd place
	Individual Girls & Boys Middle School	1-20 Medals

Thanks and I hope to see you on Thursday, October 5, 2017

Rodney Nelson
Capital High School

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

REGISTER TO RACE: racetimeentry.com by October 3rd 2017