

Capital High School
1500 Greenbrier Street
Charleston, WV 25311

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. Register by October 1st 2019 on Racetimeentry.com

Saturday October 5th 2019

Camp Virgil Tate 1400 Camp Virgil Tate Rd, Charleston, WV 25312

Only the top seven (7) on your team will be scored. You may enter as many runners as you wish.

RACE TIMES: **Girls High School Race 9:00 am**
 Boys High School Race 9:40 am
 AWARDS HIGH SCHOOL
 Girls Middle School Race 10:40 am
 Boys Middle School Race 11:20 am
 AWARDS MIDDLE SCHOOL

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

AWARDS: Girls High School Team 1st and 2nd place
 Boys High School Team 1st and 2nd place

 Individual Girls & Boys High School 1-20 Medals
 Girls Middle School Team 1st and 2nd place

 Boys Middle School Team 1st and 2nd place

 Individual Girls & Boys Middle School 1-20 Medals

Thanks and I hope to see you on Saturday, October 5, 2019!

Rodney Nelson
Rodneynelson@mail.kana.k12.wv.us
585.414.9154.
Capital High School

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

There will be a spectator fee for all adults.