

FWCD CROSS COUNTRY INVITATIONAL

SATURDAY, SEPTEMBER 13, 2008

SCHEDULE

8:00

* Rolling start in this order will begin at 8:00am

7th Grade Girls

8th Grade Girls

7th Grade Boys

8th Grade Boys

JV Boys

Varsity Boys 3A & under

Varsity Boys 4A & 5A

Varsity Girls 3A & Under

Varsity Girls 4A & 5A

JV Girls

ENTRY FEES

Registration Deadline – September 10, 2008 (no late entries accepted; no exceptions)

\$60 PER DIVISION/\$150 MAX PER SCHOOL

You **MAY NOT** combine your high school teams with your middle school feeder teams. The only exception is if your school is a K-12 or 6-12 school.

If not entering a full team, \$15 per runner (A team consists of at least 5 runners per division).

Payment MUST be received on or before the meet date. If you have problems with this, please contact me immediately.

You will receive e-mail confirmation that we have received your entry form. If you do not receive an e-mail before September 10th and you have sent your entry form, please call DeAnn Hall at 817.302.3273 or 817.240.2504.

REGISTRATION

Please register your runners at www.athletic.net by September 10th. Even if you aren't sure if they're going to be there, go ahead and register them anyway. No additions will be made on race day.

AWARDS

Trophies will be awarded to the top three teams in each race and medals to the top fifteen runners in each race.

FIRST AID

In case of an emergency, a Certified Athletic Trainer will be on campus.

Due to the heat, please bring plenty of cold fluids.

SPECIAL INSTRUCTIONS

- NO LATE ENTRIES OR WALK-UPS WILL BE ACCEPTED
- Remember to fax/mail your entry form back by the September 10th deadline.
- We will clear the course ten minutes before the first race, so if your team would like to walk the course please plan accordingly.

FOR FURTHER INFORMATION CONTACT:

DeAnn Hall

Meet Director

817-302-3273/817-240-2504

dhall@fwcds.org

FWCD CROSS COUNTRY INVITATIONAL
SATURDAY, SEPTEMBER 13, 2008
OFFICIAL ENTRY FORM
(Retain Invitation Letter for your records)

Please return to Fort Worth Country Day Athletic Office : FAX 817.302.3268

You may also mail this form to:

FWCD

Athletics-Attn: DeAnn Hall

4200 Country Day Lane

Fort Worth, TX 76109

Mail payments to:

FWCD

Athletics-Attn: Ed Chisholm

4200 Country Day Lane

Fort Worth, TX 76109

*Make payable to FWCD

*Put in memo what team(s) payment covers

You will receive e-mail confirmation that we have received your entry form. If you do not receive an e-mail before September 10th and you have sent your entry form, please call DeAnn Hall at 817.302.3273 or 817.240.2504.

School _____

School District _____

Coach _____

Phone: _____ Email: _____

Teams entered: (enter number of participants in each line or "T" for team)

Remember, a Team is 5 or more participants in each division. A maximum of 10 runners in a Varsity race; there is no limit for the JV or Middle School divisions.

_____ 7th Grade Girls

_____ 8th Grade Girls

_____ 7th Grade Boys

_____ 8th Grade Boys

_____ JV Girls

_____ JV Boys

_____ Varsity Girls 3A & U

_____ Varsity Boys 3A & U

_____ Varsity Girls 4A & 5A

_____ Varsity Boys 4A & 5A

Fees:

\$60 per division/\$150 max per school

You may not combine your high school teams with your middle school feeder teams. Questions? Contact DeAnn Hall.

Amount Due \$ _____

How to Submit Meet Entries Online

Athletic.net is a resource for high school Track & Field and Cross Country coaches, offering free **statistic tracking**, easing **meet registrations**, and providing free tools to simplify common coaching tasks. Follow the 4 steps below to get started:

1. Locate your school and sign up for a free coach account

- In a web browser, go to the website: www.athletic.net
- Locate your state, and then your school
- Once on your school's page, locate the "**Sign Up Here**" link, click it and follow the instructions
- After you have received the confirmation email, you may proceed to the next section

2. Enter your season calendar

- Use your email address and password to sign into the website, and again locate your school's page
- Click on "**Edit Calendar**" from the Coaches Tool Bar on your school home page
- Where it says "Add meet to the Calendar" select the date **9/13/2008** and click **Continue** >
- For Region, select: **Texas**
- Click **Select** on line that says: **FW Country Day School, Fort Worth , Thrill of the Hill**
- Review the information and click **Save and Continue** >
- You may need to click **Save and Continue** > one additional time
- Repeat this process for the rest of your cross country season calendar
- Verify on the "Edit Calendar" page that all your meets have been entered correctly. If you see a mistake, use the Edit button next to the meet to make corrections.

3. Enter team roster

- Click "**Edit Athletes**" from the Coaches Toolbar, on your schools page
- Add an athlete to the roster
- Repeat for all athletes

4. Register athletes for the Thrill of the Hill

- Back on your school's main cross country page
- Locate **Thrill of the Hill** and click on it
- On the right, locate **Registration Tools** and click on **Register Athletes**.
- Click **Increment Divisions** to quickly register all of you athletes in the first race division,
- or you can manually select the race division for each athlete.
- Use the boxes on the bottom of the page to add additional athletes to your roster.

You can use the meet registration feature of Athletic.net for all your meets because you can print out and fax the entries, even if the host school is not collecting entries online!