

# Ken Garland / Northwest High School

## Cross Country Invitational

Saturday, September 27<sup>th</sup> 2008

UNT Golf Course in Denton, Texas

Coaches,

You and your teams are invited to the 2<sup>nd</sup> Annual Ken Garland / Northwest High School Invitational Cross Country Meet. We have several different divisions to compete in as well as a "Little Texan" one mile race for any youth competitors interested. We hope to attract some of the finest High School competition around. Please consider us as you are working on your 2008 schedule.

Best of Luck this season,

George Lutkenhaus  
Northwest Cross Country  
940-458-9376 hm  
[glutkenhaus@nisdtx.org](mailto:glutkenhaus@nisdtx.org)

Race Schedule: (Rolling Schedule)	8:00am:	Varsity Girls (2miles)	(4A-5A)
		Varsity Boys (5k)	(4A-5A)
		Varsity Girls (2miles)	(3A-2A-1A)
		Varsity Boys (5k)	(3A-2A-1A)
		Junior Varsity Girls (2miles)	
		Junior Varsity Boys (5k)	
		Middle School Girls (2 miles)	
		Middle School Boys (2 miles)	
		Little Texan Run (1 mile)	<u>must sign wavier</u>

\* A University Division may possibly be added at a later date.

Course: The course will be at the UNT Golf Course located off of I-35 in Denton directly across from Fouts Field at the Radisson Hotel. The course itself is grass with some challenging hills.

Registration: **Please e-mail ASAP [glutkenhaus@nisdtx.org](mailto:glutkenhaus@nisdtx.org) to assure a spot.** Then submit all individual entries through [www.athletic.net](http://www.athletic.net) by Wednesday, September 24<sup>th</sup>. Packet pick-up will begin at 7:00am on race day.

Fees: **HS/MS \$50 per team (max \$250per School) – Little Texan Run \$10 per ind.**

Make Checks payable to **Northwest High School**

Mail to: Northwest CC Invitational  
c/o George Lutkenhaus  
2301 Texan Drive  
Justin, Texas 76247

## 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](http://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 **9/27/2008** and click **Continue** >
- For Region, select: **Texas**
- Click **Select** on line that says: **UNT Golf Course, Denton, Texas , Ken Garland / Northwest High School Invitational**
- 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 Ken Garland / Northwest High School Invitational

- Back on your school's main cross country page
- Locate **Ken Garland / Northwest High School Invitational** 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!