



ENTRY PROCEDURE FOR THE 2017 HOUSTON ISD MIDDLE SCHOOL CROSS COUNTRY MEETS

Middle School Invitational - Saturday, October 7, 2017
Middle School Zone Meet - Saturday, October 14, 2017
Herman Brown Park, Houston, Texas

MEET ENTRY PROCEDURE

Only one entry is required for both HISD Middle School Cross Country meets. All entries from the HISD Middle School Cross Country Invitational Meet on October 7th will be carried over to the Zone Meet on October 14, so you should enter anyone who might run in either meet.

Send the entries by email to mike@flashresults.com. They are due no later than 5:00 pm on Wednesday, October 4.

Include the following information:

1. In the subject line of the email, put
"(school name) entries for HISD Middle School XC Meets"
2. In the body of the email, include the school name, coach's name and contact information (phone and email address),
3. Include the team rosters with names of athletes and their grade level. List boys and girls separately and include both first and last names.
4. Include all information in the body of the email – **NO ATTACHMENTS.**
ATTACHMENTS WILL NOT BE ACCEPTED.

There will be one race for each grade level – all students will run together and scoring will be based on the top 7 finishers for each school (5 counters and 2 displacers); those past the top seven for a school will get individual places but will not count in the team scoring. In the Invitational meet, there will be one overall score for each race. In the Zone meet, scoring will be by zone.

7th grade races will be 1.5 miles; 8th grade races will be 2 miles

If, after the Invitational meet on October 7, you have any additional entries for the Zone meet, they are due no later than Wednesday, October 11 at 5:00 p.m., using the same format as above. Include only new entries – do not include anyone who was entered earlier, even if they did not run the first meet – anyone who was entered in the first meet will automatically be entered for the second meet,

Meet results will be posted at www.flashresults.com/flashresults.com

