



**ENTRY PROCEDURE FOR THE  
2017 HISD HIGH SCHOOL DISTRICT  
CROSS COUNTRY MEETS  
Districts 18-6A, 24-5A & 24-4A**

**Girls - Monday, October 9  
Boys - Tuesday, October 10  
At Tom Bass Park**

Teams must enter by sending an email to [mike@flashresults.com](mailto:mike@flashresults.com).

Entries must be submitted using the format shown below.

***The entry deadline is Thursday, October 5***

All changes and additions must be made by the deadline. There is no declaration or scratch meeting.

If you have changes from your original entries, please send the changes only (not your original entries) to [mike@flashresults.com](mailto:mike@flashresults.com). Please note the details of the change (adding a new athlete, substituting an athlete for one previously entered, scratching a previously entered athlete, etc.).

All boys' races will be 5000 meters. 5A and 6A varsity girls will run 5000m. 4A girls and all sub-varsity girls will run 3200m. It is not necessary to designate which athletes will run the varsity, JV or freshman races until the meet. You should list all athletes who might compete, so they can be assigned a bib number before the meet.

*Note: only 7 athletes can run in each varsity race. There is no limit for sub-varsity races. In sub-varsity races, each school's first 7 finishers will comprise their scoring team (5 scorers and 2 displacers); all others will receive individual places and times. Teams with fewer than 5 finishers will not score*

**DO NOT SEND YOUR ENTRIES AS AN ATTACHMENT**

The final entry list will be posted on the Flash Results Texas website (<http://flashresults.com/flashtexas>) after entries close on Thursday, October 5 or after all entries have been received. Coaches should check the list to make sure their entries are correct. Results will be posted shortly after each race on the Flash Results Texas website. Notify [mike@flashresults.com](mailto:mike@flashresults.com) of any corrections as soon as possible.

Questions regarding entry procedures should be emailed to [mike@flashresults.com](mailto:mike@flashresults.com). Any other questions about the meet should be directed to Andre Walker at the HISD athletic department office.

Please use the following format to enter the meet:

In the TO: line of your email - [mike@flashresults.com](mailto:mike@flashresults.com)

In the SUBJECT: line of your email – ***HISD District (#) Cross Country entries for (name of your team)***

In the body of the email, include the following information:

Name of your school

Coach's name and contact information (email address and phone number)

Gender of your entries

Your entries should then be listed - all that is needed is each athlete's name and grade. Include first and last names

You will receive an email reply that your entry was received. If you do not get a receipt within a day of sending your entries, email [mike@flashresults.com](mailto:mike@flashresults.com) to see if it was received.