

MONTGOMERY “Almost 5K” CROSS COUNTRY INVITATIONAL

Dear Coach,

We would like to invite you to the Montgomery Almost 5k Invitational. The meet will be run at our athletic complex across the street from the high school. We look forward to providing you and your team a quality meet to compete in.

INFORMATION:

Date: Saturday Sept. 28th 2024

Divisions:

Varsity Boys (4K)
Varsity Girls (4K)
J.V. Boys (4K)
J.V. Girls (2 Mile)
9th Boys (2 Mile)
7th boys and girls (scored separate)
8th boys and girls (scored separate)

Entry Fee: \$150/ Gender (Ex. Boys \$150, Girls \$150= Total cost \$300). \$15.00 per individual (if not part of a full team)

Junior High will entry fee will be a flat rate of \$150 for all of your athletes

**CHECKS MADE TO: MONTGOMERY
CROSS COUNTRY 22825 Hwy 105 West Montgomery, TX 77356**

If you register for the meet with tx.milesplit.com and do not show up to run you will be billed for the entry fee. If we have threatening weather we will delay and run the meet if at all possible.

Awards:

Top 10 individuals in each division, Team Champion in each Division. We will hand out individual awards in the finish chute and the team awards as soon as they become available. WE WILL BE ON A ROLLING SCHEDULE

Meet Schedule:

7:30 AM	Varsity girls (Limit 10)	4K.
	Varsity boys (Limit 10)	4K
	JV Boys	4K
	JV Girls	2 mi.
	Freshman Boys	2 mi.
10 AM	8 th Grade Girls	2 Mi
	8 th Grade Boys	2 Mi.
	7 th Grade Girls	2Mi
	7 th Grade Boys	2Mi.

Entries:

ALL entries are done through tx.milesplit.com. Entries are due by Sept. 26th, 2024 @ 4 pm.

ALL Schools attending will need to confirm entry via email to timothy.mcguire@mid.org

Password for entry will be sent the week before the meet.

Thanks,
Tim McGuire
979-575-0228