



Friday Night Hawk Invite



2018 Cross Country Invitational Hosted by
Hebron Hawks Cross Country/Track Booster Club

Run under the lights!

Start the season on a fun two-mile course that is well-lit from start to finish.

When: Friday, August 24, 2018

Where: McInnish Park
2335 Sandy Lake Road
Carrollton, Texas



Course: 2 miles for all runners. *We will be using chip timing for all but the Middle School races.*

Awards: Medals given to top 10 individuals in each division.

- Plaques awarded to top two High School teams in each division; there is not an award ceremony so coaches can pick up team awards at the Results/Awards display near the finish line – look for signs.

On-line Pre-Registration required: Teams must complete on-line registration at www.athletic.net by Tuesday, August 21, 2018 at 5:00pm.

Packet pick-up: Begins at 5:00 pm Friday, August 24 at race site

Tentative Race Schedule (dependent upon previous event)



6:30pm	JV Boys Heat 1
7:00pm	Middle School Race
7:30pm	JV Girls
8:00pm	JV Boys Heat 2
8:20pm	Varsity Girls (10 runner limit/team)
8:50pm	Varsity Boys (10 runner limit/team)
9:10pm	Varsity Elite Girls (10 runner limit/team)
9:30pm	Varsity Elite Boys (10 runner limit/team)

We would love to have you participate in our meet!
Please contact any of the following with questions:

Hebron Cross Country/Track Head Coach Christopher Capeau at capeauc@lisd.net or 469-644-1874
HHCCTBC VP Cross Country Mustafa Fazel at mfazel51@gmail.com or 508-345-7707

Concessions and t-shirts available for purchase at event