

San Benito "Dog Pound" Cross Country Invitational

*Head Girls Coach: Danny De La Rosa
Head Boys Coach: Mark Buddle*

Dear Coach:

Our 16th annual San Benito "Dog Pound" Invitational will be held on Saturday, August 23, 2014. This will be a good time to see how your summer training stacks against some of the finest teams in the valley. The course is grass, dirt and asphalt with several small hills worked in. The meet will consist of six divisions with a rolling schedule:

*Varsity Girls (4A-5A)
Varsity Boys (4A-5A)
Girls (1A-3A Varsity & 4A-5A JV)
Boys (1A-3A Varsity & 4A-5A JV)
Freshmen Girls
Freshmen Boys*

Registration for all divisions will begin August 4, 2014 at 8:00 am on www.laneassignments.com and end on Friday, August 22, 2014 at 5:00 pm. When you log on look for "San Benito Dog Pound Invitational".

Boys & Girls Varsity and Boys Junior Varsity divisions will be running a distance of 5K, and all other divisions will be running 2.0 miles. Restrooms will be available, and athletic training services will be provided. Coaches are reminded to supply their teams with refreshments. Water will be provided at the finish line.

Awards for competition will consist of the following:

Medals - Individual awards: Varsity - First 10, J.V. - First 10, Freshmen First 10

The entry fee will be \$50.00 per team, \$150.00 per school if carrying Varsity, JV, and Freshmen, or \$10.00 per individual runner.

Please make checks payable to the "SBHS Athletic Department".

For more information or questions, please contact Danny De La Rosa at school (956) 361-6455 or Cell# (512)799-1388 you can fax your response to San Benito High School Athletic Department at (956) 361-6262 or (956) 361-6596.

Good Luck with your season and we hope to hear from you!