

Inaugural “Run for Sebas” Middle School Cross Country Invitational

Dear Coaches,

You are invited to attend this year’s Inaugural “Run for Sebas” Middle School Cross Country Meet hosted by Lasara ISD on **Thursday, September 26th, 2024**. We will honor the life of an outstanding young man taken from us too soon by doing something he loved. The meet will be held at Lasara ISD located at 11932 Jones St. Lasara, TX. 78561.

Registration: Registration and packet pick-up will be from 5:00-5:30 P.M. and the first race will begin at 5:45 P.M. sharp.

Schedule: We will begin with the 7th Grade Girls Race and then follow a rolling schedule as shown below:

5:45 p.m.	7 th Grade Girls	No runner limit, 1.5 miles
	8 th Grade Girls	No runner limit, 1.5 miles
	7 th Grade Boys	No runner limit, 2 miles
	8 th Grade Boys	No runner limit, 2 miles

Meals: Meal tickets will be available for each team. We will have burger plates, \$8 each, consisting of a burger, chips, and a drink. Please contact Coach Mesa or Coach Requenez (info listed below) for purchase of meal tickets. Please do this as soon as possible as we will need an accurate count of the meals that are purchased. We will be accepting PO’s to Lasara ISD. KONA ICE will also be available to the students.

ENTRY FEES:

Middle School: \$50/Team for each division or \$200/ school for all 4 divisions
Individual (5 or less): \$10.00 per runner

Make checks payable to: Lasara ISD Cross Country we
Address: 11932 Jones St. Lasara, TX. 78561

Awards:

- Awards for Top 20 individual finishers in each division

If you have any questions, please contact Coach Jaime Requenez (956) 500-3889 or Coach Claudia Mesa at (956) 746-6685. We look forward to seeing you at our meet. Good luck in your upcoming season. Email at j.requenez@lasaraisd.net or cmesa@lasaraisd.net

Lasara ISD Cross Country Coaching Staff

