


Lion Pride XC Invitational

DATE: September 28, 2019

SITE: Lasara Nature Trail

We would like to invite you to the 4th Annual Lion Pride XC Invitational. The meet is run on the paved Lasara Nature Trail, school grounds, pavement, hills, and ends on the track. There will be ten (10) different divisions (listed below) with the top 15 runners in each division receiving a medal. Chip timing will be used. There will be a concession stand available with drinks and snacks.

Coaches meeting at 7:30AM with the first race beginning at 8:00AM and continuing with a rolling schedule



DIVISIONS: Elite Boys – 6A-5A (5K) limit 7
Varsity Boys 4A-1A (5K) limit 7
JV Boys 4A-1A (5K)
8th Grade Boys (1.5 mi.)*
7th Grade Boys (1.5 mi.)**
() combined*

Elite Girls – 6A-5A (5K) limit 7
Varsity Girls 4A-1A (2 mi.) limit 7
JV Girls 4A-1A (2 mi.)
8th Grade Girls (1.5 mi.)*
7th Grade Girls (1.5 mi.)**

ENTRY FEES: \$85.00 per team at HS level
\$60.00 per team at MS level
\$10.00 per individual if less than 5 runners

AWARDS: Team Champions for each division will receive a plaque. Top 15 runners in each division will receive medals.

Make checks payable to **LASARA ISD** and pay at coaches meeting.

If you have any questions, please email rvega@lasaraisd.net or call at 361.522.5334

Roy Vega
Head Coach

William Bardwell
District Principal

Sara Alvarado
Superintendent