



BFND 4K

Hosted by Cy-Fair High School

You are invited to The BFND 4K (2.5 miles) Invitational, hosted by Cy-Fair High School Athletic Booster Club. The BFND 4k is the perfect transition from the early season 2-mile races to the 5K District Meets. The BFND 4k will be run at the challenging, but shaded, Spring Creek Park in Tomball, it is the perfect setting for a mid-season race. A well-marked course and timing provided by Run Houston Timing will provide your team with a great racing experience. Varsity and Sub-Varsity Divisions for both boys and girls.

Race Schedule: (Rolling Schedule but approximate times are as follows)

- **Boys' Varsity- 7:45 am**
- **Girls' Varsity- 8:15 am**
- **Boys' Sub-Varsity 8:45 am**
- **Girls' Sub-Varsity 9:15 am**

Registration: Online with TxMileSplit (Open soon with Team Entries closing on 9/5/2022 at 5:00 PM)

Costs: 75.00 per Division entered. (If you enter more than 1 team in a division, you will have to also pay for their entry)

Awards:

- Medals to the top 15 in each Division
- 1st Place Division Award: Boys' Varsity, Girls' Varsity, Boys' Sub-Varsity, Girls' Sub-Varsity Champions
- Runner-Up Team award in Varsity Division only

Timing: Run Houston Timing

Contact: zane.penwell@cfisd.net for more information