

Middle School Cross Country Regional 2024 Zone 8

WHAT: Cross Country Regional 2023

WHEN: Wednesday, October 16th

WHERE: Silver Mountain / Doc Holly's Skil Hill

TIME: Small Schools Boys 3:30 pm Girls 4:00 pm (following boys race)

Large School boys @ 4:30 as soon as boys small school done and boys to follow

COST: no entry fee! \$0 =) thank you MHSAA!

MEDALS: top 20 boys / top 20 girls

TROPHY: 1st place boy / 1st place girl receive a trophy/plaque

AMOUNT OF RUNNERS: 10 boys / 10 girls from each school

- Upon arrival, coaches will be given an envelope with name tags. Write your runner's name and the name of your school on the name tag.
- As the runners cross the finish line they will be given a number. At the end of the chute there will be people taking their name tags but please have your runner bring the number to you, their coach.
- Medals will be given out in the chute at the end of the race.
- 1 boys race
- 1 girls race

You do not have to register your athletes on Athletic Net. Our venue does not have internet so we are going to have old-school hand timing like we do our Kiwanis race. If you have any questions please feel free to reach out.

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Jr. High Course
2 laps

