## Triad Middle School Cross Country Jamboree

Date: Thursday, October 8, 2015

Location: Triad High School

Race times: Coed Varsity Red 4:15

Coed Varsity White 4:45 Open Race 5:15

Format: The varsity races will be coed, made up of teams consisting of 4

boys, 3 girls (red race) and 4 girls, 3 boys (white race). Open

race will be coed with no team scores kept.

Course: Course walk will be at 3:30. Distance—2 miles

Awards: Team awards will be given to 1<sup>st</sup> place in each coed race. Top

15 boys and girls in each race (Red, White, and Open) will

receive medals.

Rosters: Please have rosters in by Tuesday, October 6 via

<u>www.athletic.net</u> or email. We need a roster of all potential <u>varsity</u> runners turned in on <u>www.athletic.net</u> or an excel document with a list of your varsity runners. Open runners do

not need to be listed.

Timing: Varsity races will be timed by TMS/THS. Coaches are

responsible for their athlete's times in the open race.

Entry Fees: \$40 per school for varsity races, \$5 per individual for schools

not fielding full teams. Open race is \$1 per runner.

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