

Arrowhead Grade School Cross Country Run

Friday, Sept. 26 at Arrowhead High School



Awards: Medals to the top 12 runners in each division - except the 5 & under ¼ mile run. Ribbons to all finishers. Trophies to the winning teams in the age 11-14 divisions.

Sign-up at your school – Your coach must email your entry in. You will need to report early for your race and pick up your race number at the table in the parking lot near the start. **Results will be done on the computer and you must have your race number with you when you report to the starting line! No race numbers are needed for the 5 & under 1/4 mile run.**

Race Times:

5:00 Girls 5 & under ¼ mile run

5:05 Boys 5 & under ¼ mile run

(Parents may accompany their runner in the 5 & under race - this is a participation run only - there will be no medals or printed results.)

5:10 Girls 8 & under ½ mile run

5:18 Boys 8 & under ½ mile run

5:25 Girls 9-10 mile run

5:35 Boys 9-10 mile run

5:45 Girls 11-12 & 13-14 mile run

5:55 Boys 11-12 & 13-14 mile run

Race Sponsors: Arrowhead Cross Country teams.

Race Course: This will be on the same race course as past years on the northwest side of the campus. The start and finish will be near the woods by the practice soccer fields - Parking should be in the north campus east and front lots.

Meet T - Shirts: Meet shirts will be on sale for \$10.

Results will be made available on the Arrowhead website under boys cross country. (2013 results are on this site: www.arrowheadschoools.org navigate to boys cross country)