



Middle School Hybrid Cross Country

Season: September 26 – October 25

Race schedule:

- Tuesday in October 4, 4:45 @ Penrose Elementary
- Tuesday October 11, 4:45 @ Jenkins
- Wednesday October 19, 3:00 @ Monument Valley (Palmer JV Meet)
- Tuesday October 25, 4:45 @ Holmes.

Race Distance: 2400 – 3200 Meters

Race Format: A-race boys (7 max), A-race girls (7 max), B-race boys (open), B-race girls (open).

Scoring: Team score for A races is based on first 5 finishers from that team.

Individual Placing: 1-10 place ribbons both A and B races.

Cost: \$10

Who should do it and why: If you ran cross country in elementary school and you had fun, if you want to join a group of people who like to run and have fun. All D11 Middle schoolers can participate. You can participate as an independent runner and qualify for individual awards.

Practices:

Race sign up QR: use the QR below to sign up for races you plan to attend.

