

Saturday September 28th

Gold Races

Team Average 18 minute 5K boys 20 minute 5K girls

Limit 7 runners, limit 1 team per school

No club

8AM-Boys Gold

8:30AM-Girls Gold

9- 6A Girls

9:30-6A Boys

10- 5A Girls

10:30-5A Boys

11- JV Girls

11:30-JV Boys

12- 4A Girls

12:30-4A Boys

1- 3,2,1A Girls

1:30PM- 3,2,1 Boys

2Pm- Middle School (7th & 8th school teams)

Rules:

General

No running up or down in classified division (ex: 6A schools must run in the 6A races)

Must meet Gold Meet qualifications to run in that division

Varsity limit 10 runners. JV Unlimited. **One team per division per school (no multiply varsity team)**

The cost will be \$150.00 per team per division; or \$20 per individual entry. (no refund)

Gold Race

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Limit 7 runners, limit 1 team per school

No club

Middle School

7th & 8th only

\$100 per boys team & \$100 per girls team (no refund)