

Highland Invitational Cross Country Meet
2019 Info Sheet

Where: Sugar House Park (1300 East 2100 South)
Date: Wednesday, August 14th, 2019
Race Times: Frosh Boys* 3:00 pm JV Boys 4:45 pm
Frosh Girls* 3:25 pm JV Girls 5:15 pm
Sophomore Boys* 3:50 pm Varsity Boys 5:45 pm
Sophomore Girls* 4:15 pm Varsity Girls 6:10 pm
Awards Ceremony 6:45 pm

*Please enter only Frosh/Sophs in their respective races.

Course: The course winds through Sugar House Park and follows the state course part of the way. Distance is 2.9 miles. Most of the course is on a grass surface.

Registration:

Registration will be on runnercard.com and will close at noon on Tuesday, August 13th or whenever total entries reach 2400. If you already have a team account simply click "start registration" and follow the directions on the screen. If you are a new coach or don't have an account click "create account" and follow the directions given.

Entry fee is \$100 per boys' and girls' teams, \$200 total per school. Any school that enters 10 runners or less total in all classifications will pay one entry fee of \$100. Individual runners entering without a full team will pay \$10 each. Any school entering more than 100 athletes will pay \$5 per athlete over 100. Any late entrants will be charged \$10 per athlete. Please make checks payable to Highland High School and bring day of the meet or mail prior to meet. You can also pay online at myschoolfees. Choose Highland High School>public items>cross country.

Awards: Trophies will be awarded to the top two teams in the Boys and Girls Varsity Divisions and plaques to the top JV teams in each division. Individual medals will be awarded to the top fifteen runners in all categories.

Bus Parking: Buses can be parked on the right side of the roadway within the park. Overflow parking is available at Highland High School parking lot just east of Sugar House Park. Parking lot entrance is on 2100 South. It's a short walk to the park from there.

Contact Info for Questions or to mail entry fees:

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