

LMS Dual Sept. 3rd 4pm



- Sticker meet (2nd wave (if needed) runners having a green dot) with multi-timer
- Stickers pulled at finish
- Course marked by cones
- Start and finish are located at the same location- across from the Tiger
- A cone will be placed at location 7. Runners run down dirt road, go around the cone and go back down the road
- Dog park will be closed and all gates will be open
- Road closed on Tiger Drive and dirt road (location 4 and 7) SRO
- Distance is approximately 1.7 miles
- 4pm start
- No awards, clear out of finish area
- Boys will be staged in the soccer field while the girls are running