

Carbon High School
9th Annual Carbon Invitational
Wednesday Sept 19, 2018

Cross Country Coaches,

Carbon High School would like to invite you to attend the 9th annual Carbon Invitational held on Wednesday Sept 19th, 2018. This meet has been approved and sanctioned by the UHSAA. The Jr. High race will be 1 lap at 1.5 miles. The High school course is 3.0 miles and will be two laps. The course is held on the Carbon Country Club golf course and is 90% grass and is spike friendly course is flat and fast. Where the course follows the cart path the runners can still have access to the grass along the side. There are two places where they have to run on the cart path with no grass but is still spike friendly. NO CHANGING FACILITIES located on site please come prepared to race. Portable restrooms will be available. Please advise your athletes of golf course etiquette as this privilege will be taken from us if we do not respect it.

MEET DETAILS

Date: Wednesday Sept 19th, 2018

Location: Carbon Country Club Golf Course
3055 US-6 Helper UT

Course: Two 1.5 mile loops around the perimeter of the front 9 holes of the golf course. Course has one gradual incline just after the first mile and then repeats in the 2nd loop. The start and finish are in the same area is 90% grass. The Jr. High will run 1 loop, 1.5 miles.

Schedule of races:

2:45 Junior High boys
3:00 Junior High girls
3:30 J.V High School boys
4:00 Boys Varsity
4:30 High School Girls

Awards: Medals for top 15 finishers in all races
Team trophies for High school 1st and 2nd place

Cost: High School \$100 per school or \$5 per runner
Jr High School \$50 per school

Registration: www.runnercard.com
Registration will close Monday Sept 17th @ 9pm

