

Date: Saturday, September 21 2019

Time: 8:00AM First race. Roy High School, 2150 W 4800 S Roy, UT

Location of Meet: Roy High School Track/ Practice Fields

Entry Fees: \$80 Per Team (boys or girls)

\$150 Per School (Both boys and girls team combined)

\$10 Individual

Payable to: Roy High School Cross Country. Cash or check only. PLEASE PAY BEFOREHAND.

Please mail the payment to Roy High School, 2150 W 4800 S Roy, UT 84067 before the day of race.

Payment can be accepted on the day of the race at the coaches meeting. Please have the payment on the day of the race.

Registration: www.runnercard.com

MEET REGISTRATION CLOSES ON 19 September @ 12:00 PM SHARP. NO CHANGES WILL BE MADE ON RACE DAY. 0 RACE DAY CHANGES.

Meet Schedule:

7:00 AM--- PACKET PICK UP

7:30 AM--- COACHES MEETING AT VISITORS CONCESSION STAND

8:00 AM---FRESH/SOPH/ROOKIE GIRLS

8:30 AM--- FRESH/SOPH/ROOKIE BOYS

9:00 AM--- JV GIRLS

9:30 AM--- JV BOYS

10:00 AM--- VARSITY GIRLS

10:30 AM--- VARSITY BOYS

AWARDS:

FRESH/SOPH/ROOKIE race: top ten ribbons

JV: top ten medals

Varsity: top ten medals

Varsity team: 1st place girls and boys

Course: mostly grass. Spikes are allowed. Bring water and shade. Our trainer will be available.

POC: Coach Charles Patten, 907-799-9645, cpatten907@yahoo.com

Coach April Murray, apmurray@wsd.net

Royal Run Cross Country Challenge

This challenging, yet spectator-friendly course is exactly 3 miles long. It is run on about 75% grass/track and about 25% concrete/asphalt, so spikes are not recommended. Mile 1 occurs at the far north part of the course and mile 2 occurs just outside the track. Mile 1.5 is right by the start line, and mile 2.5 occurs right before exiting the baseball field. Caution: runners will go out into a local neighborhood for about 500 meters – please have them stay on the sidewalk.

