**Monument Valley High School**

**Cross Country Invitational**

**Friday September 23rd, 2016**

Hello Cross Country Coaches,

Monument Valley High School would like to invite all High School and Jr. High/Middle School cross country teams to our Cross Country Invitational held on September 23rd, 2016 at Monument Valley High School.

**Meet Details**

**Date**: September 23rd, 2016

**Location**: Monument Valley High School

100 Cougar Lane

Monument Valley, Utah

**Course**: Runners should prepare to run on dirt/sand roads. The Junior High course is 1.5 miles while the High School course is 3.1 miles. It is the most scenic of any course in Utah but prepare for lots of heat and sunshine.

**Time Schedule**: 2:00 - 3:00 pm – Team check-in / course maps distributed

3:00 pm – Jr. High Boys 3:30 pm - Jr. High Girls

4:00 pm – ALL H.S. Boys 4:30 pm – ALL H.S. Girls

5:15 Awards Ceremony

**Awards**: Individuals: Medals for 1st, 2nd, and 3rd places, with ribbons for 4th-10th

Team: Trophies for 1st place boys’ and girls’ teams for all races

**Cost**: $60 per school (HS and Jr. High) or $5 per runner. Please bring fee with you on race day or mail fee prior to race day. There is no charge for Utah Region 19 Schools.

**Bus Info**: Please park buses on the north side of the school.

## **Contact**: Monument Valley High School **435-678-1208**

**Restrooms**: Restrooms and locker rooms available at the High School.

Thanks! We look forward to seeing all of you!!!

