

- **Location:** Cottonwood Complex, 4400 South 1300 East, Salt Lake City, UT
- **Date:** October 9, 2009 @ 3:00 p.m.
- **Gender:** Male & Female
- **Each team is allowed** unlimited number of **entries in the meet**
- **Each athlete is allowed to sign up in 1 events**

Meet Director Contact Information:

Name: Mark Oftedal

Phone: 801-359-7028 or 801-355-7494

Cell Phone: 801-554-2322 (Asst. Coach, Rodney Kopish)

Email: markoftedal@rowlandhall.org

Note From Meet Director:

The 2012 Region 14 XC Championships will be held on Tuesday, October 9th at the Cottonwood Complex, 4400 South 1300 East, Salt Lake City. The order of racing is as follows:

3:00 p.m. Varsity Boys' 5K

3:30 p.m. Varsity Girls' 5K

*4:00 p.m. Junior Varsity Boys' 5K

*4:30 p.m. Junior Varsity Girls' 5K

* If all coaches agree, we may run the junior varsity boys' and girls' races at the same time.

Registration will close at 10:00 a.m. (MDT) on Monday, October 8th, at 10:00 a.m. Please complete your entries before that time.

A Pre-Region Meet will be held on Tuesday, October 2nd for all those wishing to preview the course. This will be an informal event, starting at 3:00 p.m., with two "races" – a girls' and a boys' – hand-timed, no scoring. There is no registration required for the Pre-Region meet.