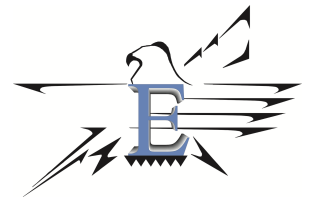




Leroy Sprague Cross Country Invite



Friday – October 5, 2018

General Information:

- Date & Time:** Friday, October 5, 2018. The first race will begin at 1:00 p.m. for the Jr. Highs and 2:00 p.m. for the High Schools.
- Place:** Prairie View Golf Course located directly north of Cheyenne East High School on Windmill Road.
- Entries:** Entries will need to be put on RunnerCard (www.runnercard.com) by 3:00 p.m. on Thursday, October 4, 2018.
- Course:** The boys and girls high school race is 5K (3.1 miles). The jr. high race is approximately 2.0 miles. The course is a two-lap course and run mostly on grass fairway and grass roughs. Spikes may be worn on this course.
KEEP OFF OF THE GREENS AT ALL TIMES!
- Race & Times:**
- 1:00 p.m.** - Girls jr. high race – grades 7 & 8 only – unlimited entries – score the top five runners from each team.
 - 1:30 p.m.** - Boys jr. high race – grades 7 & 8 only – unlimited entries – score the top five runners from each team.
 - 2:00 p.m.** - Girls junior varsity race – grades 9-12 – unlimited entries – score the top five runners from each team.
 - 2:30 p.m.** - Boys junior varsity race – grades 9-12 – unlimited entries – score the top five runners from each team.
 - 3:00 p.m.** - Girls varsity race – grades 9-12 – **Ten Entries** – score the top five runners from each team.
 - 3:30 p.m.** - Boys varsity race – grades 9-12 – **Ten Entries** – score the top five runners from each team.
- Awards:** 15 medals in both the girls and boys high school varsity and junior varsity divisions. 10 medals in both the girls and boys' junior high races.

Locker Rooms: Locker rooms will be available at East High School if you wish. NO towels will be provided.

Rest Rooms: Portable restrooms will be available.

Bus Parking: Parking will be available in the parking lot at the golf course or next to the tennis courts at East High School.

Results: Results will be available following the completion of the last race. Individual medals will be presented to the runners in the finishing chute.



Please return this portion to:

**Jerry Schlabs, Athletic Director
Cheyenne East High School
2800 East Pershing Blvd.
Cheyenne, Wyoming 82001
Fax # 307-771-2638**

PLEASE RETURN THIS PORTION AS SOON AS POSSIBLE.

_____ HS / JHS **will / will not** (please circle)
enter this year's Cheyenne Invitational Cross Country Meet.

Coach : _____

_____ Girls Junior High race – 1:00 p.m.

_____ Boys Junior High race – 1:30 p.m.

_____ Girls High School Junior Varsity race – 2:00 p.m.

_____ Boys High School Junior Varsity race – 2:30 p.m.

_____ Girls High School Varsity race (**limit of 10**) – 3:00 p.m.

_____ Boys High School Varsity race (**limit of 10**) – 3:30 p.m.
