**Grand County High School**

**19th annual RED ROCK INVITATIONAL  
Wednesday September 11, 2019**

Greetings Cross-Country Coaches:

Grand County High School would like to invite you to attend the 19th annual Red Rock Invitational to be held on Wednesday September 11th, 2019 at the beautiful Moab Golf Club. We also invite junior high and/or middle school cross-country teams to attend our meet.

**Meet Details**

**Date:** Wednesday September 11th, 2019

**Location:** Moab Golf Club

2705 S East Bench Road

Moab, Utah

**Course:** Runners will enjoy outstanding scenery on their route through green grass, cart paths, and the infamous “gut check” hill. Spikes not recommended. The Junior High course is 1.5 miles while the High School course is 3.1 miles.   
*This course is spectator friendly!*

**Restrooms:** Restrooms are available but there are no locker rooms. Athletes should come dressed to run!

**Time Schedule:** 2:00 - 2:45 pm: Team check-in / course maps distributed

3:00 pm: Jr. High Boys Race 3:30 pm: Jr. High Girls Race   
4:00 pm: ALL H.S. Boys Race 4:30 pm: ALL H.S. Girls Race

5:15: Awards Ceremony

**Awards:** Individual: Medals for 1st – 10th boys and girls for all races

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

**Cost:** $80 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 12 schools.

**Registration:** Please register your team on RunnerCard.com by Monday evening September 9th at 9:00 PM. Runner bibs will be provided based on the registrations.

**Contact:** Grand County High School

Attn: Randy Martin – Cross Country Coach

608 South 400 East

Moab, Utah 84532

435-259-8931 (school)

435-260-2680 (cell)

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

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