

2020 Royal Run Invitational

Saturday, September 26, 2020

Location: Roy High School Track; 2150 W. 4800 S., Roy, Utah

Entry Fees: \$80 per team (boys or girls)

\$150 per school (boys and girls combined)

\$10 per individual

Make checks payable to Roy High School Cross Country. Cash or check only. Please pay beforehand or the day of the race. Send checks to Roy High School, 2150 W. 4800 S., Roy, UT 84067.

Meet registration closes at noon on Friday, September 25th. No changes will be made on race day.

Meet schedule:

7:00 am – packet pick up

7:30 am – coaches meeting at the visitors concession stand

8:00 am – Rookie Girls

8:30 am – Rookie Boys

9:00 am – JV Girls

9:30 am – JV Boys

10:00 am – Varsity Girls

10:30 am – Varsity Boys

Awards: Rookie race – top ten ribbons; JV race – top ten medals; Varsity race – top ten medals; Varsity team 1st place trophy.

Course: Mostly grass, spikes are allowed. Bring water and shade.

Contact: Coach April Murray (801) 644-3221 apmurray@wsd.net

or Coach Chick Hislop (801) 645-8061 chickanddi@yahoo.com

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.

