To Coaches, Athletes, and Fans:

Welcome to the East Montana Cross Country Invitational. East Montana Middle School would like to welcome your runners, coaches, and family to their campus. The meet will be held at East Montana Middle School and Mountain View High School. It will take place WEDNESDAY, SEPTEMBER 4, 2024 starting promptly at 4:30 PM. Please be aware of the start time and directions to get here. Teams will be allowed to camp outside of the track and stands. No team camps in the infield.

Order of competitions:
- 7th Girls
- 7th Boys
- 8th Girls
- 8th Boys

Distance: 1.6 miles

Course: Race consists of grass football field, gravel and dirt roads, sand, and pavement. If wearing spikes there is about 200 meters of concrete.

Awards: Medals will be awarded to the top 10 finishers

Misc:
- **Visitor Parking** will be in the East Montana Middle School Parking lot or in the parking lot in front of the Mountain View Cafeteria.
- **Bus Drop off** will be in front of East Montana MS (arrive before 3:30 to avoid dismissal traffic)
- **Bus Parking** will be in the front parking lot farthest away from the school building.
- **Registration** will be on Runnercard. Runnercard will close Tuesday, August 27 at 8:00 AM
- **Water** will be available after the race at the finish line for competitors. Runners should bring their own water
- **Restrooms** will be available inside the school and at the tennis courts

- **Trainer** will be available, but may not be on site the entire race
- **Time** will be hand timed and uploaded to Runnercard after the race.
- **Time Limit** will be 30 minutes to complete the race
- **Camps** may be set up outside of the fence around the track

Contact:

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