

Date: Saturday, September 21 2019

Time: 8:00AM First race. Roy High School, 2150 W 4800 S Roy, UT

Location of Meet: Roy High School Track/ Practice Fields

Entry Fees: \$80 Per Team (boys or girls)

\$150 Per School (Both boys and girls team combined)

\$10 Individual

Payable to: Roy High School Cross Country. Cash or check only. PLEASE PAY BEFOREHAND.

Please mail the payment to Roy High School, 2150 W 4800 S Roy, UT 84067 before the day of race.

Payment can be accepted on the day of the race at the coaches meeting. Please have the payment on the day of the race.

Registration: www.runnercard.com

MEET REGISTRATION CLOSES ON 19 September @ 12:00 PM SHARP. NO CHANGES WILL BE MADE ON RACE DAY. 0 RACE DAY CHANGES.

Meet Schedule:

7:00 AM--- PACKET PICK UP

7:30 AM--- COACHES MEETING AT VISITORS CONCESSION STAND

8:00 AM---FRESH/SOPH/ROOKIE GIRLS

8:30 AM--- FRESH/SOPH/ROOKIE BOYS

9:00 AM--- JV GIRLS

10:00 AM--- JV BOYS

10:30 AM--- VARSITY GIRLS

11:00 AM--- VARSITY BOYS

AWARDS:

FRESH/SOPH/ROOKIE race: top ten ribbons

JV: top ten medals

Varsity: top ten medals

Varsity team: 1st place girls and boys

Course: mostly grass. Spikes are allowed. Bring water and shade. Our trainer will be available.

POC: Coach Charles Patten, 907-799-9645, cpatten907@yahoo.com

Coach April Murray, apmurray@wsd.net