

HAYS MIDDLE CROSS COUNTRY

INVITATIONAL Sept 17, 2019

NOTE: WITH THE EXTREMELY LARGE NUMBER OF MIDDLE SCHOOL RUNNERS ATTENDING THIS YEAR, WE WILL BE RUNNING 4 MIDDLE SCHOOL RACES!

We are excited to host the Hays Middle Invitational Cross Country Meet Tuesday, Sept. 17, 2019.

Teams participating are: Garden City Horace Good, Garden City Kenneth Henderson, TMP, Liberal South, Liberal Eisenhower, Dodge City Comanche, Dodge City Middle, Plainville, Ness City, Ellis, Goodland, Great Bend, and Hays.

LOCATION: Enersys Corporation, 1 Enersys Road, Hays KS. 67601

Parking and restrooms will be available @ the Ellis County Fairgrounds just west and adjacent to Enersys.

7th Girls race begins at 2:30. We will use a rolling schedule.

TIMES: 2:30

7th grade Girls 1 mile Unlimited

7th grade Boys 1 mile Unlimited

8th grade Girls 2.00 miles Unlimited

8th grade Boys 2.00 miles Unlimited

SCORING: Each runner will receive a number that is to be pinned on the front of his/her uniform. They will also be given a tie-on chip for their shoe for the chip timing. The chip and bib number will be used to score the meet, so please make sure the athlete has the matching bib number and chip number. Coaches will be responsible to make sure that all chips are returned to Kellen Adams. You will be charged for any missing chips.

All results will be posted following the completion of each race.

You may provide water to your runners at any time on the course.

MEDALS: Medals will be presented during a short ceremony following the last race.

Medals will be given to top 10 in each race.

Tuesday September 17th.

We look forward to seeing you and your team at our meet.

Bruce Rupp, AD, CAA