

2018 Region X Championships

This is the Region X cross country championships

Date: Friday October 5, 2018

Time: 4:00pm

Location: Spanish Fork Sports Park Sports Complex
295 West Volunteer Drive, Spanish Fork Ut 84660

Schedule:	4:00pm	JV Girls Race
	4:45pm	JV Boys Race
	5:30pm	Varsity Girls Race
	6:00pm	Varsity Boys Race
	6:30pm	Team and Individual Awards

Awards: Medals for the Top 10 finishers in each Varsity Race and ribbons for the Top 10 finishers in the JV races. Team Region X Championship trophies for the first place varsity teams.

State Qualifiers: Top four teams and the top three individuals from non-qualifying teams will qualify for the state meet on Wednesday October 17th

Registration: Registration is online at www.runnercard.com Registration is now open and closes on Wednesday October 3rd at 8pm. Contact Darin Cable for meet access code.

Course: 3 mile course run predominantly on grass. There are a few sections of concrete to cross over walkways. Spikes are allowed.

Contact Info:

Darin Cable

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