

Date: Friday, September 23, 2016

Time: 4:00pm. Roy High School, 2150 W 4800 S, Roy Utah

Location of Meet: Roy High School Track

Entry Fees:

\$70 per team

\$130 per school

\$10 individual

Payable to: Roy High School Cross Country

Registration: [www.runnercard.com](http://www.runnercard.com)

**MEET REGISTRATION CLOSES ON 22 SEPTEMBER AT 12:00PM**

Meet Schedule:

3:00pm	Packet Pickup
3:30pm	Coaches Meeting at finish line
4:00pm	Frosh/Soph Girls
4:30pm	Frosh/Soph Boys
5:00pm	JV Girls
5:30pm	JV Boys
6:00pm	Varsity Girls
6:30pm	Varsity Boys

Awards:

Frosh/Soph race: Top ten medals

JV: Top ten medals

Varsity: Top ten medals

Varsity Team: 1<sup>st</sup> place girls and boys

The course is mostly grass. Spikes are allowed. Bring water and shade. Our trainer will be available.

POC:

Coach Charles Patten

Coach April Murray

907-799-9645

[Cpatten907@yahoo.com](mailto:Cpatten907@yahoo.com)

[apmurray@wsd.net](mailto:apmurray@wsd.net)