

**Lomega High School  
Cross Country Invitational**

**Date:** Saturday, September 19<sup>th</sup> , 2015

**Location:** Lomega High School. Please park north of the gym. Restrooms will be available at northeast end of the gym. Concession stand will be open.

**Time:** 8:30am      H.S. Boys (5K)  
                             H.S. Girls (2 miles)  
                             7<sup>th</sup> and 8<sup>th</sup> Boys (2 miles)  
                             7<sup>th</sup> and 8<sup>th</sup> Girls (1 mile)  
                             6<sup>th</sup> and below Boys (1 mile)  
                             6<sup>th</sup> and below Girls (1 mile)

Unlimited runners are allowed but only first 7 will count towards team points.

<b>Entry Fees:</b>	\$50: each H.S. team	\$10: H.S. Individuals
	\$50: each J.H. team	\$10: J.H. Individuals
	\$25: each elem. team	\$5: Elem. Individuals

**\*\*\*\*Make checks payable to Lomega Schools\*\*\*\***

**Awards:** Medals for top 25 finishers in high school and junior high and elementary divisions.

**Roster:** Please email a complete roster of participants (NAMES, DIVISION-HS, JH, Elem, and GENDER) by Tuesday September 16<sup>th</sup>.

**Any questions please contact:**

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