

**Timberlake High School**  
**19th Annual Cross Country Invitational**

**Date:** Tuesday, September 26<sup>th</sup>

**Time:** We will overlap races slightly to try to finish by 7:00 like we have recently.

5:00 pm: Coachø Meeting

5:30 pm: H.S. Girls: 2 miles

Followed by:

H.S. Boys: 5K

7<sup>th</sup> and 8<sup>th</sup> Boys: 1.5 miles

7<sup>th</sup> and 8<sup>th</sup> Girls: 1 mile

Elem Girls: 1 mile (Split into 3 divisions individually-5<sup>th</sup>/6<sup>th</sup>, 3<sup>rd</sup>/4<sup>th</sup>, 2<sup>nd</sup> & below)

Elem Boys: 1 mile (Split into 3 divisions individually-5<sup>th</sup>/6<sup>th</sup>, 3<sup>rd</sup>/4<sup>th</sup>, 2<sup>nd</sup> & below)

(Please check in prior to race)

HS teams **only**, will have to designate their top 7 runners for points in order to run along with the rules during regionals and state. Unlimited runners still allowed, but only those top 7 designated will count for team points. Inform your kids and weøll mark the extras at the starting line.

**Place:** Helena-¾ mile west & ½ mile north of football field (follow signs)

<b>Fees:</b> \$50: each H.S. team	\$12: H.S. Individuals
\$40: each J.H. team	\$9: J.H. Individuals
\$30: each elem. team	\$7: Elem. Individuals

**Awards:** Plaques for 1<sup>st</sup> place teams in each division.

Medals for top 25 finishers (Elem, top 15 per age group)

First 5 finishers on each team determine points

**Course Records:**

H.S. Boys: Isai Rodriguez (Ringwood-Lomega) 15:20.17 ó 2017

H.S. Girls: Beth Hooten (Canton) 11:48.81 ó 1998

J.H. Boys: Cade Berkey (Hydro-Eakley) 8:35.90 ó 2015

J.H. Girls: Tatum Carter (Thomas) 5:48.74 ó 2007

Elem Boys: Chad McGolden (Fairview) 6:02.01 ó 2012

Elem Girls: LaShayla Turner (Canton) 6:10.08 ó 2011

**Facilities:** We plan on portable restrooms on site but facilities at football field will also be open for buses. No concessions planned as of yet but there will be water for runners.

**Additional information or to confirm:** Contact Kale Pierce

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**Please e-mail entries and contact info in case of inclement weather.**