

**20th Annual Nathan Thompson Memorial
Cross Country Meet Hosted by Timberlake High School**

Date: Tuesday, September 25th

Time: We will overlap races slightly to try to finish by 7:00

5:00 pm: Coachø Meeting

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

Followed by:

H.S. Boys: 5K

7th and 8th Boys: 1.5 miles

7th and 8th Girls: 1 mile

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

Elem Boys: 1 mile (Split into 3 divisions individually-5th/6th, 3rd/4th, 2nd & 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 wedl mark the extras at the starting line.

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

Fees: \$60: each H.S. team	\$14: H.S. Individuals
\$50: each J.H. team	\$12: J.H. Individuals
\$40: each elem. team	\$8: Elem. Individuals

Awards: Plaques for 1st 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 2016

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: Marcos Corral (Hennessey) 5:46.60 ó 2016

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.