

**27th Annual Nathan Thompson Memorial  
Cross Country Meet Hosted by Timberlake High School**

**Date:** Saturday, October 10th

**Time: We will overlap races slightly**

9:00 am: Coach's Meeting

9:15 am:

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)

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)

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

7<sup>th</sup> and 8<sup>th</sup> Boys: 2 miles

H.S. Girls: 2 miles

H.S. Boys: 5K

(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 we'll mark the extras at the starting line.

**Place:** Helena- $\frac{3}{4}$  mile west &  $\frac{1}{2}$  mile north of football field (follow signs)

|                                   |                         |
|-----------------------------------|-------------------------|
| <b>Fees:</b> \$70: each H.S. team | \$10: H.S. Individuals  |
| \$50: each J.H. team              | \$10: J.H. Individuals  |
| \$50: each elem. team             | \$10: Elem. Individuals |

**Awards:**

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

First 5 finishers on each team determine points

**Facilities:** We plan on portable restrooms on site but facilities at the 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 Matt Foster

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