

Welcome to the Fox River Cross Country Invitational
Fox River Middle School ~ Waterford, Wisconsin
Monday, September 20th, 2021

LENGTH: 1.5 miles – fairly flat and easy course of nature trails and grass

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| <u>RACE TIMES:</u> Sixth/Seventh Grade Girls | 4:00 p.m. |
| Sixth/Seventh Grade Boys | 4:20 p.m. |
| Eighth Grade Girls | 4:40 p.m. |
| Eighth Grade Boys | 5:00 p.m. |

ENTRY FEE: Please pay your \$55.00 upon arrival

FINISH CARDS: This year we are using Trackside Timing as our timing service so we will not be handing out cards. Runners will be timed and placed as they cross the finish line. Results will be available immediately following the conclusion of the meet and can be found by going to www.tracksidetiming.com then searching cross country results.

AWARDS: Medals will be awarded to the top ten runners in each category. All other runners will receive participation ribbons. The medals will be handed out at a quick awards ceremony following the conclusion of the 8th grade boys race. Ribbons will be given to the coaches upon arrival and can be handed out whenever you see fit.

WATER: Students may refill their water bottles inside the school.

BATHROOMS: Bathrooms are located inside the school. Follow the signs. Please remind your athletes to be respectful of our building, and only enter to use the bathroom or refill their water.

WARMUPS: Please do not place warm-ups, bags, etc. on the course. Teams may set themselves up on the grass near the shed or near Evergreen Elementary.

FINISH CHUTE: We ask that all runners and fans stay clear of the finish chute and scoring area.

We are looking forward to a wonderful meet! If anyone has any questions please ask at the scorer's table. GOOD LUCK!