

KC Metro Elementary



Cross Country Championships

2019 MISSOURI SIDE: SUNDAY, OCTOBER 6TH • KANSAS SIDE: SUNDAY, OCTOBER 13TH



Team and individual awards will be given. Top 15 individuals in each race will receive medals. All runners not in the top 15 will receive a participation ribbon. Top two teams in each grade division will receive a trophy for their school.

RACE SCHEDULE

DISTANCES

RACE TIMES

1st & 2nd Grades

1 mile

2:00pm Girls / 2:20 Boys

3rd & 4th Grades

1 mile

2:40pm Girls / 3:00 Boys

5th & 6th Grades

1.5 miles

3:20pm Girls / 3:40 Boys

COST: \$10 per individual - Payable Onsite at the check in table

ATHLETE CHECK-IN:

Will start one hour before the first race and close 20 minutes before each race.

OFFICIAL COURSE WALK:

Will start at 1:15pm. You may walk the course before your race as long as you do not interfere with the race in progress.

TEAM ENTRIES:

The elementary school coach must send the school's entries on the spreadsheet provided to the meet director by the Wednesday prior to their respective meet date.

INDIVIDUAL ENTRIES:

Those individuals that want to participate but their school is not going to do so should have their parent email the meet director with the following info;

First & Last Name, Sex, Grade, School Name as well as the contact name with both a phone # and email address so that the meet director can get the individual entered.

This email must be submitted by the Wednesday prior to their respective meet date.

LOCATION: (BOTH RACES)

Directly behind
Ray-Pec South Middle School
20501 S. School Rd.
Peculiar, MO 64078

MEET DIRECTOR:

Coach David Ramsey
(913) 489-9821 (Please no texts)
runfasterinhs@yahoo.com



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