

**Pre-region
Thursday, Aug. 18th
at Springville HS.
(1205 E. 900 S. - Springville)**

The girls race will start at 6:30pm and the boys at 7:00pm.

The course is approx. 2.96 miles of grass, asphalt and dirt trails.
Spikes are not recommended.

**The Region 8 championships
will be held on Saturday, Oct. 8th.**

Girls JV will run at 9:00am

Boys JV at 9:30am.

Girls Varsity at 10:00am

Boys Varsity at 10:30am.