

2011 Utah County Cross Country Inv.

Lakeside Sports Park

400 South 1850 West, Orem, Ut

Friday, September 2, 2011

Time Schedule:

4:30 Packet Pick up

5:00 Freshman / Sophomore Girls

5:30 Freshman / Sophomore Boys

6:00 Junior / Senior Girls

6:30 Junior / Senior Boys

Awards: Awards will be given to the top ten finishers in each race.

A trophy will be given to the top men's and women's team.

Scores will be figured by adding the five fastest times for each school . It doesn't matter if they run in different races. For example team A has four runners in the Junior /Senior race who run 15:00, 15:01, 15:34, 16:00 and a Sophomore who runs 15:25 in the Freshman /Sophomore race. Their team score would be 78 minutes even.

Fees: \$50 Boys Team, \$50 Girls Team.

Make Checks Payable to: Timpanogos High School

1450 N. 200 E Orem, UT 84057

Course: The course is a true 5k (measured and re-measured), 90% grass with some concrete. It is very spectator friendly.

Registration: Please register on runnercard.com prior to Thursday, Sept. 1

Parking and restrooms: There is ample parking at the park for cars and busses. Clean restrooms are available at the park .

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