



Arrowhead Grade School Cross Country Run Wednesday, Sept. 23



Who: All ages and abilities welcome!

Location: Arrowhead High School, 800 North Avenue, Hartland
On the Mike Mulrooney Cross Country Course
NW Corner of School Grounds – just south of Hwy K on practice soccer fields

Race Times:

5:00 – Girls Grade 5k & younger - $\frac{1}{4}$ mile run - No registration needed. Just show up to the starting line. Ribbons for all.
5:05 – Boys Grade 5k & younger - $\frac{1}{4}$ mile run - No registration needed. Just show up to the starting line. Ribbons for all.
5:10 - Girls 1st & 2nd Grade Half Mile Run
5:20 - Boys 1st & 2nd Grade Half Mile Run
5:30 - Girls 3rd & 4th Grade Half Mile Run
5:40 - Boys 3rd & 4th Grade Half Mile Run
5:50 - Girls & Boys 5th & 6th Grade Mile run – Awards will be separated between these 2 groups
6:10 - Girls & Boys 7th & 8th Grade Mile run – Awards will be separated between these 2 groups

Awards: Medals to the top 12 runners in each division (except the 5k & younger $\frac{1}{4}$ mile run where all runners get a ribbon) Medals are awarded immediately after each race at the awards bench near the finish line. Trophies to the winning teams in the half mile and mile races. Top 5 runners from your team are your scorers.

Sign-up at your school – All runners who are in 1st grade and older, please sign up with your PE teacher, Coach or Race Coordinator. Runners who are in 5k and younger do not need to sign up. They should just show up and proceed to the starting line.

Race Course: The course is on the practice soccer fields north of north campus and through the woods on the west side of the practice soccer fields. Parking should be in the lots northeast of north campus. Finish will be at the big inflatable arch. Start lines will be adjusted slightly depending on the race distance.

For Sale: T-Shirts & Limited Concessions will be for sale

Race Directors: Arrowhead Cross Country

Head Boys Coach – Mike Ray – runrazor@gmail.com

Head Girls Coach – Curt Kaczor – warhawkscrosscountry@gmail.com

Meet Manager / Timer – Jill Bradley – jillbradley01@gmail.com or marctrackcc@gmail.com or bradley@arrowheadschoools.org

Results: Posted on athletic.net, the AHS website (www.arrowheadschoools.org) under boys cross country and girls cross country, and emailed to your school entry coordinator / coach.