

Glenwood Cross Country Tri-Meet

@ Glenwood

Thursday, Oct 21, 2021

Starting Time:

11:30	Junior Boys (9-10)	1 mile
11:50	Junior Girls (9-10)	1 mile
12:10	Intermediate Boys (11-12)	1 ½ miles
12:35	Intermediate Girls (11-12)	1 ½ miles
1:00	Senior Boys (13+)	2 miles
1:30	Senior Girls (13+)	2 miles
2:00	Boys Road Race	1 mile
2:20	Girls Road Race	1 mile

Awards: 1st Place medal, 2nd- 21st Place ribbons for divisions, Road Race ribbons 1-100

Concessions Available: Soda & Powerade \$2, Water \$1, Popcorn \$1, Candy \$1.25

****This is Glenwood's Pink Out day so they are allowing all runners to wear pink if they would like to participate!**

If you leave the meet with parents, you MUST sign out with a coach!

GO ROCKETS!